



Chronic Kidney Disease Fact Sheet

- ❑ 20 million American adults have Chronic Kidney Disease (CKD); 20 million more are at risk for developing CKD.
- ❑ There are more than 360,000 patients in the United States who have kidney failure; more than 6,000 live in Indiana.
- ❑ 1 in 9 American adults has CKD; approximately 507,000 Hoosiers.
- ❑ Diabetes and high blood pressure are the leading causes of chronic kidney disease.

Definition of Chronic Kidney Disease

1. Kidney damage for ≥ 3 months, as defined by structural or functional abnormalities of the kidney, with or without decreased Glomerular Filtration Rate (GFR), manifest by *either*:
 - Pathological abnormalities; or
 - Markers of kidney damage, including abnormalities in the composition of the blood or urine, or abnormalities in imaging tests
2. GFR < 60 mL/min/1.73m² for ≥ 3 months, with or without kidney damage

Stages of Chronic Kidney Disease

Stage	Description	GFR	Action*
	At increased risk	≥ 90 (with CKD risk factors)	Screening, CKD risk reduction
1	Kidney damage (e.g., protein in the urine) and normal kidney function	≥ 90	Diagnosis and treatment, Treatment of co-morbid conditions, Slowing progression, CVD risk reduction
2	Kidney damage and mild loss of kidney function	60 - 89	Estimating progression
3	Moderate loss of kidney function	30 - 59	Evaluating and treating complications
4	Severe loss of kidney function	15 - 29	Preparation for kidney replacement therapy
5	Kidney failure (dialysis or kidney transplant needed)	< 15 (or dialysis)	Replacement (if uremia present)

*Includes actions from preceding stages.

What You Need to Know about CKD...

- Increased awareness, early detection and treatment of chronic kidney disease are important public health priorities. For an individual whose chronic kidney disease is identified early, lifestyle changes and medicines, may DELAY or PREVENT the progression of kidney disease and reduce the risk of complications like cardiovascular disease.
- Risk factors for CKD include:
 - Diabetes
 - High blood pressure
 - Family history of diabetes, high blood pressure or kidney disease
- Individuals with kidney disease have a high risk of developing cardiovascular disease, which can lead to heart attack, heart failure and stroke.
- High blood pressure is a complication, as well as a cause of, kidney disease.
- Treatment of high blood pressure and diabetes are very important when they occur in the presence of chronic kidney disease.
- Persistent protein in the urine IS kidney disease.
- How well the kidneys filter blood, or glomerular filtration rate (GFR), is the best measure of kidney function.
- Strict blood pressure control in CKD reduces the risk of kidney failure and cardiovascular disease.
- Available treatments, such as angiotensin-converting enzyme inhibitors (ACEs) and angiotensin-receptor blockers (ARBs), may significantly improve outcomes for individuals with chronic kidney disease and cardiovascular disease.
- Anemia is frequently associated with chronic kidney disease. Effective treatment of anemia can have a major impact on improved quality of life and cardiovascular outcomes.
- Problems with calcium and phosphorous metabolism begin early in CKD and can lead to weakening of the bones and calcium deposits in blood vessels and the heart. Treatment with diet and medications can improve these problems.
- Cardiovascular problems, such as abnormal cholesterol, occur frequently in CKD. Treating high cholesterol may improve outcomes of treatment and enhance the health of individuals with chronic kidney disease.
- All individuals with CKD should be tested for cardiovascular disease risk factors, and problems should be aggressively treated.
- For more information please call the **National Kidney Foundation of Indiana** at **800-382-9971** or visit www.kdoqi.org.

Information in this fact sheet provided by the National Kidney Foundation of Indiana, Inc. 800-382-9971.