

What is Chronic Kidney Disease?

Your kidneys are important because they keep the rest of your body in balance. They:

- Remove waste products from the body.
- Balance the body's fluids.
- Help keep blood pressure under control.
- Keep bones healthy.
- Help make red blood cells.

Chronic kidney disease (CKD) means that the kidneys have been damaged. Kidneys can get damaged from a physical injury or a disease like diabetes or high blood pressure. Once your kidneys are damaged, they cannot filter your blood or do other jobs as well as they should. There are five stages of kidney disease. Treatment in the early stages can help keep kidney disease from getting worse.

Are people with diabetes at greater risk for getting kidney disease?

Yes. About a third of people with diabetes may get chronic kidney disease. Certain groups may have a higher risk of getting kidney disease than other. Your risk may be greater if you:

- Are older (65 and up)
- Have high blood pressure.
- Have a family member who has chronic kidney disease.
- Are African American, Hispanic American, Asian, Pacific Islander or American Indian.

Source: The National Kidney Foundation.