WHAT IS KIDNEY DISEASE?

- Chronic Kidney Disease (CKD) reduces the body’s ability to filter blood, remove waste and extra water, and keep beneficial electrolytes in balance.
- Left untreated, CKD can lead to kidney failure.
- When this happens, dialysis or a kidney transplant is the only option for keeping a person alive.
- Early kidney disease is a silent problem!

US STATISTICS

- Nearly 26 million Americans have chronic kidney disease.
- Another 20 million Americans, including anyone with high blood pressure, diabetes, or a family history of kidney disease, are at an increased risk.
- The number of people developing kidney failure has doubled each decade for the last two decades.
- End-Stage Renal Disease (ESRD) results in approximately 85,000 deaths each year in the U.S.
- Total annual cost of treating ESRD in the U.S. was approximately $39 billion in 2008.
- 48,935 people died from nephritis, nephrotic syndrome, and nephrosis in 2009 (15.9 per 100,000 population). This is the 9th leading cause of death.

WHO IS AT RISK?

- Diabetes is the most common cause of kidney failure.
- High blood pressure is the second leading cause of kidney failure.
- African Americans are four times more likely to develop kidney failure than Whites.
- Diabetes and high blood pressure account for more than 70 percent of kidney failure in African Americans.

KIDNEY DISEASE IN SC

- 1 in 8 South Carolinians have Chronic Kidney Disease (CKD).
- Approximately 576,000 people have CKD in South Carolina.
- South Carolina is, per capita, fifth in the nation with the number of patients on dialysis.
- 75% of kidney patients in South Carolina are African American.
- Three out of four of those waiting for a kidney are African American, and South Carolina ranks second in the nation in the need for organs among African Americans.

MORTALITY

- 958 people died from Kidney Disease in 2010 (most recent data available). The mortality rate has remained constant in the last 5 years for South Carolina and remains above the national rate.
- Deaths from Nephritis, Nephrotic Syndrome, and Nephrosis are the 8th leading cause of death.

ARE YOU AT RISK FOR KIDNEY DISEASE?

- Do you have diabetes?
- Do you have high blood pressure?
- Did your mother, father, sister, or brother ever have kidney disease or failure?
- Has a doctor ever told you that you had protein in your urine?
Dialysis Data for South Carolinians
Data on dialysis is from the Southeastern Kidney Council that collects from all certified dialysis centers in the southeast (North Carolina, Georgia, and South Carolina). The mission of the Southeastern Kidney Council is to improve the lives of patients with or at risk for end stage renal disease by promoting and advancing quality of care. The Southeastern Kidney Council collected data from 117 certified dialysis centers in South Carolina in 2011.
- In the last five years, the number of South Carolinians currently on dialysis and new cases has increased by 11%.
- The number of deaths to people who were on dialysis decreased from 1,486 in 2010 to 1,406 in 2011.

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End-Stage Renal Disease (ESRD)
- South Carolina’s ESRD prevalence rate for 2011 was 170.5 per 100,000 population. In 2009, (latest year available for ranking) South Carolina had the 4th highest.
- South Carolina’s diabetes attributable ESRD prevalence rate for 2011 was 69.3 per 100,000 population. In 2009, (latest year available for ranking) South Carolina had he 6th highest.

Hospital and ED Data
- The number of hospitalizations for Nephrosis has been steadily climbing over the last several years. In 2011, there were 9,480 hospital discharges for Nephrosis as the primary diagnosis.
- There were 87,661 hospitalizations for Nephrosis as primary or secondary diagnosis in 2011. In the last few years, the rate of primary and secondary hospitalization has tripled.
- $292,004,800 was charged in 2011 for hospital visits for the primary diagnosis of Nephrosis.

**STEPS TO PROTECT YOUR KIDNEYS**

1. Control your blood pressure and diabetes.
2. Ask your doctor or healthcare professional to test your blood and urine for kidney disease.
3. If these tests show kidney disease, special medicines called ACE-Inhibitors or ARBs can help. Talk to your doctor about these medications.

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