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Symptoms of Chronic Kidney Disease:

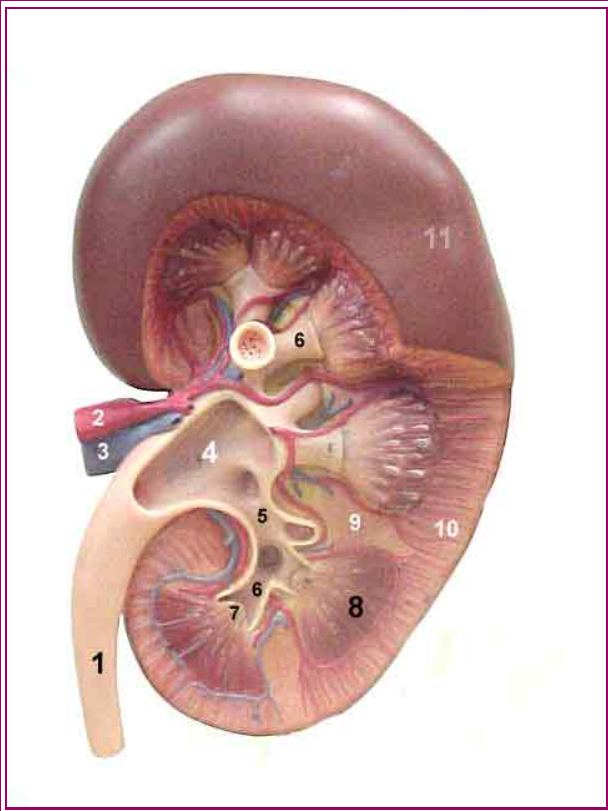
- feel more tired than normal
- have less energy
- have trouble thinking clearly
- have a poor appetite
- have trouble sleeping
- have dry, itchy skin
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- need to urinate more often, especially at night

What is chronic kidney disease?

Chronic kidney disease means that you have condition that damages your kidneys. This decreases your kidneys' ability to keep you healthy. The two main causes of chronic kidney disease are diabetes and high blood pressure.

Diabetes occurs when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart as well as blood vessels, eyes and nerves.

High blood pressure (often referred to as hypertension), occurs when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled or poorly controlled, high blood pressure can result in the development of chronic kidney disease, or cause heart attacks and strokes. Chronic kidney disease can also cause high blood pressure.



More than 20 million Americans - one in nine adults - have chronic kidney disease, and most don't know it. More than 20 million others are at increased risk for kidney disease. The National Kidney Foundation, a major voluntary health organization, seeks to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases, and increase the availability of all organs for transplantation. Through its *51 affiliates nationwide*, the foundation conducts programs in research, professional education, patient and community services, public education and organ donation. The work of the National Kidney Foundation is funded by public donations.