



FOLLOW YOUR KIDNEY HEALTH: TESTING FOR KIDNEY DISEASE

YOU MAY NOT THINK ABOUT YOUR KIDNEYS, BUT THEY PLAY A VITAL ROLE IN YOUR OVERALL HEALTH.

MORE THAN ONE IN SEVEN U-S ADULTS ARE ESTIMATED TO HAVE CHRONIC KIDNEY DISEASE, YET MANY PEOPLE DON'T KNOW THEY HAVE IT, OR THAT THEY ARE AT RISK.

GETTING TESTED IS THE BEST WAY TO KNOW HOW YOUR KIDNEYS ARE DOING. IF YOU ARE OVER SIXTY, HAVE DIABETES, HIGH BLOOD PRESSURE, HEART DISEASE, OR A FAMILY HISTORY OF KIDNEY FAILURE, ASK YOUR DOCTOR ABOUT GETTING TESTED FOR KIDNEY DISEASE.

DON'T WAIT UNTIL YOU FEEL SICK. TALK TO YOUR DOCTOR—AND KEEP FOLLOWING YOUR KIDNEY HEALTH. [N-I-D-D-K--DOT--N-I-H--DOT--GOV](https://www.nidk.nih.gov)