

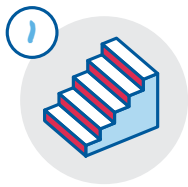
Know how to manage your kidney disease for **VETERANS**

Knowing the **steps** you can take to protect yourself from kidney failure will help you know life's possibilities.

Approximately **500,000** Veterans have chronic kidney disease.

And for the past **5 YEARS** this number has increased nearly **6% EACH YEAR.**¹

Here are **FIVE** things you should **KNOW** as a veteran with kidney disease:



1 Know the stages of kidney disease.

There are 5 stages of kidney disease, with each referring to how much damage there is to the kidneys.



4 Know about treatments to prevent kidney failure.

The U.S. Department of Veterans Affairs (VA) offers enrolled veterans kidney services that can help prevent, slow down and treat kidney failure, including:

- ✓ Screening to prevent kidney failure
- ✓ Early management of kidney disease
- ✓ Kidney biopsy to assess for kidney disorders
- ✓ Management of blood pressure, anemia, bone disorders and kidney stones
- ✓ In-center or home dialysis
- ✓ Kidney transplantation



2 Know how well your kidneys are working.

Basic urine and blood tests tell your doctor how well your kidneys are working and the stage of your kidney disease.



3 Know if you're at risk for kidney failure.

People with diabetes are most at risk for crashing into kidney failure. Every 24 hours, 160 people with diabetes begin treatment for kidney failure.²



5 Know how to talk to your doctor.

Your VA or other care team can support you in treating your kidney disease. The VA employs more than 200 nephrologists, provides dialysis in over 150 VA medical centers and pays for veterans to receive dialysis from more than 6,600 VA-contracted community providers.