High Potassium is Misunderstood

People with reduced kidney function due to advanced CKD are at chronic risk for high potassium.

Knowledge Gap
Most people with CKD don’t know what high potassium is. That includes approximately 59% of stage 1-3 patients and 49% who have been diagnosed with high potassium.

Perception Gap
42% of patients who have been on dialysis view managing high potassium levels as a short-term issue, but around 47% have been living with it for at least one year.

High Potassium is a Major Concern for Those with CKD

50% say high potassium is a very important concern; second only to high blood pressure (62%).

38% have needed emergency care in the past because of high potassium levels.

90% are at least somewhat aware high potassium can lead to serious heart risks.

More Testing, More Awareness!
A blood test can determine the level of potassium in a person’s blood. Many people who have experienced high potassium were recommended to get tested more regularly.

Diet is the First Line of Defense
Eating too much food that is high in potassium can also cause potassium levels to rise to unsafe levels, especially in people with advanced kidney disease. It is important to talk to your doctor about what diet is right for you.

Diet High Potassium Can be Managed
If you have high potassium—or are at risk for getting it—speak to your doctor about the various options you have to manage your potassium levels.

85% who have had high potassium were recommended to change their diet and 89% said they followed the recommendation.

36% who have had high potassium have visited a dietitian but 69% said controlling high potassium with diet was their biggest challenge, with top concerns being:
- Dietary restrictions (31%)
- Challenge of eating the right foods (18%)
- Figuring out the right foods (10%)