



# About Kidney Disease



More than 26 million people in this country – one in ten adult Americans – have kidney disease. Millions more are at increased risk of developing kidney disease, and most don't know it because there are usually no symptoms in the early stages of the disease.



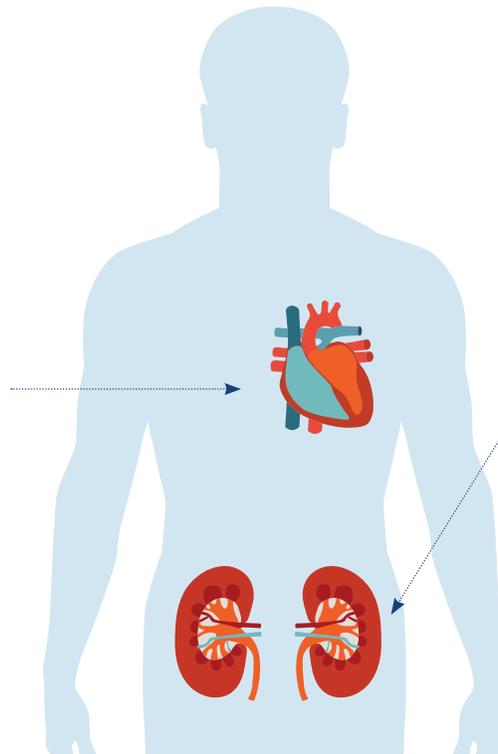
About 477,000 Americans with end stage renal disease rely on some form of dialysis.



More than 90,000 patients are on the waiting list for a kidney transplant, but each year only about 18,000 receive new kidneys.

**41%** OF DEATHS

Cardiovascular disease is the leading cause of death among ESRD patients, responsible for 41% of deaths.



ONLY **1** KIDNEY  
NEED

Kidneys are important, but a person can live a full, healthy life with only one working kidney.

# Ethnic Minorities

Chronic Kidney Disease (CKD) hits ethnic minority groups disproportionately, and these populations are up to four times more likely than the general population to develop end stage renal disease. This increased risk is linked directly to higher rates within these groups of diabetes and high blood pressure, the two leading causes of kidney disease.

## AFRICAN AMERICANS

**3x** MORE LIKELY

to develop kidney failure and constitute about 32 percent of all kidney failure patients in the U.S.

## HISPANIC AMERICANS

**1.5x** MORE LIKELY

to have kidney failure than non-Hispanic whites.

## NATIVE AMERICANS

**2x** MORE LIKELY

to suffer kidney failure. Although it is unknown exactly why they are more at risk, diabetes, high blood pressure and lack of access to health care play a role.

## Understanding CKD Risk Factors

Your age, weight, family history, overall health – even your ethnicity – may put you at greater risk for CKD. If you have any of the risk factors described, be sure to talk to your doctor about your kidney health and get the screenings you need as soon as possible.



### Family History or Background

- Someone in your family has kidney disease
- You are older than 50



### Health Issues

- Diabetes
- High blood pressure
- Cardiovascular disease
- Kidney or ureter blockages
- Obesity
- Lupus



### Ethnicity

You are of African American, Hispanic or Native American descent – certain ethnicities are more prone to diabetes and high blood pressure, which are risk factors.

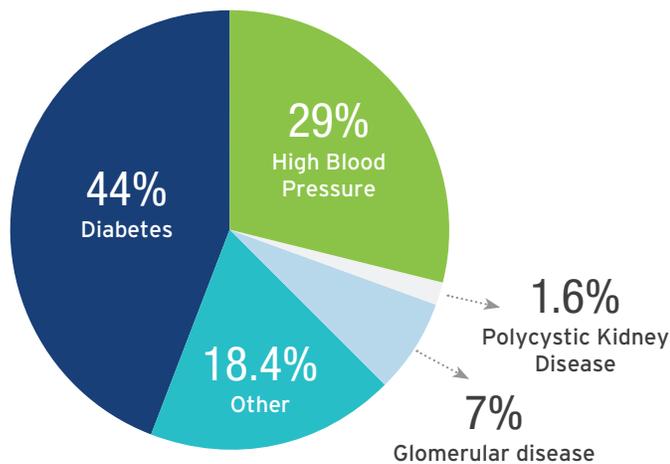


### Lifestyle

- Overuse of medications with ibuprofen, naproxen or acetaminophen
- Chronic use of street drugs

# Causes of CKD

There are many causes of CKD. The two most common causes – diabetes and high blood pressure (hypertension) – are responsible for two-thirds of all cases of CKD. But sometimes, even people in seemingly good health can be diagnosed without much warning.



**Diabetes** – the number one cause of kidney failure in the US, especially type 2 diabetes.

**High blood pressure** – also called hypertension, is the second leading cause of kidney failure.

**Glomerular disease** – causes damage to the blood vessels that filter blood in the kidneys.

**Polycystic kidney disease** – causes a buildup of cysts in the kidneys, leading to CKD.

**Other** – medication or drug abuse, immune system diseases (HIV, AIDS), lupus, cancer and severe infection.

## Understanding the 5 Stages of Chronic Kidney Disease

**STAGE 1** Early Stage CKD  
Minimal loss of kidney function

**STAGE 2** Early Stage CKD  
Mild to moderate loss of kidney function

**STAGE 3** Early Stage CKD  
Moderate to severe loss of kidney function

**STAGE 4** Late Stage CKD  
Severe loss of kidney function

**STAGE 5** End Stage Renal Disease  
Kidney failure and need for dialysis or transplant