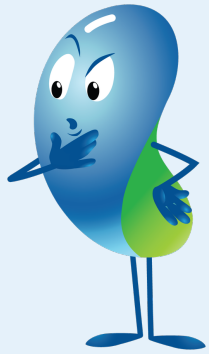
THE KIDNEY EXPERTS

Just told you have CKD?



It's normal to feel worried.

It's normal to have lots of questions, too. Write them down and bring them to us.

What is CKD?

CKD stands for chronic kidney disease. It means your kidneys have been damaged, and they don't work as well as they should.

CKD is common.

More than 1 in 7 adults in our country has it.

Knowing now helps.

CKD often changes slowly. The sooner you know, the sooner you can act to protect your kidneys.

What comes next:

- We'll check your blood and urine over time.
- You don't need to skip food for these tests.
- We'll look at what may be causing your CKD.
- Then we'll make a plan with you.

Bring to your visits:

- A list of all your medicines
- Your questions
- A family member or friend, if you like

You're not alone in this. We're here to help.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.