

# 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 360 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.



Take medications as directed.



Lose weight if you are overweight.



If you smoke, quit!



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