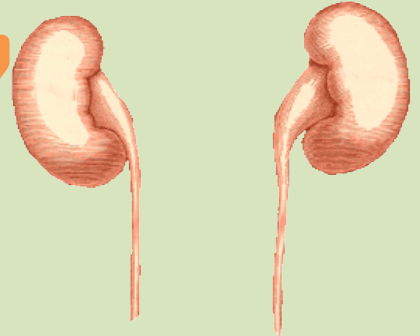




1 in 3 American adults are at risk of Kidney Disease.

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

