

Chronic Kidney Disease (CKD) Screening



PREVENT & MANAGE CHRONIC DISEASE

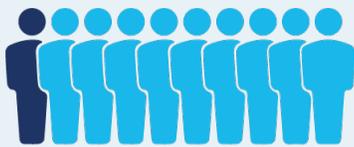
Are You at Risk for Chronic Kidney Disease, Which Could Lead to Kidney Failure?

The Centers for Disease Control and Prevention (CDC) estimates that 30 million American adults are living with chronic kidney disease (CKD) today. Nine of every ten people who have CKD aren't aware of it. Screening is needed before you feel sick to identify, stage, and treat to stop it from getting worse. Many times, CKD isn't discovered until about six months before the person requires dialysis. **People with hypertension and diabetes, even if it's currently under control, are more at risk of developing CKD and, along with others with high risk, should be screened regularly.**

If you, someone you care for, know or work with has any of these risks, they should be screened.

The most common CKD risk factors include, but are not limited to:

- Diabetes
- Hypertension
- Frequent non-steroidal anti-inflammatory drug (NSAID) use
- Family history of kidney disease
- Age 60 or older
- Race/U.S. ethnic minority status: African Americans, Hispanics, Asians/Pacific Islanders, and American Indians¹
- History of acute kidney injury (including injury from COVID-19)⁵



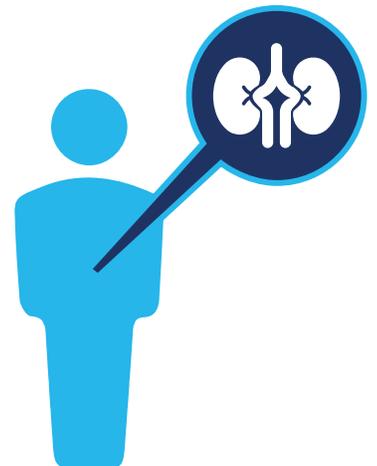
9 in 10 adults with CKD do not know they have it.

Why is Chronic Kidney Disease Screening Important?

The Centers for Medicare & Medicaid Services (CMS) has a goal for screening high-risk Medicare beneficiaries for CKD to help reduce the risk of kidney failure, transplant or dialysis. A lot of Medicare beneficiaries with diabetes or hypertension were not screened in 2020.

Returning to health care for an annual wellness visit is the first step in assuring all medical concerns are addressed and all screenings completed. All Medicare beneficiaries need to make an appointment and make a note to ask for a screening for Chronic Kidney Disease because:

- Early detection and treatment can slow CKD progression
- Chronic kidney disease is four times higher in Medicare beneficiaries aged 65 or older with high blood pressure than in those without³
- More than 35% of adults with diabetes have chronic kidney disease⁴
- It is estimated that the yearly per person medical cost of CKD was \$3,500 for stage three, and \$12,700 for stage four for Medicare beneficiaries³



Screening for CKD is done with two Simple Tests that can be done without extra samples. They are paid for by Medicare.

The National Kidney Foundation has more information and shareable resources at www.kidney.org

For more information, please contact your health care provider or:

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¹ <https://www.americashealthrankings.org>

² <https://nccd.cdc.gov/CKD/detail.aspx?Qnum=Q655>

³ <https://www.kidney.org/news/newsroom/factsheets/Diabetes-And-CKD>

⁴ *Journal of the American Society of Nephrology* article (Published online 2013 Aug 1. doi: 10.1681/ASN.2012040392)

⁵ <https://www.kidney.org/coronavirus/covid-19-information#acute-kidney-injury-aki>