

# Nefro Hipertensão divulga:



## Questionário de 1 minuto sobre DRC

The screenshot shows a web page from the International Society of Nephrology (ISN). At the top, there is a logo for 'ISN' with the full name 'INTERNATIONAL SOCIETY OF NEPHROLOGY' below it. To the right of the logo are navigation links: 'ABOUT ISN', 'JOIN THE ISN', 'IN ACTION', 'INITIATIVES', and 'NEWS'. Below the navigation bar, there is a large graphic with question marks and a kidney icon, followed by the text 'Seus rins estão saudáveis?' (Are your kidneys healthy?). On the left side of the page, there is a sidebar with text about kidney health, including statistics and a link to 'Take the quiz'. The main content area is titled 'Select Language' and lists various languages with input fields. A blue arrow points to the 'Português' option. Other languages listed include English, Español, Deutsch, Français, Italiano, हिन्दी, русский, ຮ່າຊາດ, O'zbekcha, বাংলা, Bahasa Indonesia, ລາວ, Suomi, український, and Shqip. At the bottom of the language selection area, there is a note: 'Thank you to our translators and reviewers'.

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 products from your blood. Kidneys also help to control the level of red blood cells and to keep your bones healthy. They are so important that you can live without them.<sup>2</sup>

Between 8 and 10% of the adult population has kidney damage, and every year millions die preventable deaths due to kidney disease.<sup>3</sup>

And yet, a person can have kidney function before they show symptoms.

Check to see if you are at risk for kidney disease by taking this quick quiz below. Based on your results, we will let you know if you are at risk and assure 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 speak with your doctor.

[Take the quiz →](#)

Select Language

English

Español

Deutsch

Français

Italiano

Português

日本語

中国人

عربي

Nederlands

ελληνικά

हिन्दी

русский

ରୂପକ୍ଷୀ

O'zbekcha

বাংলা

Bahasa Indonesia

ລາວ

Suomi

український

Shqip

Thank you to our translators and reviewers

@nefrohipertensao

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The screenshot shows a web page from the International Society of Nephrology (ISN). At the top left is the ISN logo. To its right are navigation links: ABOUT ISN, JOIN THE ISN, IN ACTION, INITIATIVES, and NEWS. Below these is a large graphic with a blue background and several question marks, with the text "Seus rins estão saudáveis?" (Are your kidneys healthy?). On the left, there's a sidebar with a kidney icon and text about kidney function and disease risk. The main content area has a "Select Language" dropdown menu. The "Português" option is highlighted with a blue arrow. Other language options listed include English, Español, Deutsch, Français, Italiano, 日本語, 中国人, عربی, Nederlands, ελληνικά, हिन्दी, русский, ՀԱՅԿԱ, O'zbekcha, ۋادىل, Bahasa Indonesia, ភាសាខ្មែរ, Suomi, український, and Shqip. At the bottom of the page, there's a "Take the quiz" button and a "Thank you to our translators and reviewers" note. Social media sharing icons for heart, comment, and share are at the very bottom.

@nefrohipertensao



nefrohipertensao 1 min

III 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.<sup>1</sup> And yet, a person can lose up to 90% of kidney function before experiencing any symptoms.<sup>2</sup>

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

Zijn uw nieren gezond?  
Căt de sănătoși sunt rinichii tăi?  
Чи здорові Ваші нирки?  
Είναι οι νεφροί σας υγειές?  
Sind Ihre Nieren gesund?  
Están sanos tus riñones?  
هل يعيش الكلى سليماً؟  
Vos reins sont-ils en bonne santé?  
Ինչու մատուց գիշը?

Find out if your kidneys are healthy.  
Take the quiz TODAY!

WebMD (2018) 850 Million People Worldwide Have Kidney Disease. Available at: <https://www.webmd.com/kidney-stones/news/20180726/850-million-people-worldwide-have-kidney-disease>. Accessed January 1, 2021.

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

