

HEALTHY KIDNEYS ARE HAPPY KIDNEYS

FACTS AND TIPS ABOUT CHRONIC KIDNEY DISEASE

WHAT IS CHRONIC KIDNEY DISEASE?



Chronic kidney disease (CKD) is a condition in which the kidneys are damaged or cannot filter blood as well as healthy kidneys for 3 months or longer.

THE FACTS ABOUT CKD

TRUE

It's shocking but true: Every 24 hours, more than 300 people in the U.S. start treatment for kidney failure.

RISK

Diabetes is a major risk factor for chronic kidney disease and one of the leading causes of kidney failure.

FACT

Early CKD often has no symptoms.

DID YOU KNOW?

You can prevent or slow down kidney problems if you keep a normal level of blood sugar and blood pressure. **Ask your doctor what is normal for you.**

TIPS ON TESTING FOR CKD



Getting a checkup? Make sure to get your kidneys checked too. **Ask your doctor to test your blood or your urine for kidney disease.**



Find it early. Treat it early.

GET TESTED

Get tested for CKD regularly if you are at risk. **If you have diabetes, get tested yearly.**

WHAT IS THE BEST WAY TO KEEP YOUR KIDNEYS HEALTHY?



Keep your blood pressure below 140/90, or ask your doctor what the best blood pressure target is for you.



If you have diabetes, stay in your target blood sugar range as much as possible.

GET ACTIVE

Physical activity helps control blood sugar levels.



Lose weight if you are overweight.



If you smoke, quit!



Take medications as directed.



If you have CKD, meet with a dietitian to make a kidney-healthy eating plan.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention