



National
Kidney
Foundation™

YOUR KIDNEYS and YOU



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Fresenius Medical Care



Protecting Your
Peace of Mind

About the National Kidney Foundation

The National Kidney Foundation (NKF) is the leading organization in the U.S., dedicated to the **awareness, prevention and treatment** of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk.



What Do Kidneys Do? Why Are They Important?

Please raise your hand if...

YOU **ARE** COMFORTABLE

with your knowledge of what kidneys do and why they are important to your health.

YOU **ARE NOT** COMFORTABLE

with your knowledge of what kidneys do and why they are important to your health.



Did You Know?

- 1 in 3 American adults is at high risk for developing kidney disease
- 1 in 9 American adults has kidney disease and most don't know it
- Early detection and treatment can slow or prevent the progression of kidney disease
- Kidney disease kills over 90,000 Americans every year

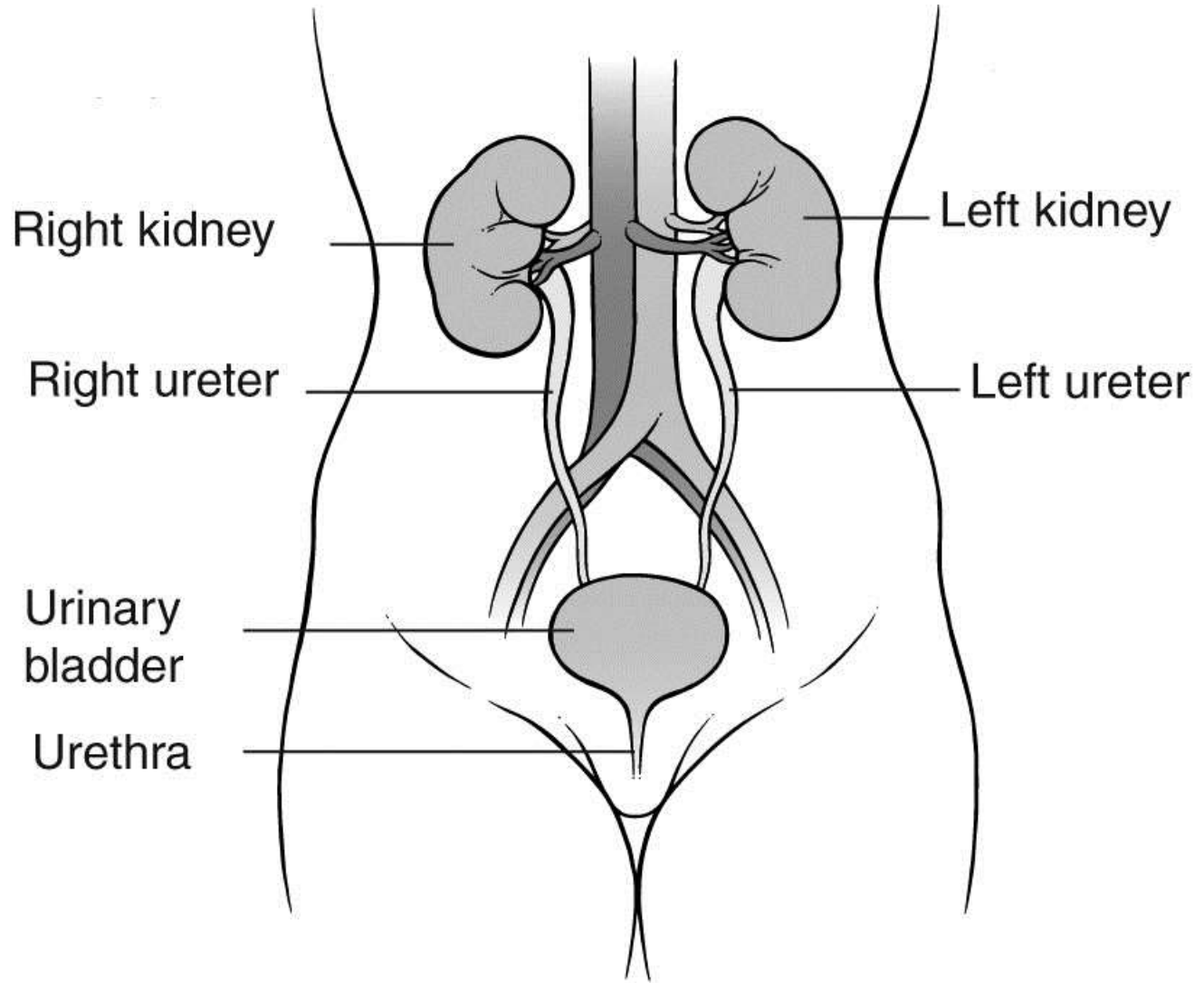


What You Will Learn Today

- What kidneys do
- Why kidneys are important to your health
- What kidney disease is
- Who is at risk
- Actions you can take to protect your kidneys



What Are Kidneys?

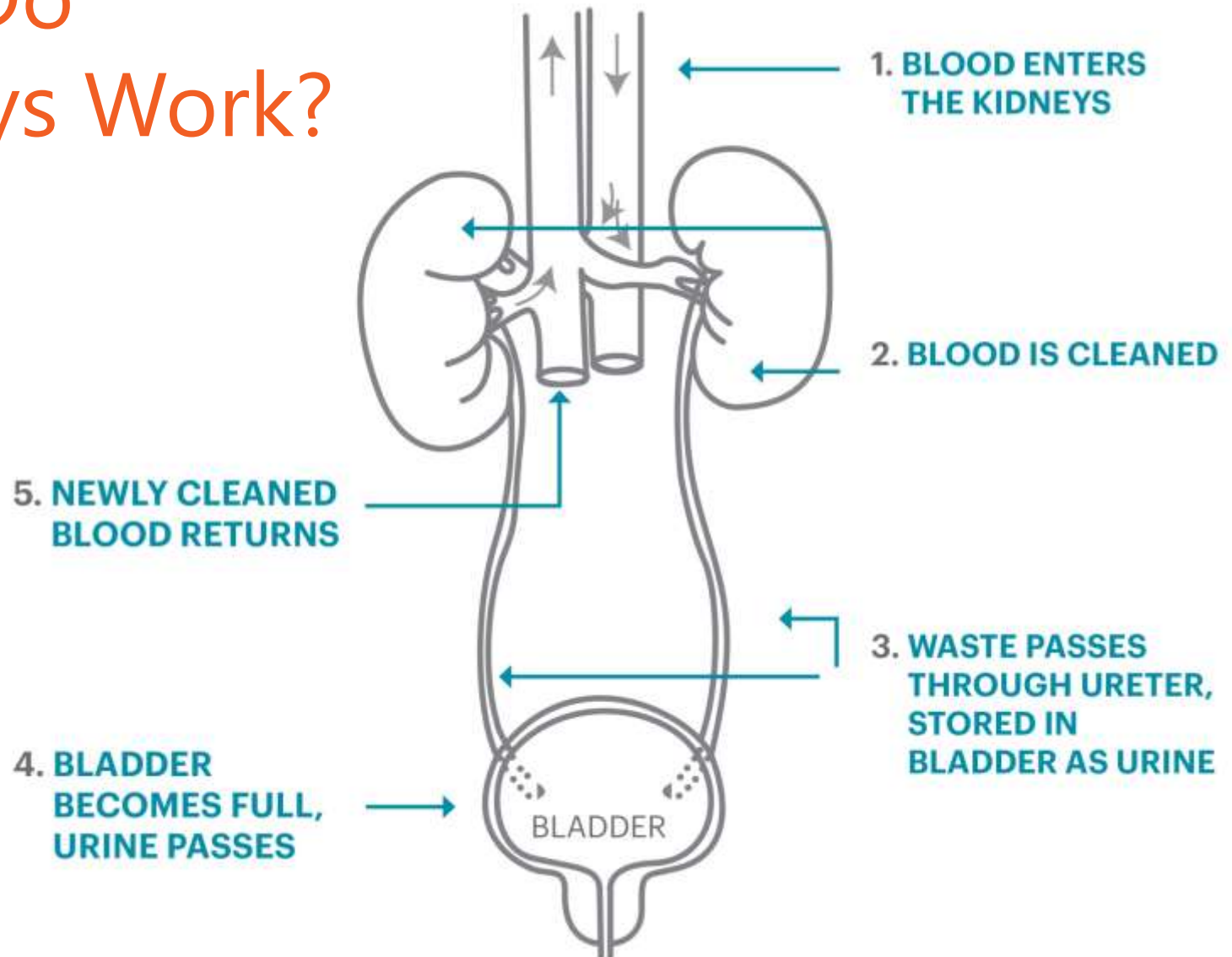


How Do Kidneys Keep You Healthy?

- Remove waste products
- Balance fluids
- Help control blood pressure
- Regulate hormones
- Keep bones healthy
- Balance minerals in the body
- Help make red blood cells



How Do Kidneys Work?



What is Kidney Disease?

- Your kidneys no longer function properly
- A serious disease that can lead to:
 - Heart and blood vessel problems
 - Kidney failure
 - Death

Are You At Risk?

- ✓ Diabetes
- ✓ High blood pressure
- ✓ Family history of:
 - ✓ kidney failure
 - ✓ diabetes
 - ✓ high blood pressure
- ✓ Certain ethnicities:
 - ✓ African American
 - ✓ Hispanic
 - ✓ Asian
 - ✓ Pacific Islander
 - ✓ American Indian
- ✓ Age 60 or older



Increased Risk

- The risk of developing kidney disease increases to 1 in 2 over the course of a lifetime
- African Americans are 3 times more likely to experience kidney failure
- Hispanics are 1½ times more likely to experience kidney failure



You Can Protect Your Kidneys

- If you have even one risk factor, request that your doctor give you 2 simple tests:
 - a **urine test called ACR** – looks at protein in the urine
 - a **blood test to estimate GFR** – tells your healthcare professional how well your kidneys are filtering blood
- Get tested!



You Can Protect Your Kidneys

- Live a healthy lifestyle:
 - Eat less salt and fat
 - Exercise
 - Lose weight if you are overweight
 - Don't smoke
- Control high blood pressure, if you have it
- Control diabetes, if you have it
- Avoid over-the-counter NSAID pain medicines
- If you are at risk, get tested!



What Do Kidneys Do? Why Are They Important?

Please raise your hand if...

YOU NOW FEEL **MORE** COMFORTABLE
with your knowledge of what kidneys do and
why they are important to your health.

YOU NOW FEEL **LESS** COMFORTABLE
with your knowledge of what kidneys do and why
they are important to your health.



Any Questions?

- Please share what you learned today with your **family, friends, coworkers, neighbors.**
- Thank you for completing the Participant Evaluation and sharing your feedback.



To Learn More



Contact the
**National Kidney
Foundation** for
educational information
and support:

1-855-NKF-CARES

nkfcares@kidney.org

www.kidney.org

Use your voice to help kidney patients.
Find out more at www.kidney.org/takeaction.