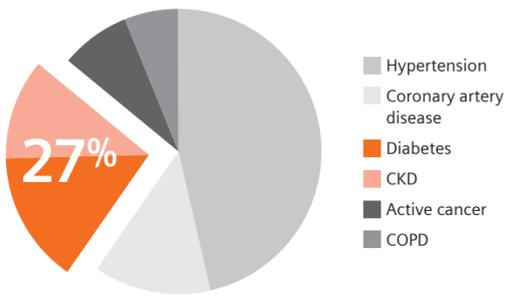


# Chronic kidney disease and COVID-19: What you need to know

Studies have shown that kidney disease patients are at greater risk for serious complications and worse outcomes if they contract COVID-19.<sup>1-3</sup>



**27% of patients hospitalized with COVID-19 had either diabetes or chronic kidney disease<sup>2</sup>**



Chronic kidney disease (CKD) is a condition characterized by a gradual loss of kidney function over time. CKD may be caused by diabetes, high blood pressure, and other disorders. Early detection and treatment can often keep chronic kidney disease from getting worse. When kidney disease progresses, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.<sup>4</sup>

## Prevalence of CKD

According to estimates, about **1 in 5 men** and **1 in 4 women** between the ages of 65 and 74

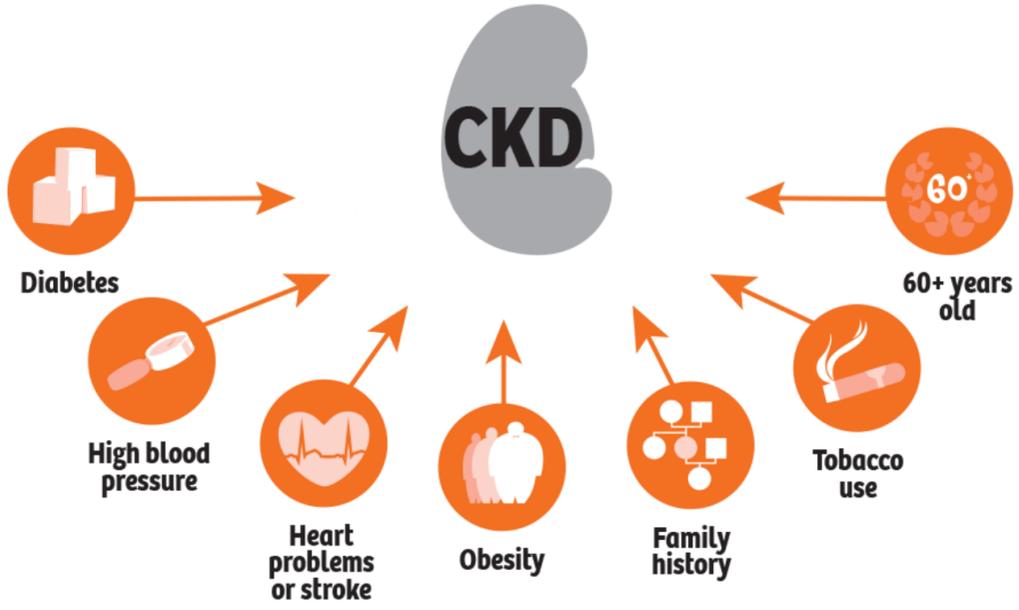


and **half of people aged 75 or more**



have chronic kidney disease (CKD).<sup>5</sup>

## Are you at risk?<sup>6</sup>



Early detection can help prevent the progression of kidney disease to kidney failure. Ask your doctor about tests available for early detection of CKD.

## It's important to stay healthy during times of COVID-19



Exercise and engage in physical activity.



Keep track of fluid consumption.



Take medications as prescribed.



Maintain a healthy diet.



Wash your hands frequently with soap.



Practice social distancing.



Ask your doctor about in-office urine tests to assess kidney function.

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 3. Zhou F, Yu T, Du R, et al. Clinical course and risk factors for mortality of adult inpatients with COVID-19 in Wuhan, China: a retrospective cohort study. *Lancet*. 2020;395:1054-62.  
 4. <https://www.kidney.org/atoz/content/about-chronic-kidney-disease>  
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