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## Kidney Disease Fact sheet

### Kidney Disease in the United States

- Approximately 20 million Americans have kidney disease.<sup>1</sup>
- Early kidney disease has no symptoms. If left undetected, it can progress to kidney failure, which requires dialysis or a transplant, with little or no warning.
- By the end of 2004, more than 136,000 people were living with a kidney transplant, and more than 335,000 were on dialysis.<sup>2</sup>
- Public and private spending to treat patients with kidney failure in the United States in 2004 was approximately \$32.5 billion.<sup>2</sup>
- By 2030, more than 2 million people will be receiving treatment for kidney failure.<sup>3</sup>

### Risk Factors

The main risk factors for kidney disease are:

- Diabetes
- High blood pressure
- A family history of kidney failure
- Cardiovascular disease

The most common causes of kidney failure are diabetes and high blood pressure, together accounting for almost 69 percent of new cases.<sup>2</sup>

### Detection and Treatment

- Blood and urine tests are the only way to detect kidney disease.
- Kidney disease can be effectively treated if detected early. ACE (angiotensin-converting enzyme) inhibitors<sup>4,5,6,7</sup> or ARBs<sup>8,9</sup> (angiotensin receptor blockers) can prevent or slow progression of kidney disease to kidney failure.
- Intensive management of blood glucose is important for people with diabetes, especially if they have early stages of kidney disease.<sup>10</sup>

Source: NKDEP

