

Kidney Disease



DaVita is committed to educating the community on kidney disease by helping them understand their risk factors and hopefully avoid kidney failure all together by catching it early. Early detection through screening can help slow down or even stop the progression of chronic kidney disease into chronic kidney failure. Kidney failure or ESRD means a person must get a kidney transplant or go on dialysis to live.

FAST FACTS

- 1 in 7 U.S. adults has kidney disease, and many don't know it.¹
- Kidney disease is the 9th leading cause of death in the United States.²
- Most (96%) people with kidney damage or mildly reduced kidney function (stages 1 and 2) are not aware of having CKD.³
- 48% of those with severely reduced kidney function (stage 4) but not on dialysis are not aware of having CKD.⁴
- There are currently more than 125,000 people waiting for lifesaving organ transplants in the U.S. Of these, nearly 83 percent are awaiting kidney transplants.⁵

FREQUENTLY ASKED QUESTIONS

What is chronic kidney disease (CKD)?

CKD develops when the kidneys lose their ability to remove waste from and maintain fluid and chemical balances in the body. People with stage 5 CKD, or end stage renal disease, require a transplant or dialysis for survival.

Who is at risk for CKD?

High-risk groups include African-Americans, Hispanics, Pacific Islanders, Native Americans and seniors (those 60 and over).⁶ Primary risk factors include diabetes, hypertension and cardiovascular disease or a family history of these conditions.

What is dialysis?

Dialysis is the process of removing waste and excess fluid from the blood when the kidneys are not able to do it on their own. Dialysis uses a special fluid that contains a mixture of pure water and chemicals to carefully pull waste, salt and extra water out of the blood without removing substances the body needs.

The process helps maintain safer levels of certain chemicals, such as potassium, in the bloodstream.

Learn more at [DaVita.com/KidneyAware](https://www.davita.com/kidneyaware).

1. National Chronic Kidney Disease Fact Sheet, 2017. Centers for Disease Control and Prevention. https://www.cdc.gov/diabetes/pubs/pdf/kidney_factsheet.pdf

2. Leading causes of death and numbers of deaths, by sex, race, and Hispanic origin: United States, 1980 and 2016. Centers for Disease Control and Prevention. <https://www.cdc.gov/nchs/data/hest/2017/019.pdf>

3. National Chronic Kidney Disease Fact Sheet, 2017. Centers for Disease Control and Prevention. https://www.cdc.gov/diabetes/pubs/pdf/kidney_factsheet.pdf

4. National Chronic Kidney Disease Fact Sheet, 2017. Centers for Disease Control and Prevention. https://www.cdc.gov/diabetes/pubs/pdf/kidney_factsheet.pdf

5. Current U.S. Waiting List - Overall by Organ. Organ Procurement and Transplantation Network. <https://optn.transplant.hrsa.gov/data/view-data-reports/national-data/#>. Nov. 12, 2018.

6. Minorities and Kidney Disease. National Kidney Foundation. <https://www.kidney.org/atoz/content/minorities-KD>. 2017.



How does dialysis work?

There are two main types of kidney dialysis—peritoneal dialysis (PD) and hemodialysis (HD). PD uses the lining of the abdominal cavity, called the peritoneum, to filter blood naturally. During treatments, a cleansing fluid called dialysate is put into the patient's abdomen through a small, flexible tube called a PD catheter. Waste is gradually removed through the peritoneum and deposited into the dialysis fluid that is cycled into the abdomen. After several hours, the fluid is drained then replaced, allowing the process to start again.

HD uses a filter outside of the body called a dialyzer. With help from the dialysis machine, blood flows from the body into the filter, where waste and fluid are removed, and then back into the body. There are three common forms of HD: home hemodialysis, done in the comfort of home; in-center hemodialysis performed during the day at a dialysis center with other patients; and in-center nocturnal dialysis, which is performed at a center overnight while the patient sleeps.

What about a kidney transplant?

If a person's kidneys are failing, a kidney transplant can be a preferred treatment option. The balance of risks and benefits varies depending on age and other health issues. For many patients who are awaiting a transplant or aren't eligible for one, dialysis can replace kidney function adequately for many years.

For more information about transplantation, visit [DaVita.com/Treatment-Options/Transplant](https://www.davita.com/Treatment-Options/Transplant).

The Stats and Facts About Kidney Transplants



97K

Number of people on the kidney transplant list¹



3.5

Average wait time in years for a kidney donor match²



42K

Number of 50 to 64-year-olds waiting for a new kidney as of May 2017¹



19K

Number of kidney transplants in 2016¹



9K

Number of kidneys from deceased donors in 2016³



DaVita patients are **more likely** to get a transplant than the average U.S. dialysis patient⁴

Learn more at
DaVita.com/Transplant.

