

Fast Facts from the WHA Information Center: March is National Kidney Month

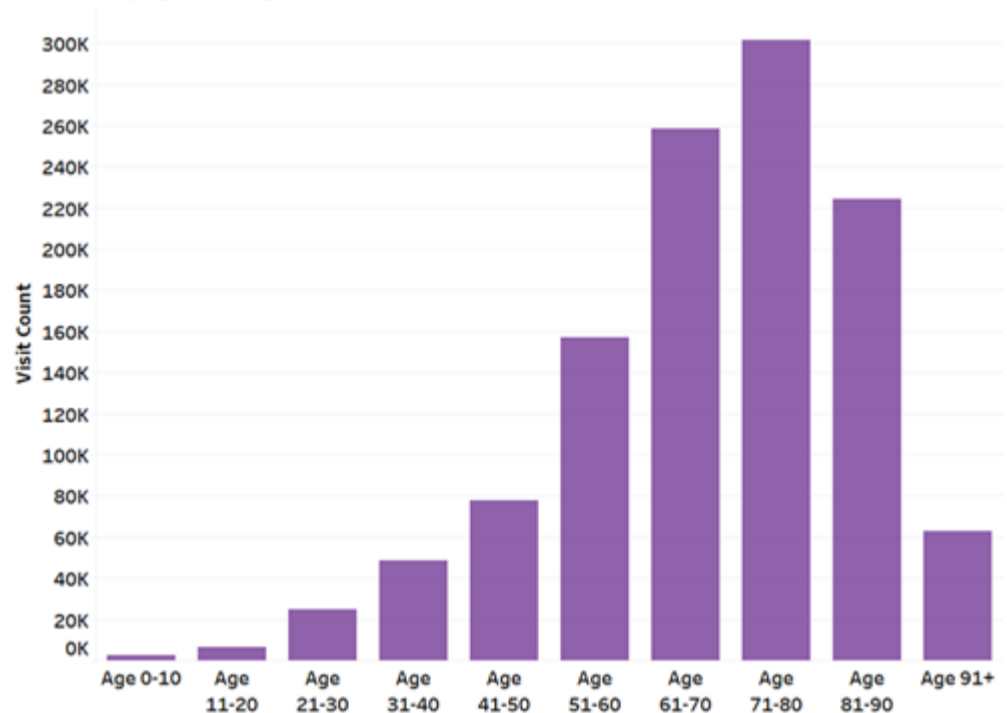


March is known as National Kidney Month and brings attention and awareness to kidney-related diseases. The National Institutes of Health states that, “kidney disease is often referred to as a ‘silent disease,’ because there are usually no symptoms during its early stages. In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is very advanced.”

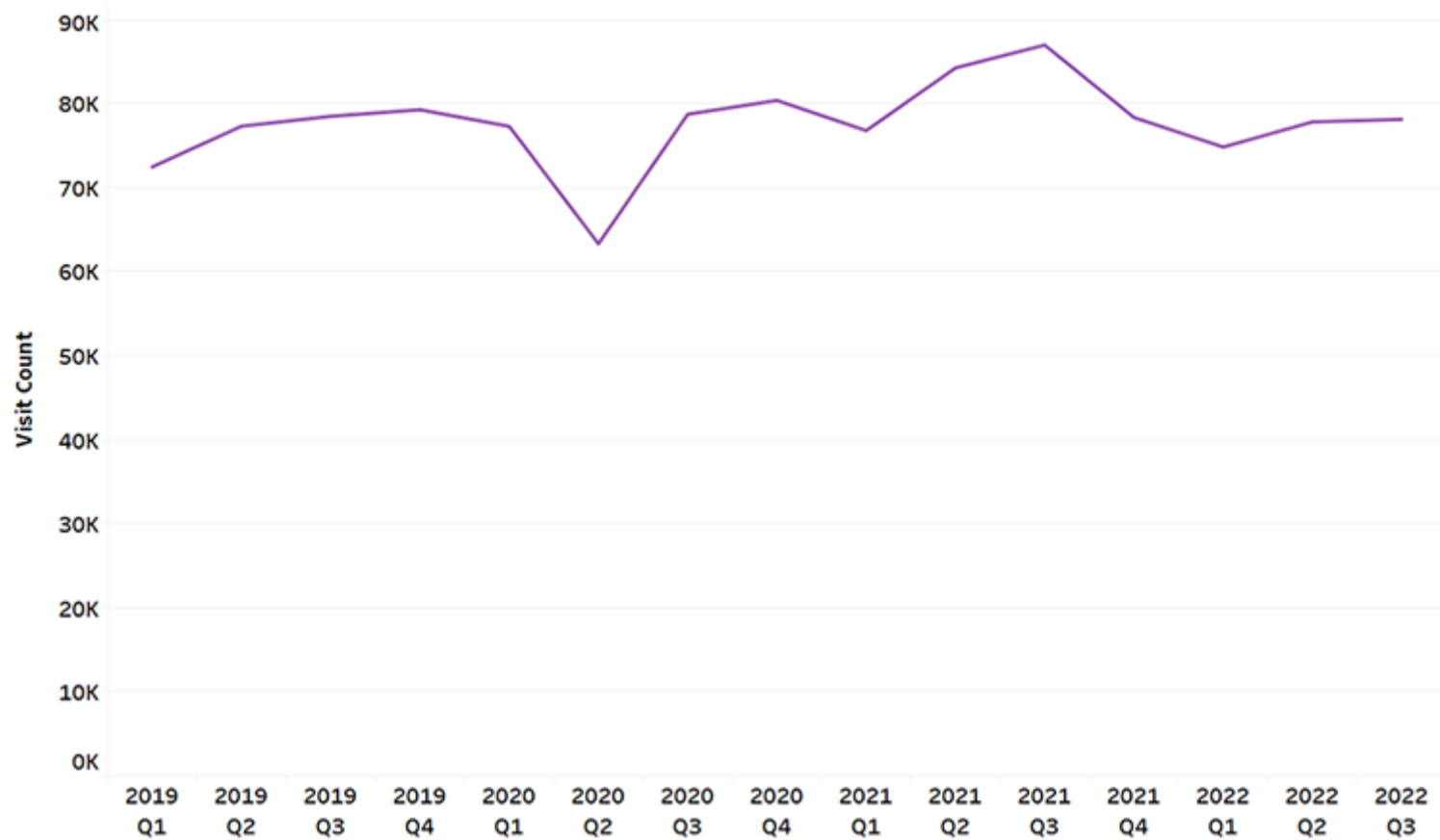
The kidneys are two bean-shaped organs that provide crucial functions to filter out toxins, produce red blood cells, create urine and regulate pH. In fact, the kidneys filter about 150 quarts of blood every single day. When the kidneys are not performing properly, it can lead to waste buildup in the blood, causing a host of problems in the body. CKD affects more than one in seven American adults and is the ninth leading cause of death in the U.S.

The WHA Information Center analyzed Wisconsin hospital claims from January 2019 to September 2022 for CKD, acute kidney failure and other kidney-related conditions. Men had a smaller percentage of more visits than females do, which is opposite of the national trend. The national data sees chronic kidney disease more in females than males. The average age of patients visiting for kidney-related reasons is 68 years old. The age group that sees the highest visits is ages 71-80. Patients living in a ZIP Code in Milwaukee County saw the highest number of visits for kidney-related reasons in Wisconsin.

Visit Count by Age Grouping



Timeline of Kidney Related Visits, 2019-2022 Q3



Here are some steps from the National Institutes of Health to help protect your kidneys:

- **Know Your Risk:** Even if you feel healthy, if you are over age 60 or have risk factors like diabetes, high blood pressure, or heart disease, consider talking with your doctor about getting tested for kidney disease.
- **Schedule Your Test:** Your doctor will use two quick tests to check for kidney disease—a urine test to check for damage and a blood test to check how well your kidneys are removing waste from your blood.
- **Follow Your Kidney Health:** Your doctor can work with you to create a treatment or monitoring plan that fits your lifestyle, mobility, health status and dietary needs.

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