

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
- 9 out of 10 people who have Stage 3 CKD (moderately decreased kidney function) do not know it.³
- 60 percent of people with late-stage kidney disease don't know their kidneys are failing.⁴
- 30 million Americans are at risk for developing kidney disease.⁵
- There are currently more than 121,000 people waiting for lifesaving organ transplants in the U.S. Of these, nearly 83 percent are awaiting kidney transplants.⁶

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).⁷ 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. 2015 Kidney Disease Statistics, American Kidney Fund

2. Centers for Disease Control and Prevention (2015)

3. Centers for Disease Control and Prevention (2011)

4. Adv. Chronic Kidney Dis. 2010 May; 17(3): 225-236. doi:10.1053/j.ackd.2010.03.002

5. Centers for Disease Control and Prevention (2017)

6. National Kidney Fund, Organ Donation and Transplantation Statistics, January 2016

7. KidneyFund.org, Source: USRDS

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

Kidney transplantation is an ideal treatment option, but the numbers reveal that demand is high and supply is low. If you are a person considering kidney transplant, it's important to understand the current statistics and facts. If you are thinking about becoming an organ donor, maybe the numbers below will help motivate your decision to donate life to a person in need.

97K
people

ARE ON THE KIDNEY
TRANSPLANT
WAITING LIST¹



3.5
years

IS THE AVERAGE
WAIT TIME
FOR A KIDNEY
DONOR MATCH²



19K people
received a
kidney in 2016³

9K kidneys

were donated from
deceased donors
in 2016³



42K



50-64-YEAR-OLDS ARE WAITING FOR A
NEW KIDNEY AS OF MAY 2017⁴

**DaVita patients are more likely to get a transplant
than the average U.S. dialysis patient⁵**

Know someone who would like to
donate a kidney? Visit the **National
Kidney Registry** to start the process.



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1. Current estimates for organ donor waiting lists: <http://www.rrs.org/rrs/rrsweb/rrsweb.asp>. Based on OPTN data as of May 15, 2017. Retrieved May 15, 2017. 2. Source: Dr. Michael J. Rea, MD, PhD, Director, Organ Donor Research and Transplantation Center, Organ Donor Research and Transplantation Center, University of California, San Francisco. 3. Source: U.S. Department of Health and Human Services, National Institute of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Kidney Foundation. 4. Based on data from the National Kidney Registry. 5. Source: www.davita.com. © 2017 DaVita Inc. All rights reserved. DaVita and the DaVita logo are trademarks of DaVita Inc. All other trademarks are the property of their respective owners.