

World  
Kidney  
Day

## Test Your Kidney Knowledge with Fresenius Medical Care

Prevention is the first line of defense against chronic kidney disease (CKD). Step into the world of the kidneys and test your knowledge today!

[Start the Quiz](#)



# World Kidney Day

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If the estimated number of people affected by chronic kidney disease (CKD) were to populate a country, it would be the third most populous country in the world, after India and China.

**True**

**False**



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## True

To give you an idea of the magnitude of CKD, it is estimated that more than 850 million people worldwide<sup>1</sup> are affected—two-and-a-half times the size of the United States population,<sup>2</sup> resulting in over 3.1 million deaths in 2019 alone. In other words, more than 1 in 10 people are afflicted with some stage of the disease worldwide.<sup>3</sup>

## Next

### Sources:

1 <https://vizhub.healthdatat.org/gbd-results/> - Accessed on 22 January 2024.

2 <https://www.census.gov/popclock/> - Accessed on 22 January 2024.

3 <https://www.sciencedirect.com/science/article/pii/S2157171621000666> - Accessed on 22 January 2024.



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# The correct answer is True

To give you an idea of the magnitude of CKD, it is estimated that more than 850 million people worldwide<sup>1</sup> are affected—two-and-a-half times the size of the United States population,<sup>2</sup> resulting in over 3.1 million deaths in 2019 alone. In other words, more than 1 in 10 people are afflicted with some stage of the disease worldwide.<sup>3</sup>

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If left unaddressed, chronic kidney disease (CKD) is projected to be the fifth-leading cause of decreased life expectancy by 2040. Which of the following are risk factors and causes of CKD?

- A** Diabetes
- B** High blood pressure (hypertension)
- C** Obesity
- D** Family history of kidney disease or kidney failure
- E** All of the above



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## E. All of the above

There are factors that increase the risk of developing chronic kidney disease (CKD), the most common of which are diabetes and high blood pressure (hypertension). However, obesity and a family history of kidney disease or kidney failure are also contributing factors that increase risk, suggesting that the kidneys should be checked routinely.

**Next**

Sources:

[https://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(18\)31694-5.pdf](https://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(18)31694-5.pdf) - Accessed on 22 January 2024.

<https://www.worldkidneyday.org/about-kidney-health/> - Accessed on 22 January 2024.

<https://karger.com/nef/article/147/11/660/844557/Chronic-Kidney-Disease-and-Obesity> - Accessed on 22 January 2024.

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## The correct answer is E. All of the above

There are factors that increase the risk of developing chronic kidney disease (CKD), the most common of which are diabetes and high blood pressure (hypertension). However, obesity and a family history of kidney disease or kidney failure are also contributing factors that increase risk, suggesting that the kidneys should be checked routinely.

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Which of the following **are not** best practices for preventing and reducing the risk of chronic kidney disease (CKD)?

**A**

**Check your diet**

Eat healthy, watch out for your salt intake, and stay hydrated.

**B**

**Check your lifestyle**

Be active and fit, stop smoking, and be mindful of your intake of over-the-counter anti-inflammatory/pain reliever medication.

**C**

**Check your age**

Only people over the age of 70 develop kidney disease or may have kidney failure.

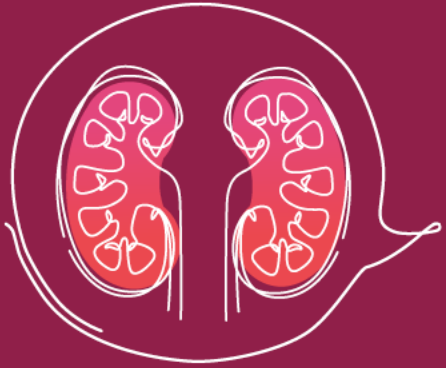
**D**

**Check your risk**

Assess your kidney function with your doctor regularly, check if you are at risk in one way or another, e.g., diabetes, hypertension, obesity, family history of kidney disease.







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## C. Check your age

Despite its higher prevalence among older people and other physical, environmental, and social factors, anyone of any age and gender can develop chronic kidney disease (CKD). Therefore, everyone should follow best practice recommendations for diet and lifestyle, and pay attention to risk factors.

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## The correct answer is C. Check your age

Despite its higher prevalence among older people and other physical, environmental, and social factors, anyone of any age and gender can develop chronic kidney disease (CKD). Therefore, everyone should follow best practice recommendations for diet and lifestyle, and pay attention to risk factors.

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Chronic kidney disease (CKD) always shows symptoms such as swollen ankles, foamy urine, and fatigue, among others, in its early stages. One will only need to watch out for these symptoms before seeing a doctor or seeking medical help.

**True**

**False**



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# False

Known as a “silent killer,” chronic kidney disease (CKD) is a progressive loss of the kidneys’ ability to filter blood, affecting how the body eliminates toxins. Up to 90% of kidney function can be lost without a person showing any symptoms. Early diagnosis can make a difference, and simple urine and blood lab tests can help check kidney health. Remember, if detected in its early stages, the deterioration of kidney function can be slowed or delayed, reducing the associated cardiovascular risks.

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# The correct answer is False

Known as a “silent killer,” chronic kidney disease (CKD) is a progressive loss of the kidneys’ ability to filter blood, affecting how the body eliminates toxins. Up to 90% of kidney function can be lost without a person showing any symptoms. Early diagnosis can make a difference, and simple urine and blood lab tests can help check kidney health. Remember, if detected in its early stages, the deterioration of kidney function can be slowed or delayed, reducing the associated cardiovascular risks.

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Did you know that a kidney is approximately the size of an adult's fist? Although it may seem small, the kidney is essential to an individual's health. Which of the following tasks are performed by kidneys?

- A** Kidneys remove toxins and excess water from the blood
- B** Kidneys help to control blood pressure
- C** Kidneys play an important role in the production of red blood cells
- D** Kidneys help keep your bones healthy
- E** All of the above



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## E. All of the above

These amazing organs consist of numerous powerful but small filtering cell units called nephrons; each kidney has approximately one million nephrons! The main task of the kidneys is to remove wastes and extra fluid from the body through urine, but they also perform many other essential functions that keep your heart, blood, and bones healthy.

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## The correct answer is E. All of the above

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How many liters of human blood do healthy kidneys filter per day?

- A** Approximately 25 liters
- B** Approximately 50 liters
- C** Approximately 100 liters
- D** Approximately 200 liters



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## D. Approximately 200 liters

Of the approximately 200 liters of fluid filtered in 24 hours, around 198 liters are recovered, and 2 liters of toxins, wastes, and water are removed from the body through urine.

**Next**

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# The correct answer is D. Approximately 200 liters

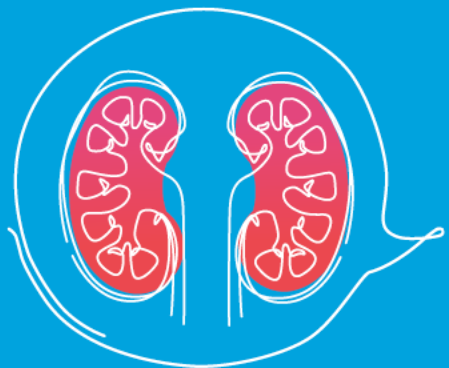
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# Thank you for taking the Kidney Knowledge Quiz.

Don't forget it is important to get your kidneys checked routinely. Speak to your clinician today.

For more information,  
visit [www.freseniusmedicalcare.com/worldkidneyday](http://www.freseniusmedicalcare.com/worldkidneyday).

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