



MANAGING CHRONIC KIDNEY DISEASE: TAKE CHARGE OF YOUR HEALTH

CHRONIC KIDNEY DISEASE, OR C-K-D, IS A SERIOUS CONDITION THAT AFFECTS FIFTEEN PERCENT OF ADULTS IN THE U-S.

EARLY KIDNEY DISEASE USUALLY HAS NO SYMPTOMS, BUT AS THE DISEASE PROGRESSES IT CAN LEAD TO KIDNEY FAILURE AND INCREASE YOUR RISK FOR HEART DISEASE.

MANAGING YOUR KIDNEY DISEASE MAY SEEM DIFFICULT, BUT EACH STEP YOU TAKE CAN MAKE A DIFFERENCE.

VISIT N-I-D-D-K--DOT-N-I-H--DOT--GOV TO LEARN MORE.