



NATIONAL KIDNEY  
FOUNDATION®

of Michigan

## Chronic Kidney Disease

### The Facts:

More than a million people in Michigan have kidney disease.

1 in 3 American adults, or 33%, is at risk for kidney disease.

Chronic kidney disease can cause kidney failure.

People with kidney failure need dialysis or a kidney transplant in order to live.

CKD is a risk factor for severe COVID-19 and COVID-19 can also affect the health of your kidneys.

### Risk Factors for CKD Include:

Diabetes

High Blood  
Pressure

Frequent  
NSAID use

History of  
acute kidney  
injury

Family  
History

Age 60 or  
older

Ethnicity

### Talk to Your Doctor and Get Tested:

- Kidney disease often has no symptoms. To find out if you're at risk, take the quiz at [kidneymi.org/kidneyquiz](https://www.kidneymi.org/kidneyquiz).
- Make sure a doctor checks your blood sugar and blood pressure regularly.
- Your doctor can also perform two tests to find out how your kidneys are working.
- The National Kidney Foundation of Michigan offers programs for people at high risk of kidney disease.



Visit [www.nkfm.org](https://www.nkfm.org) for more information.