



Here's How We Can Help Raise Awareness About Kidney Disease

The Public



Increase public awareness of kidney disease and its prevalence. Highlight major risk factors for declining kidney function.

Medical Professionals



Remind health care professionals of their key roles and value to their communities in detecting Chronic Kidney Disease (CKD) and reducing the risk.

Patients At Risk



Highlight education, prevention, and screening of patients at risk, especially patients with diabetes or high blood pressure.

Policy Makers



Focus on prevention and management of the CKD epidemic to public policy makers at local, national, and global levels.



90% of adults with CKD do not know they have this "silent disease."

Number of US adults estimated to have CKD:



37
million



WHAT PATIENTS CAN DO

To help to preserve kidney function, preventing and slowing CKD progression:



Control Blood Pressure & Blood Sugar Levels



Choose Kidney-Friendly Meals/Foods



Get Regular Exercise



Engage

1. Health Literacy
2. Peer Support
3. Digital Health Tools

References

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