



More than 20 million Americans have chronic kidney disease (CKD) and another 20 million are at risk, but don't even know it.

## Could you be at risk for *Chronic Kidney Disease?*

### Am I at risk?

Some people are more likely than others to develop CKD. You may have an increased risk for CKD if you:

- Have diabetes
- Have high blood pressure
- Have a family history of chronic kidney disease
- Are older
- Are African American, Hispanic American, Asian, American Indian or a Pacific Islander

### What should I do if I am at an increased risk for CKD?

You should visit your doctor and get tested.

Your check up should include:

- Checking your blood pressure
- Testing for protein in your urine
- Testing for creatinine in your blood

If you think you may be at risk for CKD, call Mercy Nephrology at **(608) 756-6192** for a confidential urine screening and blood pressure check.

### Symptoms of Chronic Kidney Disease

Most people may not have symptoms until their kidney disease has progressed. However, typical symptoms of chronic kidney disease include:

- Feeling more tired and having less energy
- Trouble concentrating
- Poor appetite
- Trouble sleeping
- Muscle cramping at night
- Swollen feet and ankles
- Puffiness around eyes, especially in the morning
- Dry, itchy skin
- Urinating more often, especially at night



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