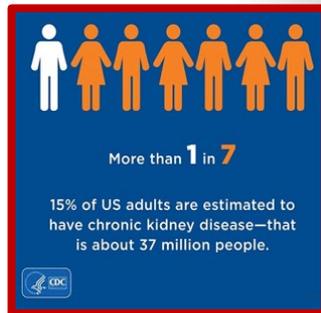




## WHAT IS CKD

About 37 million American adults have chronic kidney disease (CKD) and most don't even know it. CKD includes conditions that damage your kidneys. The word "chronic" refers to the gradual, but lasting, loss of kidney function over time. Healthy kidneys remove the waste that your body naturally produces out of your blood. With unhealthy kidneys, you are unable to filter waste and excess fluid from your blood as well as you should.

CKD is not the same as kidney failure. CKD refers to all five stages of kidney disease, from mild loss of kidney function at stage 1 to complete kidney failure at stage 5.



The stages of kidney disease is based on how well your kidneys are able to remove waste and excess fluid from your blood. In the early stages of kidney disease, many people don't have any symptoms.

As the disease progresses, you may begin to show or notice symptoms that you may not associate with kidney disease until your kidneys begin to fail. Greater than 30% of CKD patients have never seen a kidney specialist, or nephrologist, by the time their kidneys fail. This is why CKD is often referred to as the "silent killer".

**CKD can be treated.** Although you cannot reverse kidney damage, you can potentially stop or slow its progression. The earlier detected and treatment started, the better. Understanding more about CKD—what it is, what the risk factors are, how the disease progresses, and how to get screened—will help you protect your kidney health.

dih-spar-i-tee | *noun, plural dis-par-i-ties.*  
lack of similarity or equality; inequality;  
difference: *a disparity in age; disparity in rank.*

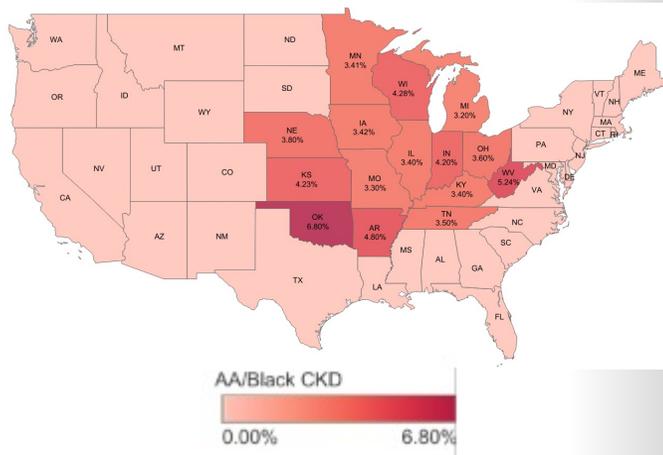
## CKD AND RACIAL DISPARITIES

The rates of kidney disease and kidney failure in the Black population is higher than rates for other groups, yet Black Americans with kidney failure (or end-stage renal disease) have lower access to kidney transplantation. These disparities continue to trend upward.

*For instance, the United States Renal Data Service reports kidney failure (also called end-stage renal disease) prevalence of 5,855 cases per million for Black Americans compared to 1,704 cases per million for white Americans.*

The high rates of diabetes and high blood pressure in the Black community accounts from some of these disparities. However, there are non-medical factors that also contribute, such as lack of access to insurance, medical care, and healthy foods, housing and other conditions historically liked to discrimination. Awareness of these disparities and the effects on CKD can empower you to take charge of your kidney health.

See the rates of CKD among Blacks in your area, based on CMS and BRFSS data:



STAGES OF CHRONIC KIDNEY DISEASE	GFR*	% OF KIDNEY FUNCTION
<b>Stage 1</b> Kidney damage with <b>normal</b> kidney function	90 or higher	90-100%
<b>Stage 2</b> Kidney damage with <b>mild loss</b> of kidney function	89 to 60	89-60%
<b>Stage 3a</b> <b>Mild to moderate</b> loss of kidney function	59 to 45	89-65%
<b>Stage 3b</b> <b>Moderate to severe</b> loss of kidney function	44 to 30	44-30%
<b>Stage 4</b> <b>Severe</b> loss of kidney function	29 to 15	29-15%
<b>Stage 5</b> Kidney <b>failure</b>	Less than 15	Less than 15%

\* Your GFR number tells you how much kidney function you have. As kidney disease gets worse, the GFR number goes down.

## ARE YOU AT RISK...GET TESTED

If you have diabetes or high blood pressure, you are at increased risk for CKD. Controlling these diseases can help prevent kidney disease or slow down its progression. Many other factors can put you or a family member at increased risk for CKD:

- Family history of CKD
- Age 65 and older
- Abnormal kidney structure
- Heart disease
- Smoking
- Obesity
- Disease that affect the kidneys, some are inherited

If you are at risk for kidney disease, get tested, even if you feel healthy today. Ask your doctor how often you should be tested. CKD is detected by getting simple blood and urine lab tests. One urine test used to detect protein in your urine is an albumin-to-creatinine ratio (ACR). Excessive protein in the urine is one of the earliest symptoms of kidney disease. A blood test that detects kidney disease is a creatinine test, which is used in a math formula to estimate your glomerular filtration rate (GFR). GFR estimates how much kidney function you have.

## HOW TO MAINTAIN KIDNEY HEALTH

Whether you are at risk for CKD or not, living a healthy lifestyle can protect your kidneys and reduce your risk of developing other diseases. Start with these basic health strategies:

- Eat a balanced diet
- Keep fit and active
- Maintain blood glucose control
- Monitor your blood pressure
- Maintain a healthy weight
- Drink alcohol in moderation (or not at all)
- Maintain a healthy fluid intake
- Don't smoke
- Don't take over-the-counter medicine on a regular basis

### Take the BE REAL Pledge

**BE** aware of the stigma that may exist . . . avoid the trap

- **Reject** the notion that it is better to not know, than to know
- **Early** detection . . . ACT with a sense of urgency to slow progression
- **Advocate** for yourself and share your insights with loved ones
- **Line** of vision – work with your healthcare team to take control of your health . . . be an active player in making treatment decisions