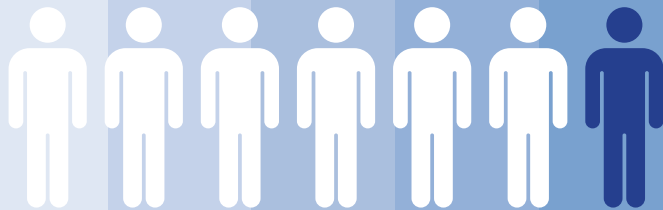


Chronic kidney disease (CKD) is a condition that occurs when the kidneys are damaged over time and can no longer filter blood properly.

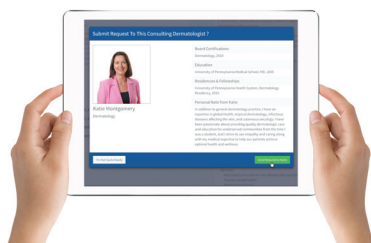


**1 in 7**

Chronic kidney disease (CKD) affects more than 1 in 7 U.S. adults— an estimated 37 million Americans.

## The most common CKD risk factors are:

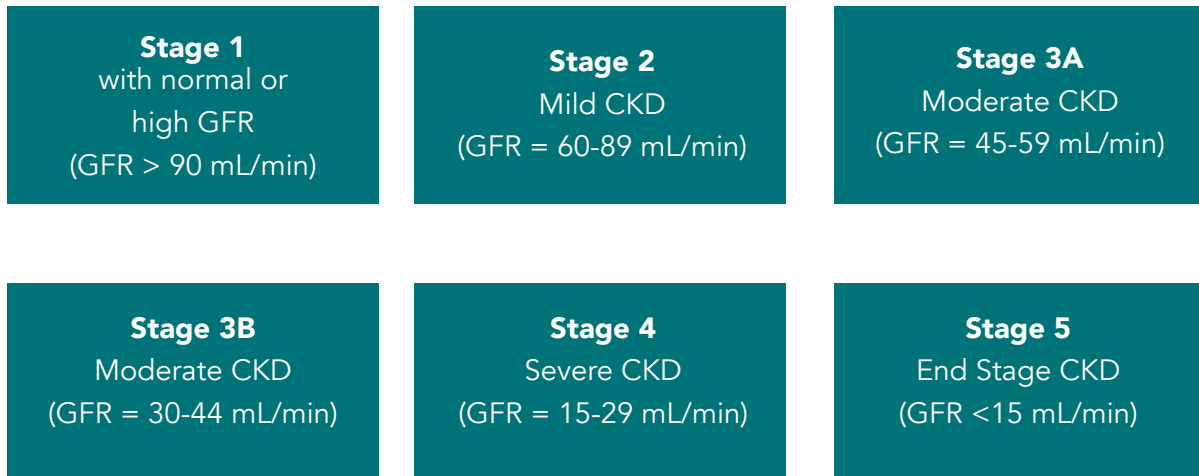
- Diabetes
- High blood pressure (hypertension)
- Heart disease and/or heart failure
- Obesity
- Over the age of 60
- Family history of CKD or kidney failure
- Personal history of acute kidney injury (AKI)
- Smoking and/or use of tobacco products



For more information or to request a demo, contact us at [info@aristamd.com](mailto:info@aristamd.com)

[www.aristamd.com](http://www.aristamd.com)

# Five stages of chronic kidney disease



## Chronic kidney disease (CKD) can be managed by:

- Eat a healthy, balanced diet
- Exercise
- Manage your Weight
- Reduce Alcohol intake
- Stop smoking if you smoke.
- Manage your high blood pressure and reduce stress
- If you have diabetes, manage your blood sugar.
- Take medicines as prescribed, and avoid over-the-counter non-steroidal anti-inflammatory drugs (NSAIDs)

For more information or to request a demo, contact us at [info@aristamd.com](mailto:info@aristamd.com)

[www.aristamd.com](http://www.aristamd.com)

