## March is National Kidney Month

Get to know your hard working kidneys





Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

## PROBLEMS KIDNEY DISEASE CAN CAUSE













blood pressure



## **RISK FACTORS**

Nerve damage

Diabetes

High blood pressure

Age 60+

Family history

## **SYMPTOMS**



Swelling: face, hands, abdomen, ankles, feet

Blood in urine Foamy urine

Puffy eyes

Difficult, painful urination Increased thirst

Fatigue

**TESTS YOU CAN TAKE (BLOOD AND URINE)** 



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



**National** Kidney Foundation®