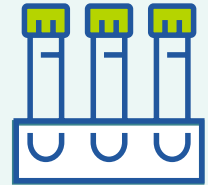


5 things you can do to protect your kidneys

Finding and treating kidney disease early may delay or prevent kidney failure—take these steps.

1

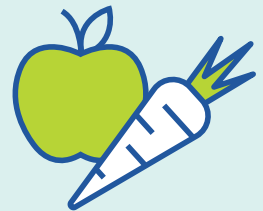
Get a blood test and a urine test to know how well your kidneys are working



2

Follow a kidney-friendly eating plan

For recipes, visit [Kidney Kitchen®](https://www.kidneyfund.org/kitchen) at [Kitchen.KidneyFund.org](https://www.kidneyfund.org/kitchen)



3

Aim to be active 30 minutes a day for most days of the week



4

Limit alcohol consumption and quit tobacco use



5

Talk to your doctor about prevention, treatment and management

