

# Chronic Kidney Disease

## Talk, Listen, Learn



**Chronic Kidney Disease (CKD)** is common but under-recognized. Improving doctor–patient conversations can increase awareness and knowledge of CKD, which can lead to better outcomes for patients. Below are some reasons CKD can be hard to talk about (on the left) and helpful tips to start the conversation (on the right). Follow the links with the red hand (👉) to access resources for patients.



**1 in 7 US adults has CKD**

### MOST PEOPLE ARE NOT FAMILIAR WITH CKD.



Discussions about CKD risk are not common, and many people don't know they are at risk.



### INFORM PATIENTS OF CKD RISK FACTORS.

Risk factors include diabetes, high blood pressure, heart disease, family history of CKD, obesity, minority race/ethnicity (African American, American Indian or Hispanic/Latino).



[COULD THIS BE YOU?](#)



### CKD CAN BE A LOT TO LEARN & TALK ABOUT.



CKD can be confusing and scary. People who have CKD may feel hopeless, but not talking about it can delay important care.



### LEARN TO SPEAK THE LANGUAGE.

Talking about CKD is an important step toward learning about your risk and how to avoid other health problems or further kidney damage.



[TALKING WITH YOUR PATIENTS ABOUT CKD](#)



[HOW TO TALK TO YOUR DOCTOR ABOUT CKD](#)



### CKD MAY NOT CAUSE SYMPTOMS.



9 out of 10 people with CKD don't know they have it. Early CKD often has no signs or symptoms, so many people are diagnosed at later stages of disease.



### TEST FOR KIDNEY HEALTH.

People at risk of CKD should have their kidneys tested regularly. Early diagnosis allows time for treatment to stop or slow CKD from getting worse.



[HOW TO EXPLAIN KIDNEY TEST RESULTS](#)



### TIMING IS EVERYTHING.



If left undiagnosed and untreated, CKD can lead to heart disease, stroke and kidney failure.



### TAKE ACTION.

Exercise, healthy food and medicines can improve the course of CKD and prevent other health problems. Talk, listen and learn to get started.



[A QUESTION PROMPT SHEET \(PAGE 7\)](#)



[POCKET GUIDE TO KIDNEY DISEASE](#)

