



do you KNOW? CHALLENGE



You Should Know

Kidney disease kills more people each year than breast cancer or prostate cancer...yet 90% don't even know that they have it!



Know Your Risk

Diabetes and high blood pressure are the 2 leading causes. Heart disease, obesity, family history, and even COVID are some additional risk factors.



Be In The Know

Be your own biggest advocate. Awareness, prevention and early detection are key to the health of your kidneys.



Know Your Numbers

Get a baseline on your kidneys if you have any of the above risk factors. Know what your GFR is, and know that the ideal target range is 100-120.

ABOUT 1 IN 9

1in9 Charities, Inc is a 501(c)(3) non-profit organization that exists to change the trajectory of kidney disease and save millions of lives by raising awareness about this silent killer, promoting preventative and corrective practices, inspiring hope in those afflicted and expediting research and development of regenerative treatments and solutions.

QUOTE

"I was part of that 90% who didn't know when my kidneys failed over 25 years ago at the age of 29. If my journey can help others and is what God destined as my purpose in life, then I would be willing to go back and do it all over again."

RAYMOND SCOTT

Co-Founder, 1in9

5 Stages Of Kidney Disease

Stage 1	Stage 2	Stage 3A	Stage 3B	Stage 4	Stage 5
GFR ≥ 90	89 ≥ GFR ≥ 60	59 ≥ GFR ≥ 40	44 ≥ GFR ≥ 30	29 ≥ GFR ≥ 15	GFR < 15
Normal or high function	Mildly decreased function	Mild to moderately decreased function	Severely decreased function	Kidney failure	

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