



31 million people in the United States are living with chronic kidney disease (CKD).

The term “chronic kidney disease” means lasting damage to the kidneys that can get worse over time. If the damage is very bad, your kidneys may stop working. This is called kidney failure, or end-stage renal disease (ESRD). If your kidneys fail, you will need dialysis or a kidney transplant in order to live.



American Kidney Fund®

Chronic kidney disease

Who can get chronic kidney disease (CKD)?

Anyone can get CKD. Some people are more at risk than others. Some things that increase your risk for CKD include:

- Diabetes
- High blood pressure (hypertension)
- Heart disease
- Having a family member with kidney disease
- Being African-American, Hispanic, Native American or Asian
- Being over 60 years old

Symptoms

Chronic kidney disease (CKD) usually gets worse slowly, and symptoms may not appear until your kidneys are badly damaged. In the late stages of CKD, as you are nearing end stage renal disease, you may notice symptoms that are caused by waste and extra fluid building up in your body.

You may notice one or more of the following symptoms if your kidneys are beginning to fail:



Itching



Muscle cramps



Nausea and vomiting



Not feeling hungry



Swelling in your feet and ankles



Too much urine (pee) or not enough urine



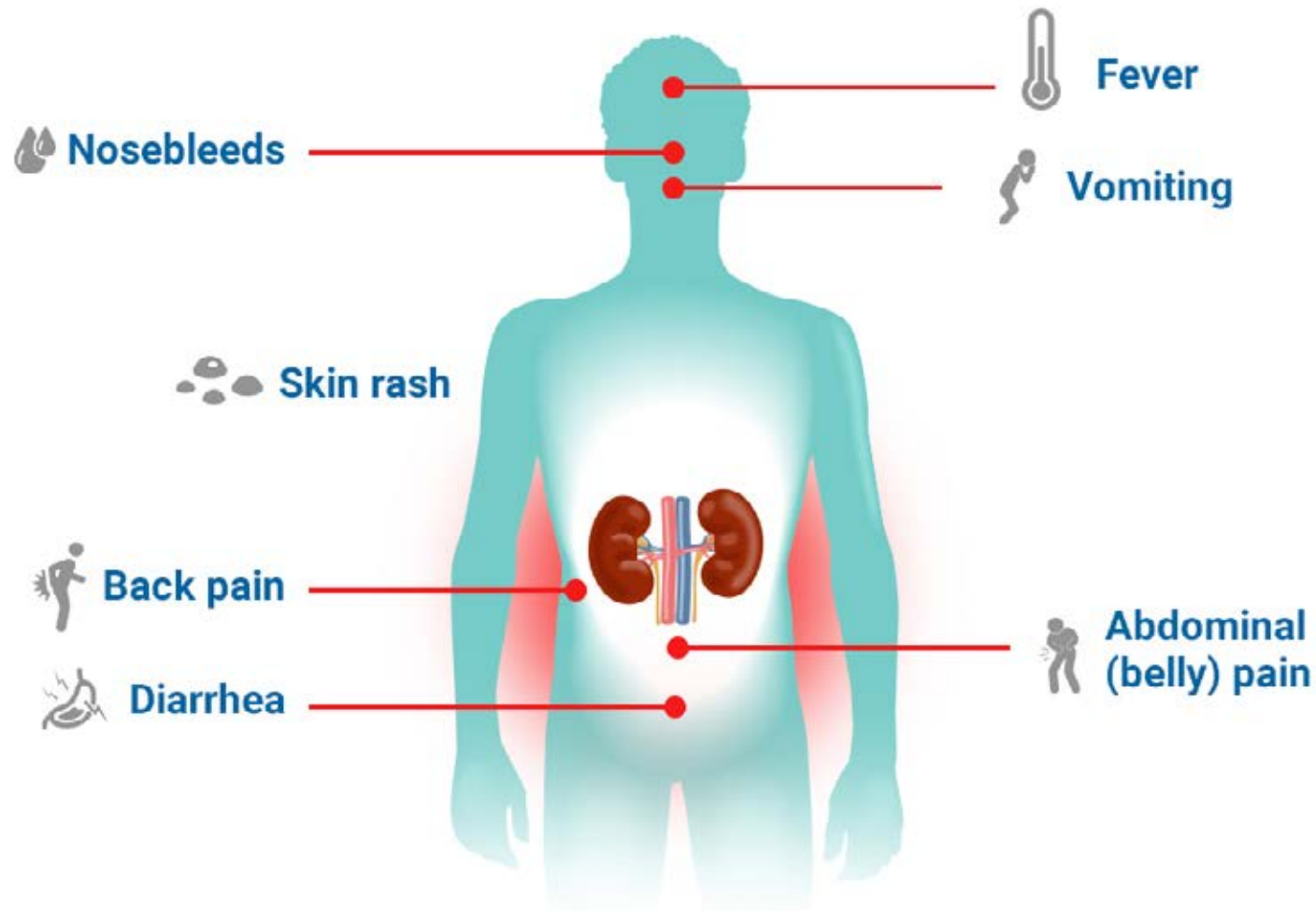
Trouble catching your breath



Trouble sleeping

Acute Kidney Failure

If your kidneys stop working suddenly (**acute kidney failure**), you may notice one or more of the following symptoms:



Having one or more of any of the symptoms above may be a sign of serious kidney problems. If you notice any of these symptoms, you should contact your doctor right away.