

🔁 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.



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.

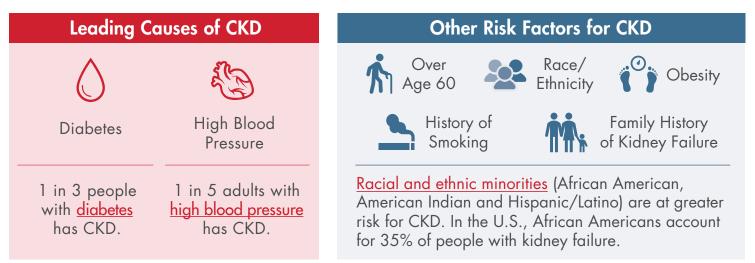
CKD happens when kidneys are damaged and cannot filter blood as well as usual. It can lead to heart disease and kidney failure (requiring transplant or dialysis).



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.



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, <u>keep them that way</u> 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.



Information gathered from the Centers for Disease Control and Prevention (CDC), the National Kidney Foundation (NKF) and the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK).



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