YOUR KIDNEYS and YOU

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National Kidney Foundation™

Fresenius Medical Care

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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?

Right kidney

Right ureter

Urinary bladder

Urethra

Left kidney

Left ureter
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?

1. Blood enters the kidneys
2. Blood is cleaned
3. Waste passes through ureter, stored in bladder as urine
4. Bladder becomes full, urine passes
5. Newly cleaned blood returns

National Kidney Foundation®
What is Kidney Disease?

• Your kidneys no longer function properly

• A serious disease that can lead to:
  o Heart and blood vessel problems
  o Kidney failure
  o 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 1 ½ 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:
  
  o a urine test called ACR – looks at protein in the urine
  
  o 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:
  o Eat less salt and fat
  o Exercise
  o Lose weight if you are overweight
  o 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.

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