



## Kidney Disease Fast Facts

The Alport Syndrome Foundation seeks to increase awareness of the risks of kidney disease and advocates a more proactive approach to prevention, early detection, and efforts to delay or manage disease progression.

Below are some basic facts about your kidneys and chronic kidney disease (CKD):

1. The main job of your kidneys is to remove toxins and excess water from your blood. Kidneys also help to control your blood pressure, to produce red blood cells and to keep your bones healthy.
2. The kidneys filter and return to the bloodstream 200 quarters of fluid every 24 hours.
3. Kidney disease is the 9<sup>th</sup> leading cause of death in the US.
4. 1 in 3 American adults is currently at risk for developing kidney disease. It can develop at any age and various conditions can lead to CKD; however, it becomes more common with increasing age.
5. About 1 in 9 people have some degree of CKD, although most don't know it because early signs are often missed.
6. Kidney disease usually progresses silently, often destroying most of the kidney function before causing any symptoms.
7. The early detection of failing kidney function is crucial and can be identified with a simple urine test but most doctors don't routinely run this test.
8. There is no cure for CKD, although with early detection, treatment can slow or halt the progression of the disease and can prevent other serious conditions from developing.
9. 39% of patients with irreversible kidney failure, or end-stage renal disease (ESRD), have a primary diagnosis of diabetes and 26% have a primary diagnosis of high blood pressure (hypertension). These are the two leading causes of CKD. If you have one of these conditions, ask your doctor to monitor your kidney function.
10. Over 661,000 Americans have irreversible kidney failure. Once the kidneys fail, dialysis or a kidney transplant is required to survive.