

CHRONIC KIDNEY DISEASE FACT SHEET

The Basics

More than 20 million Americans – or one in nine adults – are estimated to have chronic kidney disease, and another 20 million are at increased risk. Chronic kidney disease is a progressive condition in which the kidneys do not function effectively and which reduces the body's ability to control blood pressure and remove body waste through urination. Chronic kidney disease can also result in reduced levels of the hormone required for red blood cell production.

Risk Factors

Twenty million Americans are at increased risk for kidney disease. People at risk may include those who:

- Have diabetes
- Have high blood pressure
- Have a family history of kidney disease
- Are of over the age of 65
- Are African-American, Hispanic-American, Asian, American Indian or Pacific Islander

The causes of chronic kidney disease are not always known. However, the two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of all cases.

Signs and Symptoms

Early signs and symptoms associated with chronic kidney disease can be non-specific and subtle. When kidney function deteriorates, waste products, salt and fluids accumulate in the body and initially can result in the following symptoms:

- Tiredness and weakness
- Nausea and vomiting
- Loss of appetite
- Dry and itchy skin
- Trouble sleeping
- Difficulty concentrating
- Weight gain from excess fluids
- Swollen feet and ankles
- Puffiness around the eyes and high blood pressure
- Fatigue or tiredness, a symptom of chronic kidney disease-related anemia

Slowing Progression

Although kidney disease is a lifelong condition, the progression of chronic kidney disease, depending on its causes, can usually be slowed or delayed. Patients are more likely to have success in slowing the condition when it is detected in early stages and when they carefully follow their treatment plans as suggested by their healthcare professional.

Lifestyle changes, medications and dietary changes are used to control underlying health problems and help patients live as healthy a life as possible.

Detection

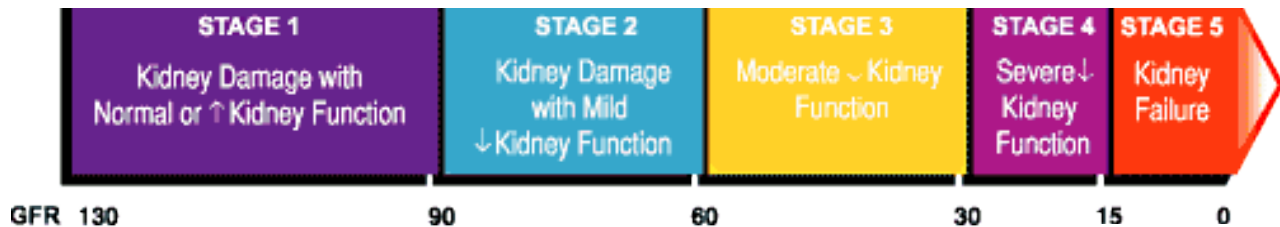
Early detection is key to slowing the progression of chronic kidney disease. It is important for people, particularly those with risk factors, to be aware of the early symptoms of kidney disease and undergo regular testing.

Blood tests, urine tests or other diagnostic procedures are used to measure kidney function and to check for chronic kidney disease. Physicians use a test called the glomerular filtration rate (GFR) to determine how much kidney function a patient has and to help determine the individual's stage of disease. Stage of disease is estimated based on GRF, which is estimated from blood creatinine levels, age, race, gender and other factors.

Anemia is one of the early signs of chronic kidney disease. Ortho Biotech Products, L.P. recently started offering a free anemia self-screening kit, AnemiaPro™, to people with risk factors for chronic kidney disease. People interested in obtaining AnemiaPro may call 1-888-557-2854 or visit www.AnemiaPro.com to get more information.

Stages

There are five stages of chronic kidney disease. The chart below, developed by the National Kidney Foundation, illustrates the stages of chronic kidney disease and the associated GFR (i.e. kidney function level) associated with each stage.



Complications

If chronic kidney disease is not treated properly, complications such as kidney failure or heart disease may result. Once the condition progresses to kidney failure, patients may require dialysis to remove wastes and fluids through dialysis or kidney transplantation.