One in three American adults are at risk of life-threatening kidney disease, and most don’t know it—but that can be remedied.

What To Do
If you have one or more of these factors, you should go to MinuteForYourKidneys.org to find out what to do next and how to talk to your doctor about it.

Life-threatening kidney disease can strike anyone, young or old, and has many causes, but early intervention can make a difference. Lifestyle changes and a healthy diet can sometimes slow the progression of the disease when caught in the early stages, and sometimes can stop kidney failure.

The first step to preventing kidney failure is knowing your risk, then getting tested. Two simple tests, one blood and one urine, can let your doctor know how your kidneys are doing. It’s easy to get tested yet the results can save your life.

Learn More
For further information about NKF, visit www.kidney.org.