

DID YOU KNOW...



⇒ **26 million Americans in the United States (1 in 7 adults)**

Are in one of the five stages of chronic kidney disease (CKD).
Another 20 million Americans are at risk of developing CKD.
Nearly half of the people in the early stages of CKD are not even aware that they have problems with their kidneys.

⇒ **The main causes of CKD in the United States:**

Diabetes accounts for up to 45% of new cases.
Hypertension (high blood pressure) accounts for up to 30% of new cases.

⇒ **These ethnic groups are at greater risk for developing CKD:**

African Americans, Hispanics, Asians, Pacific Islanders, Native Americans and others, since diabetes and hypertension are more common among members of these ethnic groups.



If you think you might be at risk, get tested for kidney disease soon!

Signs & Symptoms of CKD

- swelling or numbness in feet, ankles, or hands (edema)
- changes in urination (frequency, color, foam in urine)
- increased fatigue and lack of energy
- difficulty concentrating, mental confusion
- headaches
- itchy skin
- muscle twitching, especially in legs
- loss of appetite
- metallic taste in the mouth
- nausea and/or vomiting
- insomnia
- changes in skin color (yellowish tint)
- fragile bones

Important Note

The signs and symptoms listed above may be due to other factors. See your healthcare provider for an accurate diagnosis. If you or someone you know exhibits these symptoms, it is important to get tested for kidney disease promptly.

Definitions:

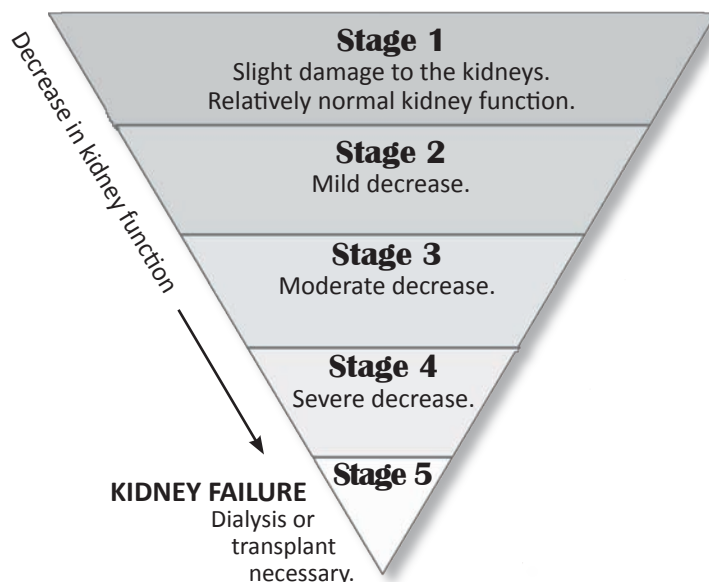
Chronic kidney disease (CKD):

The progressive loss of kidney function over time, leading to end-stage renal disease (ESRD).

End-stage renal disease (ESRD):

Total and irreversible loss of kidney function. Requires treatment with either a kidney transplant, or dialysis for the rest of the person's life.

5 Stages of CKD



This information provided by:



RSNhope.org
Home of the Renal Support Network