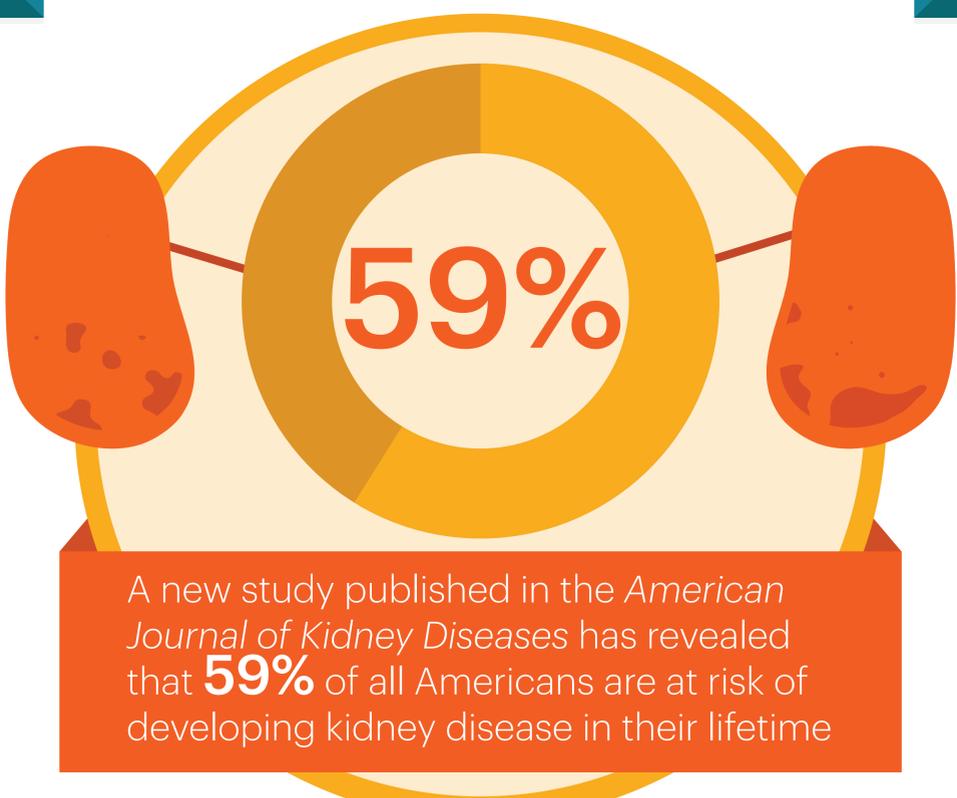


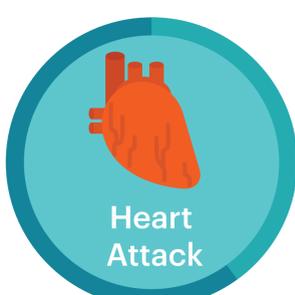


Kidney Disease: A Hidden Risk

Kidney disease is characterized by a gradual loss of kidney function over time. Kidney disease increases the risk of complications, including heart disease and premature death.



In comparison, lifetime risk is approximately **40%** for:



Who Is at Greatest Risk?



The estimated onset of kidney disease is earlier in **African-Americans**



Frequency of kidney disease increases dramatically after age **60**



White women have the highest risk of chronic kidney disease over their lifetime

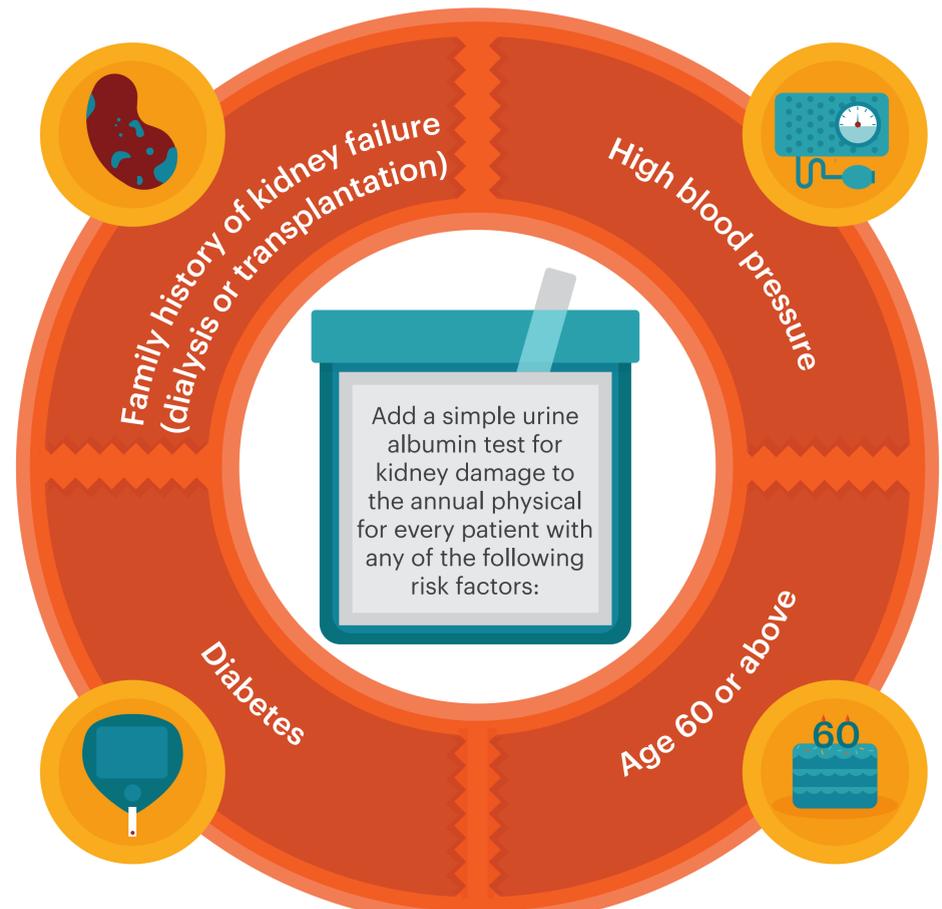
The National Kidney Foundation

is now calling on healthcare professionals and adults at risk to take action.

A New Recommendation to Reduce Kidney Disease Risk



People at risk for kidney disease should receive an **annual screening**



The risk of kidney disease and its complications can be reduced by:



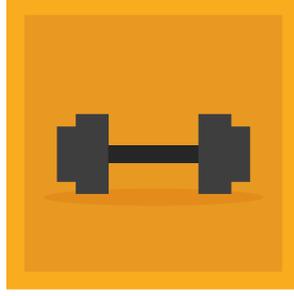
Controlling blood pressure and blood sugar



Maintaining proper weight



Quitting smoking



Exercising regularly



Avoiding excessive use of pain medicine

The Importance of Early Detection



Fewer than **50%** of people with severe chronic kidney disease are aware of their disease



EARLY detection is critical to slowing the progression of the disease

Adults can assess their risk for kidney disease by taking a simple online quiz on the National Kidney Foundation's website, kidney.org.



Sources: <http://www.ajkd.org/> <http://kidney.org/>