

**Millions of Americans have
kidney disease.**

Millions more are at risk.

Many have no idea.

**If you have diabetes or high blood pressure,
you may be at risk. Ask your doctor about
simple tests to check your kidneys.**

Take steps now to protect your kidneys!

- Live a healthy lifestyle to help prevent or control diabetes and high blood pressure
- Exercise often and eat a diet low in salt and fat
- Limit alcohol and avoid tobacco
- See your doctor for regular checkups
- Take medicines as your doctor prescribes them, even if you feel fine

KIDNEY HEALTH



Learn it!



Check it!



Live it!