

Nefro Hipertensão divulga:



Questionário de 1 minuto sobre DRC

ISN
INTERNATIONAL SOCIETY OF Nephrologists

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Seus rins estão saudáveis?

850 million people live with kidney disease. Take this one-minute quiz to see if your kidneys are healthy.

The main job of your kidneys is to remove waste from your blood. Kidneys also help to control blood pressure, red blood cells and to keep your bones healthy. They are so important that you should know how to keep them healthy.²

Between 8 and 10% of the adult population has kidney damage, and every year millions die from complications of kidney disease.³

And yet, a person can have kidney disease before symptoms.³

Check to see if you are at risk for kidney disease with the quiz below. Based on your results, you will be assured that your responses will remain confidential.

This quiz is not intended to be a substitute for medical advice. If you have any doubts or questions, please consult your doctor.

Take the quiz →

Select Language

English	हिन्दी
Español	русский
Deutsch	አማርኛ
Français	O'zbekcha
Italiano	বাংলা
Português	Bahasa Indonesia
日本語	ភាសាខ្មែរ
中国人	Suomi
عربي	український
Nederlands	Shqip
ελληνικά	

Thank you to our translators and reviewers

@nefrohipertensao

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nefrohipertensao 1 min

|| Céus Loiros • Batimentos do Coração

@nefrohipertensao DIVULGA

Seus rins estão saudáveis?
Quiz (em português) promovido pela
[@isnkidneycare](#) com perguntas
simples para você avaliar isso.
Clique abaixo



ARE YOUR KIDNEYS HEALTHY?



850 million people

live with kidney disease.¹
And yet, a person can lose up to 90% of kidney-function before experiencing any symptoms.²

In March 2021, the ISN launched the "Are Your Kidneys Healthy" Quiz to raise awareness of kidney disease globally.

Over 414,000 visitors from **188** countries

1 minute

7 questions

22 languages

Find out if your kidneys are healthy.

Take the quiz **TODAY**



¹ WHO (2018) 850 Million People Worldwide Have Kidney Disease. Available at: <https://www.who.int/news/news/2018/08/850-million-people-worldwide-have-kidney-disease> / 1/1 January 2021

[KIDNEYQUIZ.THEISN.ORG](https://www.kidneyquiz.theisn.org)

