

# Kidney Health

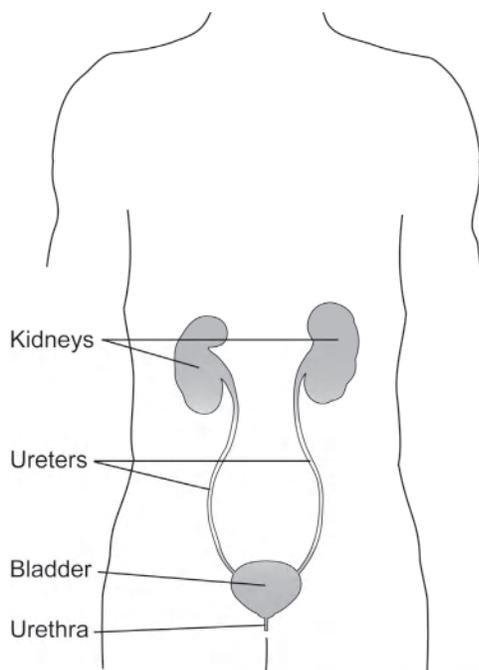
Millions of Americans have kidney disease. Millions more are at risk.  
Many don't know it. Are you at risk?  
Simple tests can tell you how well your kidneys are working.  
Simple steps can help protect them.



## Learn it!

### What Do My Kidneys Do?

Your kidneys clean waste and extra fluid from your blood. This makes up your urine (pee). They also do many other jobs that you need in order to live.



The urinary tract.

### What Is Kidney Disease?

The term “chronic kidney disease” (CKD) refers to lasting damage to the kidneys that can get worse over time. If the damage is very bad, your kidneys may stop working. If this happens, you will need dialysis or a transplant in order to live.

CKD can be caused by many different diseases. The most common causes of CKD are diabetes and high blood pressure. Some infections, inherited diseases and injuries can also cause CKD.

### Am I At Risk for Kidney Disease?

Anyone can develop kidney problems, but you are more at risk if you:

- Have diabetes
- Have high blood pressure
- Have a family member with kidney disease
- Are African American, Hispanic, Native American or Asian
- Are over 60 years old

If you think you might be at risk, talk to your doctor about having your kidneys tested. Being tested is easy and could help save your life.



## Check it!

### What Are the Signs of Kidney Disease?

Kidney disease often has no signs until it is very far along. The only way to be sure how your kidneys are working is to get tested.

### What Are the Tests for Kidney Disease?

Being tested for kidney disease is simple! Ask your doctor about these tests:

- **eGFR (estimated Glomerular Filtration Rate)**  
This test tells your doctor how well your kidneys clean your blood. Your doctor tests your blood for a kind of waste called creatinine. Healthy kidneys filter creatinine out of your blood. Your doctor will then use your creatinine test result to figure out your eGFR.
- **Urine Test**  
This test tells your doctor if there is protein or blood in your urine. Protein or blood in your urine may be a sign of kidney disease.
- **Blood Glucose (Sugar) Test**  
This test tells your doctor how much glucose is in your blood. There are a couple different types of blood tests for diabetes. Ask your doctor what test is best for you.
- **Blood Pressure**  
This test tells your doctor how hard your heart is working to pump your blood. For most people a normal blood pressure is less than 120/80 (120 over 80).



## Live it!

### How Can I Keep My Kidneys Healthy?

Live a healthy lifestyle to help prevent or control diabetes, high blood pressure and kidney disease!

- Work with your doctor to manage diabetes if you have it
- Keep a healthy blood pressure
- Be physically active
  - Try for 30 minutes of activity, 5 days a week
  - Check with your doctor before starting a new exercise routine
  - Start small and add activity as you can
- Eat a healthy diet
  - Pick foods low in salt and fat
  - Be mindful of portions
- See your doctor for regular checkups
  - Take medicines as your doctor prescribes
- Avoid tobacco
- Limit alcohol

