More than **9 out of 10** people who have kidney disease don’t know they have it.¹

Chronic kidney disease is a serious condition, affecting more than 30 million adults in the United States, yet people in the early stages may not have symptoms. If you have diabetes, high blood pressure, or a family history of kidney failure, you are at risk for kidney disease.

DON’T WAIT.
**Start the conversation with your health care provider by asking these 3 questions.**

**Have I been tested for kidney disease and how healthy are my kidneys?**

To check for kidney disease, health care providers use a blood test and a urine test.

**How often should I get my kidneys checked?**

Your health care provider will help decide how often you should be tested. If you have diabetes, for example, you should get tested every year.

**What should I do to keep my kidneys healthy?**

You can help protect yourself from kidney disease and its causes – diabetes and high blood pressure – by adopting a healthy lifestyle for your entire family.

References

Visit [www.niddk.nih.gov](http://www.niddk.nih.gov) to learn more about kidney health.