Get Tested for Chronic Kidney Disease

You may have a strong stomach and your heart may be in the right place, but how well are your kidneys working? If you have risk factors for kidney disease, ask your doctor about getting tested to find out your kidney health.

Could This Be You?
More than 10% (20 million) of US adults have chronic kidney disease (CKD), but because early CKD has no signs or symptoms, most don't know they have it. If you have any of the following risk factors for CKD, talk to your doctor about getting tested.

- High blood pressure
- Diabetes
- Heart disease
- High cholesterol
- Family history of CKD
- Age 50 or older

Your Mileage May Vary
High blood pressure and diabetes are the leading causes of CKD. Approximately 1 out of 3 adults with diabetes and 1 out of 5 adults with high blood pressure have CKD.

Find it Early, Treat it Early
If you are at risk for kidney disease, you should get your kidneys checked regularly by your doctor with simple blood and urine tests. Regular testing is your best chance for catching CKD early if you do develop it.

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