1 in 3 American adults are at risk of Kidney Disease.

What is Kidney Disease?
It develops when kidneys lose their ability to remove waste and maintain fluid and chemical balances in the body.

This disease has no early signs or symptoms. It can progress quickly or take years to develop.

Risk factors can include:
- Diabetes
- High Blood Pressure
- Cardiovascular Disease
- Age 60 or older

A urine test, called Albumin Creatinine Ratio (ACR), can estimate the amount of protein in your urine.

A blood test, Glomerular Filtration Rate (GFR), can tell how well your kidneys are removing waste.

PREVENTION TIPS

 Quit smoking and Avoid consuming alcohol
 Increase physical activity
 Follow a diet rich in fruits, vegetables, lean meats and whole grains

Source: National Institute of Diabetes and Digestive and Kidney Disease; National Kidney Foundation