

5 QUICK FACTS ABOUT KIDNEY DISEASE

WHERE ARE MY KIDNEYS?

ANSWER:
Your kidneys are in the middle of your back...
...one on each side of your spine.



WHAT ARE THE LEADING CAUSES OF KIDNEY DISEASE?



Diabetes and high blood pressure are the leading causes of kidney disease.

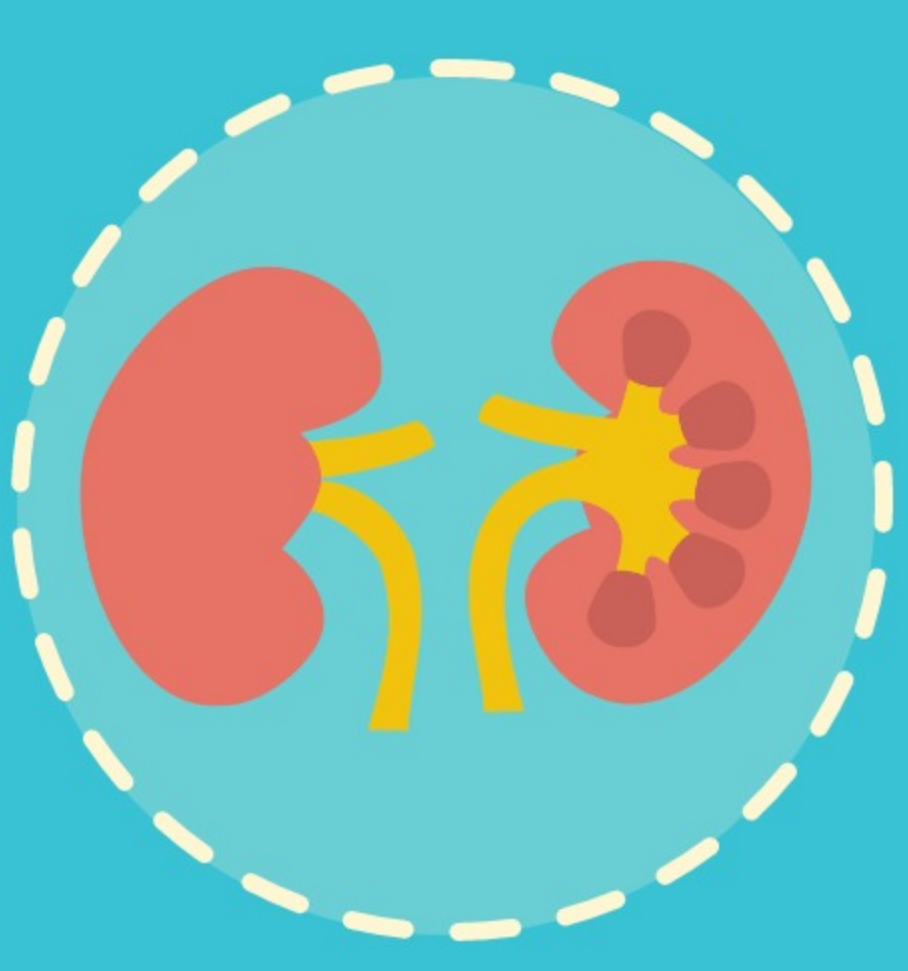
FACTS:

120/80
=
a healthy blood pressure



A healthy blood sugar level is <100 (in the morning before you eat or drink anything).

DOES KIDNEY DISEASE HAVE SYMPTOMS?



ANSWER:
There are usually **NO SYMPTOMS** until your kidneys are badly damaged

CAN I PROTECT MY KIDNEYS?

ANSWER:
YES! HERE'S HOW...

1 See your **DOCTOR**

Have a check-up once a year.



2 **DON'T SMOKE**
If you smoke, quit now.



3 Eat a **HEALTHY DIET**
low in salt and fat, and limit alcohol.

4 **EXERCISE**
at least 30 minutes a day, 3-5 days a week.



HOW CAN I FIND OUT IF MY KIDNEYS ARE HEALTHY?

ANSWER:
GET TESTED

Ask your doctor for blood and urine tests to check your kidney health.



30 MILLION
AMERICANS HAVE KIDNEY DISEASE. **9** OUT OF **10** DON'T KNOW IT.