

# NATIONAL KIDNEY MONTH KIDNEY DISEASE FAST FACTS

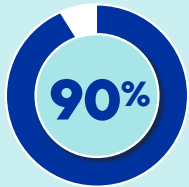
## WHAT YOUR KIDNEYS DO

Kidneys are your body's waste management system. They keep your body chemically balanced by filtering your blood.



## STATS

MORE THAN  
**1 IN 7 US ADULTS**  
HAVE CHRONIC  
**KIDNEY DISEASE**  
(CKD)



**9 OUT OF 10**  
ADULTS WITH CKD  
**DO NOT KNOW**  
THEY HAVE IT

## SYMPTOMS



### SIGNS YOU SEE

- Puffiness around eyes
- Swelling in hands, legs, or feet
- Changes in urination



### SIGNS YOU FEEL

- Fatigue
- Itching
- Shortness of breath
- Decreased appetite
- Pain in the small of the back

## RISK FACTORS



### HEALTH ISSUES

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



### ETHNICITY

- African American, Hispanic, or Native American descent



### LIFESTYLE

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



### FAMILY HISTORY OR BACKGROUND

- Family history of kidney disease
- Over 50

## TESTING

Testing for kidney disease is simple and done at your doctor's office. Ask your physician which tests are right for you.



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