

Patient Self-Assessment for Kidney Disease
Get scored on your risk for 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.

Risk Factor		Total Score/ Category
Age:	I am between 50 and 59 years of age. If yes, score 2: _____ I am between 60 and 69 years of age. If yes, score 3: _____ I am 70 years old or older. If yes, score 4: _____	
Gender	I am a woman. If yes, score 1: _____	
Medical Risks	I had/have anemia. If yes, score 1: _____ I have high blood pressure. If yes, score 1: _____ I am diabetic. If yes, score 1: _____ I have a history of heart attack or stroke. If yes, score 1: _____ I have a history of congestive heart failure or heart failure. If yes, score 1: _____ I have circulation disease in my legs. If yes, score 1: _____	
Lab Findings	I have protein in my urine. If yes, score 1: _____ If unknown or never checked, score 0	
Total Score		Total _____

If you scored **four or more points**, you have a one in five chance of having chronic kidney disease. At your next doctor's 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 between **zero and three points**, you probably do not have kidney disease now, but at least once a year, you should take this survey. For more information, patients should talk to their health care provider. Web information is also available at the National Kidney Foundation web site at www.kidney.org

Primary author, Dr. Heejung Bang, assistant professor in the Division of Biostatistics and Epidemiology in the Department of Public Health at Weill Cornell Medical College. The primary medical investigator is Dr. Abhijit Kshirsager, Assistant Professor of Medicine at UNC Kidney Center. The co-authors of the study were Drs. Suma Vupputuri, David Shoham, Phillip Klemmer, Debbie Gipson, Romulo Colindres and Ronald Falk from UNC and Dr. Madhu Mazumdar at Weill Cornell Medical College.