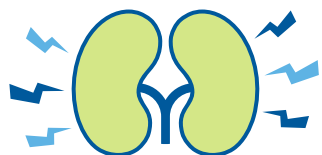


# Know how to MANAGE YOUR KIDNEY DISEASE

More than **808,000**  
Americans have  
kidney failure.<sup>1</sup>



And, **2 IN 3** of them  
are caused by diabetes or  
high blood pressure.<sup>2</sup>



If you have kidney disease, special moments  
in life are still possible if you know how to  
slow down your kidney disease.

Knowing the **STEPS** you can take to  
protect your kidneys from kidney failure  
will help you live  
your best life.

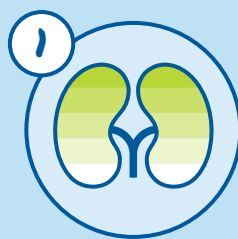


1. <https://www.niddk.nih.gov/health-information/health-statistics/kidney-disease>

2. <https://www.cdc.gov/kidneydisease/publications-resources/annual-report/ckd-related-health-problems.html>

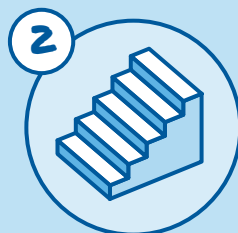
Know more about  
managing kidney disease at  
[KidneyFund.org/Know-Your-Kidneys](https://KidneyFund.org/Know-Your-Kidneys)

## Here are **FIVE** things you should **KNOW**:



### Know what kidney disease progression means.

In kidney disease, progression is not a good thing, because it only refers to kidney disease getting worse.



### Know the stages of kidney disease.

There are 5 stages of kidney disease referring to how much damage there is to the kidneys and how well they are working.



### 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.



### Know about treatments for kidney disease with diabetes.

There are new medicines that can help slow down and prevent kidney failure for people with diabetes.



### Know how to talk to your doctor.

Your care team can support you in keeping your kidney disease from getting worse.