

KIDNEY DISEASE AWARENESS



HEARING HEALTH DECISIONS

IT IS ESTIMATED THAT FOR **26 MILLION** AMERICAN ADULTS WITH CHRONIC KIDNEY DISEASE (CKD), **54%** HAVE SOME HEARING LOSS.^[1]

DID YOU KNOW?

These 5 healthy habits can help prevent or delay CKD's progression:



DON'T SMOKE



CONTROL YOUR BLOOD PRESSURE



EAT A NUTRITIOUS DIET



EXERCISE FREQUENTLY AND MAINTAIN A PROPER WEIGHT



HAVE YOUR DOCTOR TEST FOR KIDNEY AND HEART DISEASE

RESEARCH INDICATES POSSIBLE CAUSES:^{[2][3]}

Structural and functional similarities between kidney and inner ear tissues



Inner ear nerve damage caused by toxins related to kidney failure

Shared risk factors such as diabetes, high blood pressure and aging

TALK TO YOUR CARING DOCTORS: Share honest feedback with your health care professionals about daily hearing problems as well as family and medical history.

GET ANNUAL EVALUATIONS TO DISCOVER:

- If you have hearing loss or are at risk.
- The type of hearing loss you may have.
- How your hearing health and quality of life can be improved.

OUR EXPERT ADVICE CAN HELP!

To learn more, please visit:

www.kidney.org



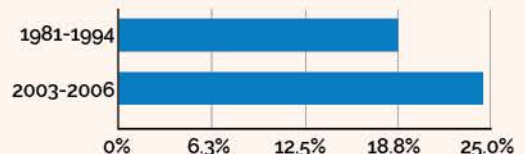
Integrity

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THE PREVALENCE OF CKD IN AMERICANS 60 YEARS AND OLDER^[4]



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[1] www.kidney.org/news/newsroom/nr/hearingloss [2] Vilayur, *et al*: The Association Between Reduced GFR and Hearing Loss: A Cross-sectional Population-Based Study. *American Journal of Kidney Diseases* 2010 [3] Jamaldeen, *et al*: Prevalence and patterns of hearing loss among chronic kidney disease patients... *Australasian Medical Journal* 2015 [4] Adapted from <http://kidney.niddk.nih.gov/kudiseases/pubs/kustats/#3>



ARE YOU AT RISK FOR KIDNEY DISEASE-RELATED HEARING LOSS?

✓ Check all that apply

- I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- I avoid social situations that require me to participate in conversations.
- I avoid the movies or theater because I miss so much.
- I have greater difficulty understanding females and children.
- My family and friends complain that I am not hearing accurately.
- Others notice that I turn the volume on my television or radio too loud.
- I have difficulty conversing on the telephone.
- I ask others to repeat themselves often during conversations.

✓ Questions I'd like to ask my Hearing Health Expert

1. _____
2. _____
3. _____



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