March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY
- 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

8 PROBLEMS KIDNEY DISEASE CAN CAUSE
- Cardiovascular disease
- Heart attack
- Stroke
- Anemia/ low red blood cell count
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure

4 RISK FACTORS
- Diabetes
- High blood pressure
- Family history
- Age 60+

7 SYMPTOMS
- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine
- Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

2 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.

Learn more at kidney.org