

# Know how to

# PREVENT KIDNEY DISEASE

**35.5 MILLION**

Americans have kidney disease.



And **9 IN 10** of them don't know it.<sup>1</sup>



Good health makes it possible to experience all the special moments in life. And just like you need your heart, lungs, and liver – you need your **KIDNEYS** to live.

Knowing the **ACTIONS** you can take to prevent kidney disease can help you know life's possibilities.



1. <https://www.cdc.gov/kidneydisease/publications-resources/2019-national-facts.html>

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

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



### Know if you're at risk for kidney disease.

People with diabetes and high blood pressure are most at risk for kidney disease.



### Know your blood sugar.

If you have diabetes, you can prevent kidney disease by keeping your blood sugar under control, including talking with your doctor about new medicines that help people with diabetes prevent kidney disease.



### Know your blood pressure.

If you have high blood pressure, you can prevent kidney disease by keeping your blood pressure under control and working with your doctor.



### Know how to live healthier.

Even small lifestyle changes can make a big difference in preventing kidney disease, including healthy eating, being active, and limiting alcohol and tobacco.



### Know how well your kidneys are working.

The only way to know if you have kidney disease is to get a simple blood and urine test.