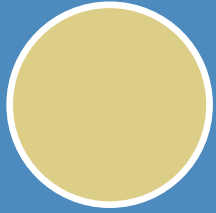


KIDNEY HEALTH



Flipchart

Learn it! Check it! Live it!® To Fight Kidney Disease



Using the Flipchart

Background

The **Learn it! Check it! Live it!**® flipchart is for people with or at risk for diabetes, high blood pressure or a family history of kidney disease. The flipchart is designed to help people learn what may be putting them at risk, what tests to ask their doctors about and how to help prevent kidney disease by living a healthy lifestyle.

Disclaimer

The information contained in this flipchart is intended for educational purposes only and should not be used to diagnose or taken as medical advice. Only a qualified physician can diagnose or provide medical advice.

Using the Flipchart

Each page of this flipchart has two sides. The side with the image should face your audience, and the side with the talking points should face you. The talking points will help guide you through the presentation, and the discussion questions can help you engage your audience. Feel free to add some of your own questions or activities to help your audience understand the information and apply it to their own lives.

The flipchart is organized in four main sections:

- An introduction to the kidneys
- Learn it! explains the risk factors for kidney disease
- Check it! describes tests related to the kidneys
- Live it! promotes a healthy lifestyle to help prevent kidney disease

We recommend presenting all of the flipchart in one session, but it can be broken down into smaller lessons, depending on how much time you have. It is also important not to overwhelm your audience by covering too much information at once. Think about what will work best for you and your audience.

For your convenience, the audience side of the flipchart is available as a PowerPoint presentation on the CD-ROM. This can be projected or it can be printed and used as handouts. Printable talking points and discussion questions are also included on the CD-ROM.



Using the Flipchart

Flipchart Topics

- **Introduction**

- Welcome
- The Kidneys
- What is Kidney Disease?
- How Can I Protect My Kidneys?

- **Learn it!**

- Learn Your Risks
- Diabetes
- High Blood Pressure

- **Check it!**

- Check Your Kidneys
- eGFR
- Urine Test
- Blood Sugar
- Blood Pressure

- **Live it!**

- Live a Healthy Lifestyle
- Be Physically Active
- Eat a Healthy Diet
- Be Mindful of Portions
- Take Care of Yourself

- **Conclusion**

Presentation Tips

- Read through the flipchart ahead of time so that you will feel more prepared during your presentation.
- Engage your audience by asking discussion questions. Encourage your audience to ask questions as well.
- Have enough copies of any handouts ready in advance.

Note to Presenter

Information about common lab tests and the normal results for most people are included in the appendices at the back of the flipchart. These are included for reference only and should not be used to diagnose or provide medical advice.



Welcome



Welcome

American Kidney Fund



- ◀ What do the kidneys do?
- ◀ What is kidney disease?
- ◀ What puts you at risk for kidney disease?
- ◀ What tests tell you how well your kidneys are working?
- ◀ What can you do to protect your kidneys?

Talking Points

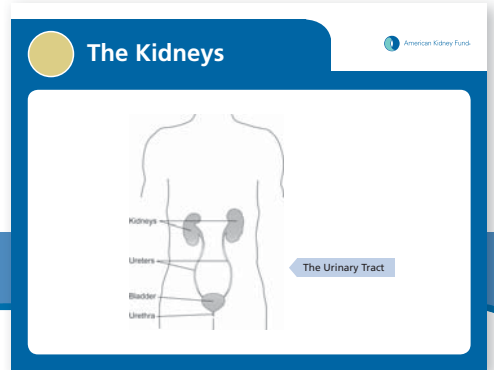
- We will answer questions like:
 - What do the kidneys do?
 - What is kidney disease?
 - What puts you at risk for kidney disease?
 - What tests tell you how well your kidneys are working?
 - What can you do to protect your kidneys?

Questions for Discussion

- What comes to mind when I say the word kidney?
 - Examples:
 - Organs
 - Kidney beans
 - Pee
- What do the kidneys do?
 - Examples:
 - They clean your blood
 - They make urine
 - They keep you alive



The Kidneys



Talking Points

- Explain that the kidneys are part of the urinary tract:
 - Most people have two kidneys.
 - They are located on either side of the spine, just below your rib cage.
 - Your kidneys connect to your bladder by thin tubes called ureters.
- Explain that the kidneys have many important jobs.
 - Their main purpose is to clean waste and extra fluid from the blood.
 - This makes up our urine.
 - This also helps to balance chemicals and fluid in the body.

Note to Presenter

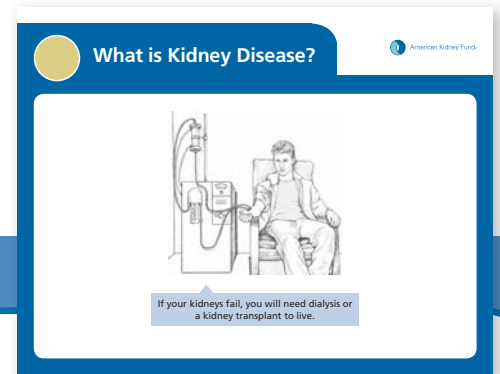
Depending on the audience, you may also want to share that the kidneys help:

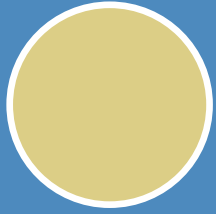
- Control blood pressure
- Make red blood cells
- Keep bones healthy

What is Kidney Disease?

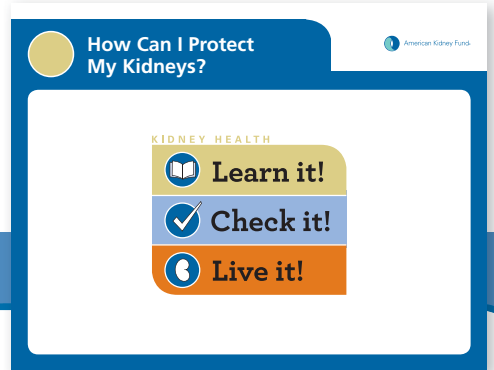
Talking Points

- Explain that kidney disease:
 - Is when there is permanent damage to the kidneys.
 - This damage keeps the kidneys from cleaning waste and extra fluid from the blood.
 - Waste and extra fluid then build up in the blood and cause problems.
 - The kidneys may stop working completely if the damage continues.
 - This is called kidney failure.
 - Kidney failure is a life-threatening condition that can only be treated by dialysis or transplant.
- Explain that there can be serious complications, even in the early stages of kidney disease, including:
 - Anemia (not enough red blood cells)
 - Heart disease
 - Bone disease
 - Death (the kidneys do not have to fail completely before this can happen)
- Explain that kidney disease may not have any symptoms until it is very far along.
 - Further kidney damage can often be prevented or controlled if kidney disease is caught early.





How Can I Protect My Kidneys?



Talking Points

- Explain that kidney disease can be prevented or controlled through three steps:
 - Learn it!—Learn what may be putting you at risk.
 - Check it!—Check your kidneys, blood sugar and blood pressure.
 - Live it!—Live a healthy lifestyle.
- Mention that we will talk about each of these in more detail.

Question for Discussion

- What are the two leading causes of kidney failure?
 - **Answers:**
 1. Diabetes
 2. High blood pressure



Learn it!

Learn Your Risks



Learn it!
Learn Your Risks

American Kidney Fund

What could put you at risk for kidney disease?

Diabetes is the #1 cause of kidney failure.
High blood pressure is the #2 cause.

Are you at risk?

Note to Presenter

Remind your audience that kidney disease is the gradual loss of kidney function over time, which can lead to kidney failure and other problems if not treated.

Talking Points

Explain that diabetes and high blood pressure are the two leading causes of kidney failure.

- Diabetes is the number one cause of kidney failure.
 - It causes almost half of all cases.
- High blood pressure is the second leading cause of kidney failure.
 - It causes just over 1 in 4 cases.
- Both diabetes and high blood pressure damage the tiny filters in the kidneys.

Note to Presenter

If in a group, ask your audience to raise their hands if they know someone with diabetes or high blood pressure. This will likely be most of the group. Comment on that as an example of how big of a problem diabetes and high blood pressure are and how many people are at risk for kidney disease.

Question for Discussion

- What else do you think might put someone at risk for kidney disease?
 - Answers:
 - Family history
 - Heart disease
 - Being over age 60
 - Being African American, Native American, Hispanic or Asian American

Note to Presenter

Guide your audience through the risk factors until all have been covered.



Learn it! Diabetes



Learn it!
Diabetes

American Kidney Fund



Remember, diabetes is the #1 cause of kidney failure.

If you have diabetes, ask your doctor how often you should check your blood sugar.

Talking Points

- Tell your audience that while there are several risks for kidney disease that they cannot control, there are some risks that they can control. One is diabetes.
- Repeat that diabetes is the leading cause of kidney failure.
- Explain that diabetes is a disease that keeps the body from using the sugar a person eats for energy the way it should.
 - When the sugar is not used for energy, it stays in the blood stream.
 - Too much sugar in the blood stream for too long can cause damage to the:
 - Eyes
 - Heart
 - Blood vessels
 - Nerves
 - Kidneys
- Explain that a healthy lifestyle may help prevent diabetes and may help to control diabetes if you have it.
 - Tell your audience that we will discuss steps they can take to have a healthy lifestyle in more detail a little later.
- Suggest that anyone in your audience who has diabetes talk to their doctors about medicine that could help protect their kidneys.

Note to Presenter

Depending on the audience and your comfort level, you may also want to mention that there are two types of blood pressure medicine that can help protect the kidneys of people with diabetes:

- ACE Inhibitor (angiotensin converting enzyme inhibitor)
- ARB (angiotensin II receptor blocker)



Learn it!

High Blood Pressure



Learn it!
High Blood Pressure

American Kidney Fund

Remember, high blood pressure is the #2 cause of kidney failure.



Ask your doctor if you should check your blood pressure.

Talking Points

- Remind your audience that high blood pressure is the second leading cause of kidney failure.
- Explain that the heart pumps blood through arteries and veins.
 - The pumped blood makes pressure inside the blood vessels, called blood pressure.
 - If that blood pressure stays too high, it can damage the blood vessels and lead to:
 - Heart failure
 - Stroke
 - Blindness
 - Kidney disease
 - High blood pressure can lead to kidney disease and can also be caused by kidney disease. This is why it is very important to control your blood pressure.
- A healthy lifestyle may help prevent high blood pressure or control it if you have it.
 - Remind your audience that we will discuss steps they can take to have a healthy lifestyle in more detail a little later.
- Suggest that anyone in your audience who has high blood pressure talk to their doctors about medicines to control their high blood pressure.

Note to Presenter

Depending on the audience and your comfort level, you may also want to mention that there are two types of blood pressure medicine that can help protect the kidneys:

- ACE Inhibitor (angiotensin converting enzyme inhibitor)
- ARB (angiotensin II receptor blocker)



Check it!

Check Your Kidneys



Check it!
Check Your Kidneys

American Kidney Fund

Kidney disease often has no signs or symptoms.
A few simple tests can tell you
how well your kidneys are working.



Blood Pressure Check



Blood Test



Urine Test

Talking Points

- Remind your audience that kidney disease usually has no signs or symptoms.
- Encourage your audience to ask their doctors for simple tests to check their kidneys.
- Tell your audience that it is also important to check for diabetes and high blood pressure, because those are the leading causes of kidney disease:
 - Diabetes has only a few symptoms, which can be easy to miss.
 - High blood pressure often has no signs.
 - The only way to know if you have diabetes or high blood pressure is to be tested.
 - If you don't have diabetes or high blood pressure, live a healthy lifestyle to prevent them.
 - If you do have diabetes or high blood pressure, living a healthy lifestyle can help.

Note to Presenter

If anyone in your audience asks, explain that signs and symptoms for diabetes may include:

- Increased thirst or hunger
- Fatigue
- Increased urination
- Unexplained weight loss
- Blurred vision
- Sores that don't heal



Check it! eGFR

Check it!
eGFR

American Kidney Fund



Ask your doctor if you should have an eGFR test to check how well your kidneys are working.

Talking Points

- Explain that the best test for kidney function is the **eGFR** (estimated Glomerular [gloh-MEHR-yoo-lar] Filtration Rate).
 - This test tells how well your kidneys clean your blood.
 - Your doctor tests your blood for a kind of waste called creatinine (kree-AT-ih-neen).
 - Healthy kidneys filter creatinine out of the blood.
 - Some labs list your eGFR with your results, or your doctor can use your creatinine test result to figure out your eGFR.
- Tell your audience that an eGFR of **less than 60 mL/min for 3 months or more** may be a sign of kidney disease.¹
 - If you have an eGFR less than 60, talk to your doctor about when you should be tested again.
 - Your doctor will need to look at more than one eGFR to tell if you have kidney disease.
- Suggest that people can get tested at their doctors' offices, free or low-cost clinics and kidney screenings in the community.

Note to Presenter

Ask your audience to think about some questions:

- Have you had your kidney function tested?
- What was your result?

Note to Presenter

The eGFR is a good test, but it's not for everyone. For example, this test may not be accurate for people who are:

- Younger than 18
- Older than 70
- Very muscular
- Very overweight
- Pregnant

In these cases, people should ask their doctors about other tests for kidney function.



Check it! Urine Test

 **Check it!**
Urine Test

 American Kidney Fund



Ask your doctor if you should have a urine test to check for protein.

Talking Points

- Explain that a urine test (called a urinalysis) can help catch early signs of kidney damage.
 - This test tells if you have blood or protein in your urine.
 - Blood in your urine can be a sign of kidney disease or other problems.
 - Protein in your urine may be a sign of kidney disease.

Note to Presenter

Ask your audience to think about some questions:

- When was your last urine test?
- Do you know if your doctor checked your urine for protein?
- What was your result?



Check it! Blood Sugar



Check it!
Blood Sugar

American Kidney Fund



Ask your doctor if you should be tested for diabetes.

Talking Points

- Tell your audience that a simple blood test can check for diabetes.
- Explain that there are a couple different types of blood tests for diabetes.
 - Encourage everyone in your audience to talk to their doctors about which tests are best for them.
- Mention that the eGFR and a blood test for diabetes can be done from the same blood draw—just one poke.

Note to Presenter

Ask your audience to think about some questions:

- When was the last time you had your blood sugar checked?
- What was your result?



Check it! Blood Pressure



Check it!
Blood Pressure

American Kidney Fund



For most people, a normal blood pressure is less than 120/80.

Talking Points

- Tell your audience that blood pressure is checked with a special cuff that inflates around the arm.
- Explain that blood pressure is given as two numbers.
 - The first or top number is called **systolic** (sis-TOL-ik) **pressure**. This is the pressure in the arteries when the heart is beating.
 - The second or bottom number is called **diastolic** (di-as-TOL-ik) **pressure**. This is the pressure in the arteries between heart beats.
 - If either number is high, your blood pressure is high.
- Explain that a normal, resting blood pressure is **less than 120/80** for most people.²
- Suggest some local places where people can get their blood pressure checked.
 - **Examples:**
 - Supermarket
 - Drug store

Note to Presenter

- Ask your audience to think about some questions:
 - When was the last time you had your blood pressure checked?
 - What was your result?



Live it!

Live a Healthy Lifestyle



Talking Points

- Remind your audience that kidney disease, diabetes and high blood pressure can be prevented or controlled by a healthy lifestyle.

Question for Discussion

- What does a healthy lifestyle mean to you?
 - Examples:
 - Being physically active
 - Eating a healthy diet
 - Managing any conditions you have
 - Other healthy habits: not smoking, limiting alcohol, reducing stress



Live it! Be Physically Active



Talking Points

- Tell your audience that physical activity is one of the basic building blocks for a healthy lifestyle. Being physically active helps:
 - Regulate blood sugar
 - Manage blood pressure
 - Maintain a healthy weight or lose weight if you are overweight
- Explain that people should aim to be active for 30 minutes a day, at least 5 days of the week.³
 - Check with a doctor before starting a new exercise routine.
 - If 30 minutes a day seems like too much, start by adding activity into your day gradually. Any increase will help.

Question for Discussion

- What are some ways that you could be more active?
 - **Examples:**
 - Walk with a friend
 - Take the stairs instead of the elevator (all or part way)
 - Park farther away and walk more to your destination
 - Get up to talk to co-workers face-to-face rather than by phone or email
 - Play a game like basketball or soccer with friends or family
 - Borrow workout videos from the library or video store
 - Take up an active hobby like dancing, swimming, biking, etc.



Live it! Eat a Healthy Diet



Talking Points

- Tell your audience that a healthy diet is another basic building block for a healthy lifestyle.
 - A healthy diet can help you maintain a healthy weight or lose weight if you are overweight.
 - This can also help you keep a healthy blood sugar and blood pressure.
- Explain that to prevent kidney disease, diabetes and high blood pressure, a healthy diet means:
 - Low-salt
 - Low-fat
 - Limiting calories

Questions for Discussion

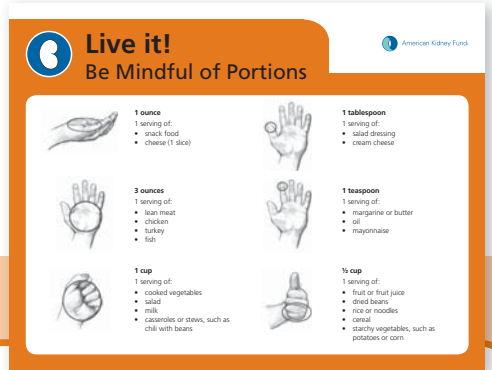
- What are some ways that you can limit the salt in your diet?
 - **Examples:**
 - Don't add salt to your food when cooking or eating. Try cooking with fresh herbs, lemon juice or other spices.
 - Choose fresh or frozen vegetables instead of canned vegetables.
 - If you do use canned vegetables, rinse them before eating or cooking with them to remove extra salt.
- What are some ways that you can decrease fat in your diet?
 - **Examples:**
 - Snack on fresh fruits and vegetables instead of chips and cookies.
 - Shop for fat-free or low-fat dairy products, salad dressing and mayonnaise.
 - Consider baking, grilling or broiling your foods instead of frying them.

Note to Presenter

People who already have diabetes or kidney disease should follow a special diet. Diabetes educators or dietitians can help find meal plans that work for them.



Live it! Be Mindful of Portions



Talking Points

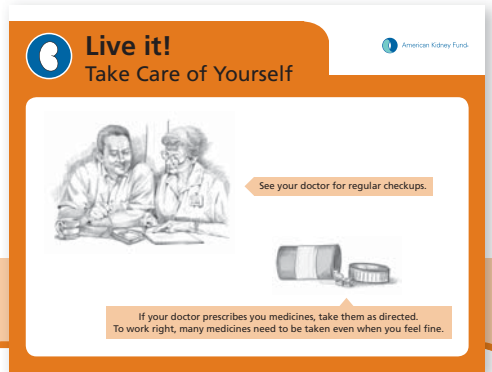
- Explain that another part of a healthy diet is portion control. A portion is how much you choose to eat.
 - Choosing low-salt, low-fat foods is important, but too much of even those foods can sometimes be unhealthy.
 - Eating reasonable portion sizes and limiting calories can help you maintain a healthy weight or lose weight if you are overweight.
 - Even a few pounds can make a difference.
 - This reduces your risk of kidney disease, diabetes and high blood pressure.
- Provide some examples of recommended serving sizes:
 - **1 ounce** = what fits in the palm of an adult hand = a serving of nuts or other snack foods
 - **3 ounces** = the palm of an adult hand = a serving of meat or poultry
 - **1 cup** = an adult fist = a serving of cereal
 - **½ cup** = ½ an adult fist = a serving of cooked rice, ice cream, fresh fruit pasta or potatoes
 - **1 tbsp** = top of an adult thumb = a serving of salad dressing or cream cheese
 - **1 tsp** = tip of an adult finger = a serving of mayonnaise or butter

Note to Presenter

To enhance the presentation, have examples of some recommended serving sizes to show your audience.

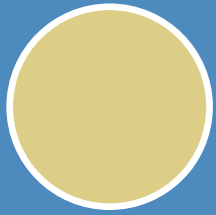


Live it! Take Care of Yourself

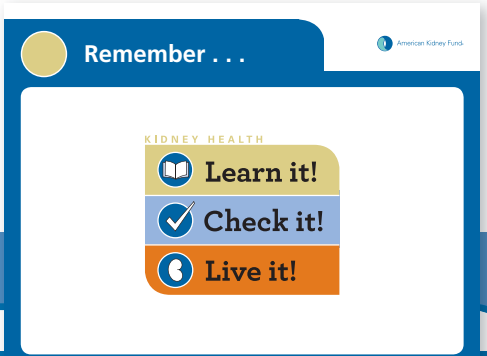


Talking Points

- Explain that it is also important for people to:
 - See their doctors for regular checkups
 - Take medicines as their doctors prescribe
- Explain that along with staying active and eating healthy, this can help them prevent kidney disease, diabetes and high blood pressure.
- Remind your audience that even if they already have diabetes, high blood pressure or kidney disease, their doctors can help them manage the condition and prevent other problems.
- Suggest that people also:
 - Avoid tobacco
 - Limit alcohol
 - Reduce stress



Learn it! Check it! Live it!®



Questions for Discussion

- What have you learned today?
 - **Answers:**
 - Kidney disease is a serious problem.
 - Diabetes and high blood pressure, the two biggest risk factors, can be prevented or controlled.
 - A simple blood test is the only way to know how well the kidneys are working.
 - Being checked can help catch any problems early, when they can still be treated.
- What lifestyle change can you make to reduce your risk for kidney disease?
 - **Answers:**
 - Be physically active
 - Eat a healthy diet
 - See their doctor for regular checkups
 - Manage any conditions like diabetes and high blood pressure
- Remind your audience to Learn it! Check it! Live it!
- Thank your audience for coming.

Note to presenter

Guide your audience through answers until all have been covered.



Appendix A: Check it! Kidneys

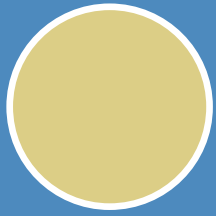
Blood Tests for Kidney Function

Test	Normal for Most
Estimated Glomerular Filtration Rate (eGFR) ¹	More than 60 ml/min/1.73m ²
Creatinine (Scr or Creat) ²	0.6 to 1.2 mg/dL
Blood Urea Nitrogen (BUN) ²	7 to 20 mg/dL

Urine Tests for Kidney Function

Test	Normal for Most
Protein Urine Test (Dipstick Test)	Negative or Trace Amount
Albumin-to-Creatinine Ratio (UACR) ¹	Less than 30 mg/24 hours

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Appendix B: Check it! Diabetes

Blood Tests for Diabetes

Test	Normal for Most
Fasting Blood Glucose (FBG) ⁴	Less than 100 mg/dL (100 to 125 mg/dL may indicate pre-diabetes)
Oral Glucose Tolerance Test (OGTT) ⁴	Less than 140 (140 to 200 mg/dL may indicate pre-diabetes)
Random Blood Glucose ⁴	Less than 200

If you have diabetes, you will need to monitor your blood sugar. This can be done daily with a meter called a glucometer. Your doctor will tell you when to test and what your results should be.

A blood test called the **Hemoglobin A1C (HbA1C)** tells how your blood sugar has been over the past few months. A normal HbA1C level for someone with diabetes should usually be less than 7%.⁵

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Appendix C:

Check it! Heart Health

Blood Pressure

- Normal blood pressure for most is less than 120/80 or “120 over 80.”
- For people with diabetes or kidney disease, a normal blood pressure is less than 130/80 or “130 over 80.”²
- If either number is high, the blood pressure is high.

Blood Tests

Test	Normal for Most	
Cholesterol Test ⁶ (Fasting)	TOTAL	Less than 200
	HDL (“good”)	More than 40
	LDL (“bad”)	Less than 100
Triglyceride Level ⁶ (Fasting)	Less than 150	

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Appendix D:

Check it! Other Tests

Other common problems that can be linked to kidney disease are anemia and secondary hyperparathyroidism.

Anemia means having not enough red blood cells. This can be caused by many things, like poor diet, blood loss and kidney disease. Your doctor may want to check your blood to see if you have anemia. There are two tests your doctor may run:

- Hematocrit (Hct)
 - Most women should have an Hct of 36.1 to 44.3%.⁷
 - Most men should have an Hct of 40.7 to 50.3%.⁷
- Hemoglobin (Hb)
 - Most women should have an Hb of 12.1 to 15.1 gm/dL.⁷
 - Most men should have an Hb of 13.8 to 17.2 gm/dL.⁷

Secondary hyperparathyroidism can lead to weak bones and swollen joints. It can be caused by poor diet, some disorders and kidney disease.

- The test for secondary hyperparathyroidism is called the **parathyroid hormone test (PTH)**.
 - A normal PTH level is less than 65 pg/mL.⁸

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References

- 1 National Kidney Disease Education Program**
Available at http://www.nkdep.nih.gov/professionals/chronic_kidney_disease.htm. Accessed on 1/13/2010.
- 2 National Institute of Diabetes and Digestive and Kidney Diseases**
Available at <http://www.kidney.niddk.nih.gov/kudiseases/pubs/yourkidneys/index.htm#rate>. Accessed on 1/13/2010.
- 3 U.S. Department of Health & Human Services**
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- 8 National Kidney Foundation**
Available at http://www.kidney.org/Professionals/kdoqi/guidelines_ckd/p6_comp_g10.htm. Accessed on 1/13/2010.

Images courtesy of the National Institute of Diabetes and Digestive and Kidney Diseases.