

ST. NICHOLAS HOSPITAL HEALTHSOURCE

March is Kidney Disease Month

20 million Americans – 1 in 9 adults – have chronic kidney disease (CKD). Another 20 million Americans are at increased risk for developing CKD. Early kidney disease has no symptoms, in fact, most people don't know something is wrong until their kidneys are about to fail.

Kidneys filter your blood. They remove wastes and extra water. When the kidneys are diseased, they stop doing these jobs and wastes build up, causing damage to the body. If left untreated, kidney disease can lead to kidney failure.

Are You at Risk For Kidney Disease?

- Do you have diabetes (problems with your blood sugar)?
- Do you have high blood pressure?
- Did your mother, father, sister, or brother ever have kidney failure?
Kidney disease runs in families.

If you answered "yes" to any of these questions, you are at risk for kidney disease and should talk to your doctor or health care professional about being tested; it could save your life.

The physicians at Sheboygan Internal Medicine Associates can determine whether you have kidney disease by ordering simple blood and urine tests and help you manage your condition and prevent kidney failure. To schedule an appointment, call 920/452-6000.



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