

# KIDNEY DISEASE AND PREVENTION

## GET THE FACTS!

**OVER 1 IN 10 AMERICANS  
MAY HAVE KIDNEY DISEASE**



**IT IS ESTIMATED THAT OVER  
26 MILLION PEOPLE HAVE KIDNEY  
DISEASE AND MOST DON'T KNOW IT  
BECAUSE EARLY KIDNEY DISEASE CAN  
OCCUR WITH NO SIGNS OR SYMPTOMS**

### HEALTHY KIDNEYS DO MANY VITAL THINGS:

- They produce urine to help carry waste out of your body.
- They balance the chemicals in your blood, such as calcium, sodium, and potassium; this process is necessary for your body to work properly.
- They produce hormones that help regulate your blood pressure, and they help make red blood cells, which give you energy.

### SIGNS OF ADVANCED KIDNEY DISEASE MAY INCLUDE BUT ARE NOT LIMITED TO THE FOLLOWING:

- Swollen ankles, feet, and hands
- Fatigue or weakness
- Difficulty concentrating
- Decrease in appetite
- Nauseousness
- Blood in urine or foamy urine
- Change in frequency of urination

If you are experiencing a number of these symptoms, it is extremely important to contact your doctor.

### REMEMBER, YOU ARE AT RISK FOR KIDNEY DISEASE IF YOU HAVE ANY OF THESE HEALTH CONDITIONS:

- Diabetes
- High blood pressure
- Heart disease
- A family history of kidney failure

## GET CHECKED!

**IF YOU HAVE ANY OF THE RISK FACTORS FOR  
KIDNEY DISEASE, IT'S IMPORTANT TO GET TESTED!**

### BLOOD AND URINE TESTS ARE THE ONLY WAY TO KNOW IF YOU HAVE KIDNEY DISEASE:

- A blood test checks your glomerular filtration rate (GFR), which tells how well your kidneys are filtering.
- A urine test checks for protein in your urine.

**TALK TO YOUR DOCTOR ABOUT HOW  
OFTEN YOU SHOULD GET TESTED,  
BECAUSE THE SOONER YOU KNOW YOU  
HAVE KIDNEY DISEASE, THE SOONER YOU  
CAN GET TREATMENT TO HELP DELAY OR  
PREVENT KIDNEY FAILURE!**

### REMEMBER, IT IS VERY IMPORTANT TO TALK TO YOUR DOCTOR ABOUT THE FOLLOWING:

- Your risk factors for kidney disease
- How often you should be tested for kidney disease ask your doctor these specific questions:
- What is my GFR?
- What is my urine albumin result?
- What is my blood pressure (target is less than 140/90 mm hg)?
- What is my blood glucose (if you have diabetes)?

## GET HEALTHY!

### FOLLOW THESE HELPFUL TIPS TO KEEP YOUR KIDNEYS HEALTHY:

- See your doctor on a regular basis and talk about your health concerns.
- Keep your blood pressure at the target range set by your doctor.
- If you have diabetes, control your blood glucose level.
- Keep your cholesterol levels at target range.
- Take your medicines according to your doctor's instructions.
- Cut back on salt.
- Eat healthy foods for your heart: fresh fruit, fresh or frozen vegetables, whole grains, and low-fat dairy foods.
- Limit your alcohol intake. Be physically active. Maintain a healthy weight.
- Don't smoke!

**KIDNEY DISEASE MAY BE PREVENTED OR SLOWED DOWN,  
BUT IT MUST FIRST BE DETECTED AND TREATED**

To learn more go to [www.FixingPaco.org](http://www.FixingPaco.org)