



What You Should Know About:

Living with Chronic Kidney Disease, Kidney Failure, and Transplantation

Be Your Own Health Advocate!

Use your Medicaid benefits to help you stay healthy.

To learn more about CKD, visit:

- National Institute of Diabetes and Digestive and Kidney Diseases “Kidney Disease” web page¹
- National Kidney Foundation²

To learn more about kidney transplantation, visit:

- U.S. Department of Health & Human Services “Organ Procurement and Transplantation Network” web page³
- National Kidney Foundation, Inc. “Transplantation” web page⁴

Understanding Chronic Kidney Disease (CKD), Kidney Failure, and Transplantation

Did you know...?

- CKD affects 15 percent of the US population. Many New Yorkers have kidney disease and don't even know it!
- The most common reasons for kidney failure are diabetes, high blood pressure, and obesity.
- Other causes of kidney disease may include autoimmune diseases and genetic conditions such as polycystic kidney disease.
- Foamy urine and protein in the urine may be early signs of kidney disease.
- Kidney health is checked with blood and urine tests and, sometimes, an ultrasound.
- Your blood creatinine is a marker of kidney function. It is used to calculate your glomerular filtration rate (GFR); a normal GFR is about 100.
- There are medications that can slow the progression of kidney disease.
- Before your kidneys fail, you should seek treatment from a kidney specialist (nephrologist).
- If your kidneys fail, the treatment is dialysis or a kidney transplant.
- You can be evaluated and placed on a pre-emptive transplantation waiting list prior to starting dialysis.

How to Keep Feeling Well

What can you do?

- If you or a family member have been diagnosed with kidney disease, high blood pressure, and/or diabetes, be sure to speak with your health care provider, schedule regular follow-up visits, and do your best to control these conditions.
- Visit a kidney specialist (nephrologist) right away for proper diagnosis and treatment.
- Take prescribed medications every day, as directed, and try to maintain a regular exercise schedule.
- If you have kidney disease, know your creatinine and GFR!
- If your kidney function is below a GFR of 20, or 20 percent of normal, talk to your doctor about a referral for a kidney transplant evaluation.
- If your kidneys are failing, talk to your friends and family about finding a living donor for kidney transplantation.

¹: <https://www.niddk.nih.gov/health-information/kidney-disease>

²: <https://www.kidney.org/>

³: <https://optn.transplant.hrsa.gov/learn/patient-education/>

⁴: https://www.kidney.org/atoz/atozTopic_Transplantation



If you have questions about using your benefits, call the phone number listed on the back of your Medicaid card.

