

Are You Kidney Aware?

(P-O-P-S) Chronic kidney disease (CKD) is a growing problem in the United States. Some 20 million Americans with reduced kidney function are at increased risk for kidney failure and cardiovascular disease, according to the National Kidney Foundation. **True or False**

•African Americans, American Indians, and Hispanic Americans have higher rates of CKD than white Americans. If you belong to one of these high-risk groups and have any of the other risk factors for CKD, you should have your kidney function checked. **True or False**



*A single healthy kidney
can adapt to perform the
work of two kidneys*

• While dialysis is one way to lengthen the life of a person with kidney failure, the average dialysis patient spends at least 15 hours a week hooked up to a dialyzer to cleanse their blood of dangerous toxins. **True or False**

• While the miracle of kidney transplant is 50 years old, currently more than 50,000 patients are awaiting kidney transplants in the U.S. Fewer than 20% of those waiting receive a cadaveric kidney each year. **True or False**

• Increasingly, family and friends of patients with failed kidneys are donating a kidney to ensure quality of life for another human being. Of the 14,000 kidney transplants performed in the U.S. in 2004, almost half were from living donors. **True or False**

• If you are an altruistic donor with an A+ or O blood type, please contact me at myrnapops@aol.com to try and arrange a kidney evaluation and the possibility of your donating a kidney. Your beneficence will result in my eternal gratitude and other legal rewards. **True or False**

###

Answers: If you chose True for every statement, you are extremely savvy about kidney problems and their solutions.

