



Your Kidneys: Do You Know These Facts?

Kidneys are important because they:

- Filter Blood
- Keep the right amount of fluids in the body
- Help make red blood cells
- Help keep blood pressure under control

Risk factors for kidney disease include:

- Diabetes
- High blood pressure
- Being 60 years or older
- Having a family member with kidney disease, diabetes or high blood pressure
- Being African American/Black, Hispanic, Asian, Pacific Islander, American Indian or Alaska Native.

Over time, kidney disease can:

- Get worse
- Lead to kidney failure
- Cause heart and blood vessel disease
- Cause other health problems

People with risk factors should get tested regularly because:

- In the early stages of kidney disease, most people don't have symptoms.
- Kidney disease can be treated

Tests to find kidney disease include:

- A simple urine test called ACR (albumin-to-creatinine ratio).
- Having protein in the urine is a sign of kidney disease.

Some ways to protect kidneys are:

- Keep blood sugar, blood pressure and cholesterol under control.
- Lose weight, if needed
- Eat healthy meals
- Take all medicines as prescribed
- Get regular exercise
- Don't smoke
- Limit alcohol