

Health Awareness

You Could Be Part Of The 33 Percent

(NAPS)—Look around the next time you're in a crowd. One-third of everyone in there with you is at risk of developing dangerous kidney disease.

Kidney Disease Facts

In the United States, 37 million adults are estimated to have chronic kidney disease—and more than 90% aren't aware of it. Often there are no symptoms; they won't find out until their kidney's fail. Kidneys are vital organs—as important as your heart, liver or lungs—that work 24/7 to clean toxins from your body. No one can live without functioning kidneys. When kidneys fail, only immediate dialysis or a transplant can save you.

A Solution

The National Kidney Foundation (NKF)—the largest, most comprehensive, and longstanding patient-centric organization dedicated to the awareness, prevention, and treatment of kidney disease in the U.S.—wants to change the odds. Every adult in the United States needs to know the risk and can find out with a simple, one-minute online quiz rolled out for National Kidney Month in March that can let you know if you're in the 33 percent—and what to do about it.

“We have a public health crisis that needs to be addressed by all Americans,” said NKF CEO and kidney transplant recipient Kevin Longino. “We will never give up trying to find ways to reach people, slow or stop the progression of this disease and lessen the burden for patients. Early testing and interventions are the key.”

What To Watch For

Risk factors for kidney disease are:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- A family history of kidney disease.



NATIONAL KIDNEY FOUNDATION

33% of American adults are at risk for kidney disease.

Take the quiz at MinuteForYourKidneys.org to find out where you stand.

ARE YOU THE 33%?

One in three American adults are at risk of life-threatening kidney disease, and most don't know it—but that can be remedied.

What To Do

If you have one or more of these factors, you should to go to MinuteForYourKidneys.org to find out what to do next and how to talk to your doctor about it.

Life-threatening kidney disease can strike anyone, young or old, and has many causes, but early intervention can make a difference. Lifestyle changes and a healthy diet can sometimes slow the progression of the disease when caught in the early stages, and sometimes can stop kidney failure.

The first step to preventing kidney failure is knowing your risk, then getting tested. Two simple tests, one blood and one urine, can let your doctor know how your kidneys are doing. It's easy to get tested yet the results can save your life.

Learn More

For further information about NKF, visit www.kidney.org.