

Get SCORED! On Chronic Kidney Disease.

Find out if you might have silent chronic kidney disease now. Check each statement that is true for you. **If a statement is not true or you are not sure, put a zero.** Then add up all the points for a total.

• Age:

1. I am between 50 and 59 years of ageYes 2 _____

2. I am between 60 and 69 years of ageYes 3 _____

3. I am 70 years old or older.....Yes 4 _____

• I am a woman.....Yes 1 _____

• I had/have anemiaYes 1 _____

• I have high blood pressureYes 1 _____

• I am diabetic.....Yes 1 _____

• I have a history of heart attack or stroke.....Yes 1 _____

• I have a history of congestive heart failure or heart failure.....Yes 1 _____

• I have circulation disease in my legsYes 1 _____

• I have protein in my urine.....Yes 1 _____

Total _____

If You Scored 4 or More Points

You have a 1 in 5 chance of having chronic kidney disease. At your next office visit, a simple blood test should be checked. Only a professional health care provider can determine for sure if you have kidney disease.

If You Scored 0-3 points

You probably do not have kidney disease now, but at least once a year, you should take this survey.