



Are Your Kidneys at Risk?



Kidneys 101



You have **two kidneys** that filter more than 37 gallons of blood each day to absorb protein and turn waste and extra fluid into urine.



CKD happens when **kidneys are damaged** and cannot filter blood as well as usual. It can lead to heart disease and kidney failure (requiring transplant or dialysis).



Over **35.5 million** U.S. adults have Chronic Kidney Disease (CKD) and 90% of them don't know it because it often has no symptoms.



Finding and treating CKD early can stop or slow kidney damage and other health problems.



Are You at Risk for Kidney Disease?

Risk factors can increase your chances of getting CKD. You can prevent or delay CKD by **managing** these factors. Ask your doctor about **your risk** and the steps you can take.

Leading Causes of CKD



Diabetes

1 in 3 people with **diabetes** has CKD.



High Blood Pressure

1 in 5 adults with **high blood pressure** has CKD.

Other Risk Factors for CKD



Over Age 60



Race/Ethnicity



Obesity



History of Smoking



Family History of Kidney Failure

Racial and ethnic minorities (African American, American Indian and Hispanic/Latino) are at greater risk for CKD. In the U.S., African Americans account for 35% of people with kidney failure.



Tests for Kidney Health

CKD often doesn't have symptoms, so regular testing is necessary to find and treat CKD early. A urine test and a blood test **are done together** to check kidney health. If you have diabetes, get tested every year. If you have other risk factors, talk to your doctor about getting tested.

| TYPE OF TEST | MEDICAL NAME | WHAT THE TEST LOOKS FOR |
|--------------|---------------------------------------------|----------------------------------------------------------|
| Urine Test | Urine Albumin-Creatinine Ratio (uACR) | Kidney Damage: If kidneys are leaking protein (albumin). |
| Blood Test | Estimated Glomerular Filtration Rate (eGFR) | Kidney Function: How well kidneys are filtering blood. |

Type of test matters. The recommended urine test, called uACR, is a random spot urine sample. It is not affected by how much water you drink, and it can detect early kidney damage even before the blood test identifies worsened kidney function.



Possible Outcomes from Test Results



If test results show your kidneys are healthy, **keep them that way** with a healthy lifestyle and by managing risk factors. Get retested regularly.



If test results find kidney damage or CKD, talk with your doctor about next steps to prevent or delay CKD progression and complications.

