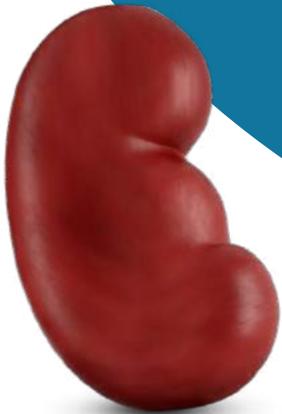


PUTTING PRESSURE ON CHRONIC KIDNEY DISEASE

WHAT IS **CHRONIC KIDNEY DISEASE** (CKD) AND WHAT CAN YOU DO ABOUT IT?



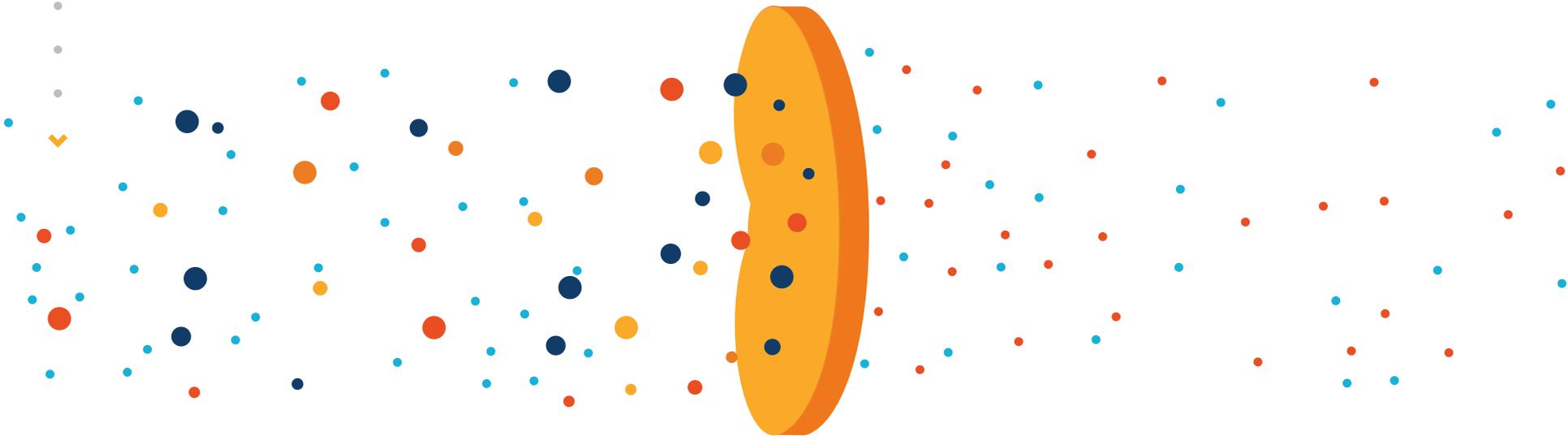
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WHAT DO THE **KIDNEYS** DO?

The kidneys are your body's filtration system, and they have a big job. They filter your blood—about a half cup per minute—removing wastes and impurities, while regulating compounds and nutrients that your body needs. Your kidneys do not recover from damage and disease as well as some other organs, so it's especially important you do all you can to take care of them.

How well your kidneys function affects every other system in your body. The kidneys and the heart are especially closely connected. Damage to one can lead to damage to the other, which can result in serious health complications.



HOW WELL ARE YOUR KIDNEYS WORKING? KNOW YOUR KIDNEY NUMBERS

CKD is measured as Stages 1 through 5. The Stages are determined by a calculation called eGFR,* which measures how well your kidneys are doing their filtering job.

Fortunately, your eGFR is easy for your doctor to track. It's included in most comprehensive blood tests done for routine physicals.

Tracking your eGFR can alert your doctor to signals that your kidney function may be declining. If that's the case, you and your doctor can discuss additional proactive steps.

CKD STAGE	GLOMERULAR FILTRATION RATE (GFR) UNITS	% OF KIDNEY FUNCTION
STAGE 1 Minimal kidney damage with normal kidney function	90 or higher	
STAGE 2 Kidney damage with mild loss of kidney function	60 to 89	
STAGE 3a Mild to moderate loss of kidney function	45 to 59	
STAGE 3b Moderate to severe loss of kidney function	30 to 44	
STAGE 4 Severe loss of kidney function	15 to 29	
STAGE 5 Kidney failure	<15	

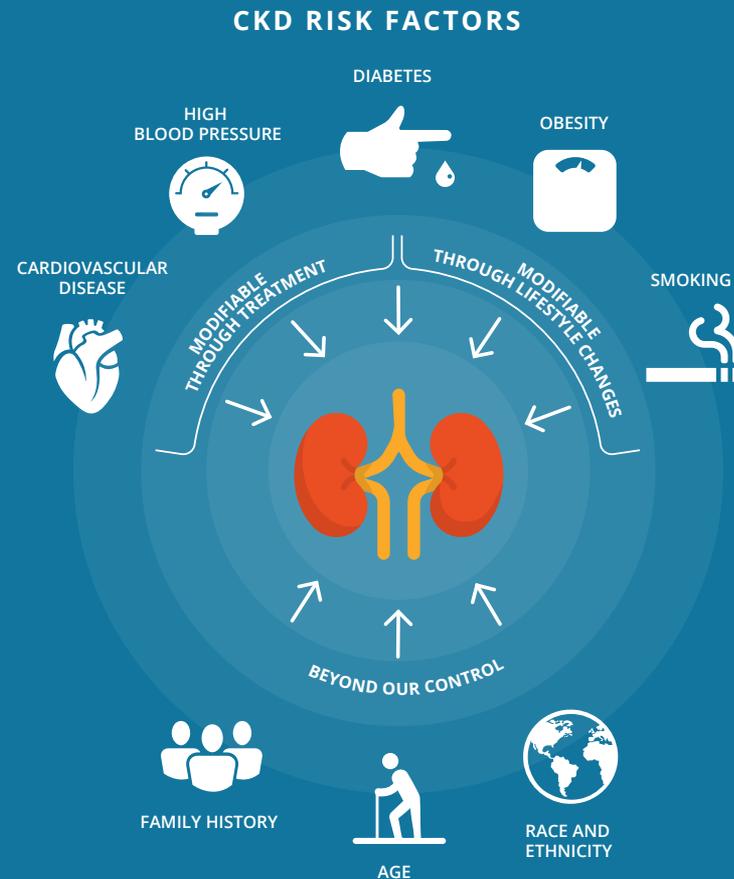
*eGFR stands for "estimated glomerular filtration rate."

HOW DID YOU GET CKD?

CKD is called a “silent disease,” with most people feeling no symptoms in the early stages. But there are several factors that are more common in people who develop CKD.

Type 2 diabetes and high blood pressure are the two leading risk factors for CKD in the United States, but there are others—some within our control, some not.

The adjacent chart shows common risk factors, including diabetes, high blood pressure, ethnicity, weight, family history, and age.



WHAT CAN YOU DO TO HELP KEEP CKD FROM GETTING WORSE?

Early action has been shown to help preserve kidney function, delaying or even preventing dialysis altogether. Dialysis is a process that is needed to perform essential blood filtering when your kidneys can no longer do it. This is usually required at Stage 5 CKD, when the kidneys have lost 85% or more of their ability to function.

Here are steps you can take right now to keep CKD from progressing. Bonus: They're good for every other system in your body too, especially your cardiovascular system!



If you have diabetes, take all steps to actively manage it. Diabetes is a leading cause of CKD



Tell your doctor about all medicines you are taking, including those you can get without a prescription, and vitamins. Some of these can harm the kidneys



Monitor and control your blood pressure



Exercise and aim for a healthy weight



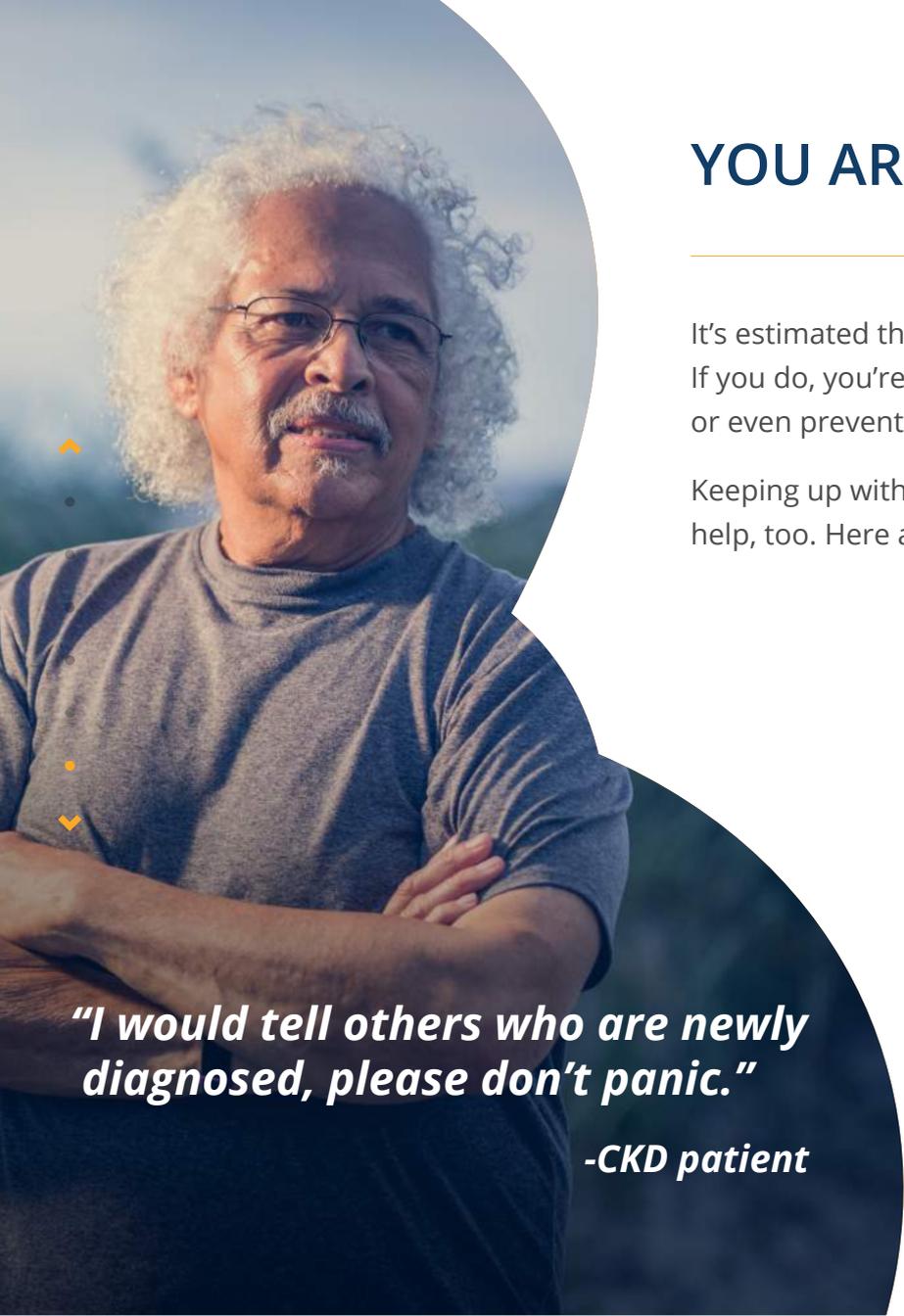
Keep cholesterol under control to prevent further damage to blood vessels



Don't smoke; cigarette smoking can worsen kidney damage



Eat a kidney-friendly diet; consult with a dietician



YOU ARE **NOT ALONE.**

It's estimated that 1 in 7 American adults has CKD, and most don't know it. If you do, you're one of the lucky ones. Early action can help you slow progression or even prevent kidney failure.

Keeping up with the latest treatment and disease-state news can help, too. Here are some resources to help you learn more:

[NATIONAL KIDNEY FOUNDATION](#)

We encourage earlier screening and diagnosis of CKD. Here are 3 easy steps you can take:

**C
K
D**

**CHECK KIDNEY FUNCTION OFTEN
NOW YOUR KIDNEY NUMBERS
DISCUSS WITH YOUR DOCTOR**

"I would tell others who are newly diagnosed, please don't panic."

-CKD patient