5 Quick Facts About Kidney Disease

WHERE ARE MY KIDNEYS?

Answer:
Your kidneys are in the middle of your back...
...one on each side of your spine.

WHAT ARE THE LEADING CAUSES OF KIDNEY DISEASE?

Diabetes and high blood pressure are the leading causes of kidney disease.

FACTS:
120/80 = a healthy blood pressure

A healthy blood sugar level is <100 (in the morning before you eat or drink anything).

DOES KIDNEY DISEASE HAVE SYMPTOMS?

Answer:
There are usually NO SYMPTOMS until your kidneys are badly damaged.

CAN I PROTECT MY KIDNEYS?

Answer:
YES! HERE'S HOW...

1. See your doctor

Have a check-up once a year.

2. Don't smoke

If you smoke, quit now.

3. Eat a healthy diet

Low in salt and fat, and limit alcohol.

4. Exercise

At least 30 minutes a day, 3-5 days a week.

HOW CAN I FIND OUT IF MY KIDNEYS ARE HEALTHY?

Answer:
Get tested

Ask your doctor for blood and urine tests to check your kidney health.

30 million Americans have kidney disease. 9 out of 10 don't know it.