



Follow Your Kidney Health

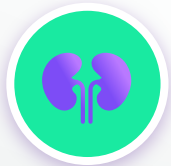


March is National Kidney Month!

Did you know?




More than **1 in 7 U.S. adults** are estimated to have **chronic kidney disease**.



Early kidney disease usually has **no symptoms**.



You are at **higher risk for kidney disease** if you are over 60, have diabetes, high blood pressure, heart disease, or a family history of kidney failure.

How can you protect your kidneys? **Get tested!** 



A urine test and a blood test can **check for kidney disease**.



Finding kidney disease early allows you time to try lifestyle changes and medicines that could keep your kidneys healthier for longer, and reduce your risk for heart attack and stroke.



Start following your kidney health today!
Visit niddk.nih.gov for more information.