

# 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



### LEADING CAUSES

- High blood pressure
- Diabetes



### HEALTH ISSUES

- Cardiovascular disease
- Kidney or ureter blockages
- Obesity
- Lupus



### 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.



Share this important information with friends and family and encourage them to learn more.

Visit [FreseniusKidneyCare.com/NKM](https://www.FreseniusKidneyCare.com/NKM)



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