



ARE YOU AT RISK?

Do you have:

- diabetes
- high blood pressure
- family history of kidney failure
- older age

People who are Hispanic or Latino, Black or African American, Asian American, American Indian or Alaska Native, Native Hawaiian or Other Pacific Islander are also disproportionately affected by kidney disease.



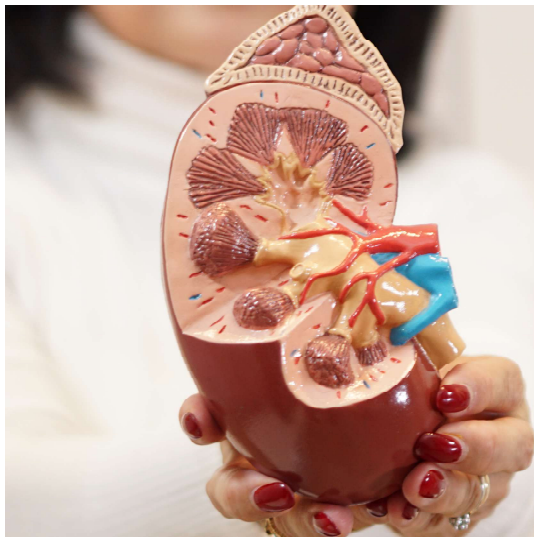
To know if you are at risk, take our Kidney Quiz. It just takes a minute to know!

minuteforyourkidneys.org



1 in 3 adults in the U.S. are at risk for developing kidney disease.

1 in 7 adults in the U.S. has kidney disease — and most don't know it.



GET TESTED!

If you have risk factors contact your doctor or clinic about next steps for getting tested for kidney disease. There are **2 simple tests**:

A urine test called ACR — looks at protein in the urine.

A blood test to estimate GFR — tells your healthcare professional how well your kidneys are filtering blood.

