African Americans are 3 times more likely and Hispanics are 1.5 times more likely to have kidney failure when compared to White Americans.

It is estimated that more than 50% of seniors, age 75 and older, are believed to have kidney disease.

**HEALTH RELATED CONSEQUENCES OF KIDNEY DISEASE**

- Heart failure due to low potassium levels
- Swelling of arms and legs
- Excess fluid in lungs
- Brittle or weakened bones throughout body
- More likely to get infections due to weakened immune system

The most effective way to reduce your chance of Kidney Disease is to **prevent and treat risk factors** associated with the disease.

1. Diabetes
2. High Blood Pressure
3. Cardiovascular Disease

Sources: Center for Disease Control and Prevention, www.cdc.gov