

Are You At Risk For Kidney Disease?

- Do you have diabetes?
- Do you have high blood pressure?
- Did your mother, father, sister, or brother ever have kidney disease or failure?
- Has a doctor ever told you that you had protein in your urine?

If you answered “yes” to any of these questions, you are at risk for kidney disease. Now is the time to talk to your doctor or healthcare professional about getting tested. It could save your life.

Tips For Talking With Your Doctor Or Healthcare Professional:

- Know as much as you can about your family’s medical history.
- Take this card with you so you don’t forget what to ask.
- Write down the answers you get and ask more questions if you need to.
- Bring someone else with you for support and to help you remember what you learn.

You Have The Power To Prevent Kidney Disease

For more information, call toll free 1-866-4-KIDNEY (1-866-454-3639)

www.nkdep.nih.gov

Learn More About Kidney Disease

National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)
Bethesda, MD
1-800-891-5390
www.kidney.niddk.nih.gov

For a list of other kidney organizations, including the American Association of Kidney Patients, American Kidney Fund, Medical Education Institute, and National Kidney Foundation, please visit:

www.kidney.niddk.nih.gov/resources/organizations.htm

This brochure is brought to you by the National Kidney Disease Education Program (NKDEP). For additional copies of this brochure or more information about the program, contact the NKDEP at:

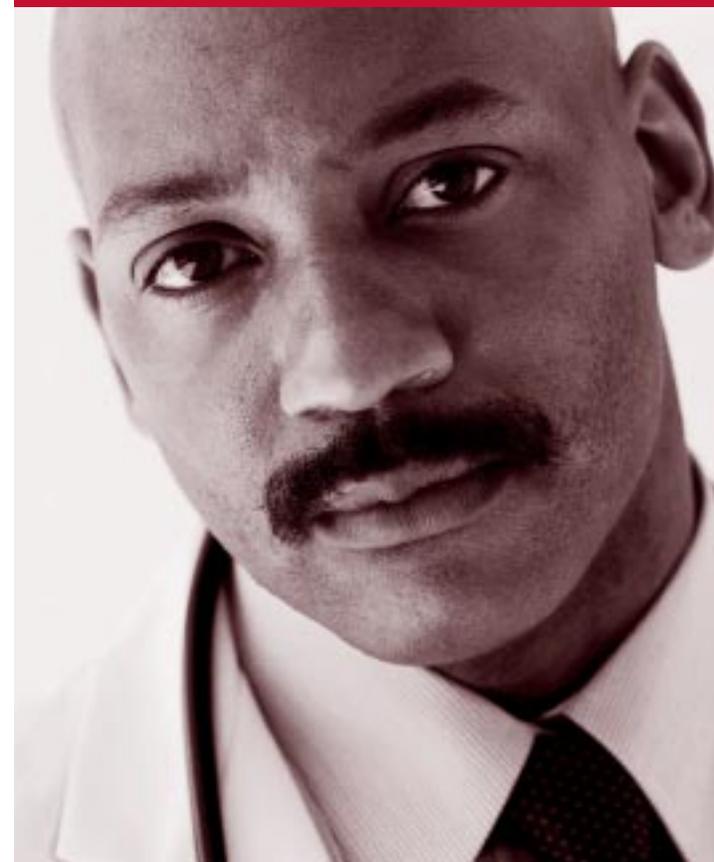
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Learn the Risks



U.S. Department of Health and Human Services
National Institutes of Health

Kidney disease is a growing problem in the United States. It affects adults of all ages and races. People with diabetes, high blood pressure, or a family member with kidney failure are more likely to develop kidney disease. African Americans with any of these risk factors have an even greater chance of developing this disease.



Healthy kidneys filter your blood. They remove waste and extra water. They help control the amount of certain chemicals in your blood like sodium, phosphorus, and potassium. The right balance of these chemicals helps your body work well. Healthy kidneys help keep this balance.

When kidneys are diseased they slowly stop doing these jobs. If not treated, kidney disease can lead to kidney failure. When that happens, dialysis or a kidney transplant are the only options for keeping a person alive.

Stop A Disease That Comes Without Warning

Early kidney disease is a silent problem, like high blood pressure. Kidney disease can become kidney failure with little or no warning, and is usually discovered right before the kidneys fail. If you have diabetes, high blood pressure, or a family member with kidney failure, a doctor or healthcare professional should test your blood and urine for early signs of kidney disease. You can take steps to keep your kidneys working if the tests show kidney disease.

Steps To Protect Your Kidneys

- 1 Control your blood pressure and diabetes.
- 2 Ask your doctor or healthcare professional to test your blood and urine for kidney disease.
- 3 If these tests show kidney disease, special medicines called ACE-Inhibitors or ARBs can help. Talk to your doctor about these medications.



Did You Know?

- African Americans are 4 times more likely to get kidney failure than Whites.
- Diabetes and high blood pressure are the two leading causes of kidney failure in African Americans.
- Many African Americans know they have diabetes or high blood pressure, but do not know that they may also have kidney disease.



Take the card below with you when you visit your doctor or healthcare professional. It will help you ask the right questions.

What To Ask Your Doctor Or Healthcare Professional:

1. Based on my medical and family history, am I at risk for kidney disease?
2. Would lowering my blood pressure help reduce my risk of developing kidney disease?
3. Do my blood and urine tests show signs of kidney disease?
4. How can I prevent or control kidney disease?