

# More than 9 out of 10 people who have kidney disease don't know they have it.<sup>1</sup>

Chronic kidney disease is a serious condition, affecting more than 30 million adults in the United States, yet people in the early stages may not have symptoms. If you have diabetes, high blood pressure, or a family history of kidney failure, you are at risk for kidney disease.



**DON'T WAIT.**

**Start the conversation with your health care provider by asking these 3 questions.**

**Have I been tested for kidney disease and how healthy are my kidneys?**



To check for kidney disease, health care providers use a blood test and a urine test.

**How often should I get my kidneys checked?**



Your health care provider will help decide how often you should be tested. If you have diabetes, for example, you should get tested every year.

**What should I do to keep my kidneys healthy?**



You can help protect yourself from kidney disease and its causes – diabetes and high blood pressure – by adopting a healthy lifestyle for your entire family.

**References**

[1] The United States Renal Data System's Annual Data Report highlights key data and trends for kidney disease in 2018. <https://www.usrds.org/adrhighlights.aspx>. Accessed January 29, 2019.

Visit [www.niddk.nih.gov](http://www.niddk.nih.gov) to learn more about kidney health.