



National  
Kidney  
Foundation™

## Your Kidneys and You



### Why are kidneys so important?

Kidneys are the body's filters, removing waste and excessive fluid. They also balance chemicals, control blood pressure, and keep bones strong.

**1 in 3 American adults** is at risk for kidney disease.

**High blood pressure** and **diabetes** are the two leading causes of kidney disease.

**Early detection and treatment** can slow or prevent the progression of kidney disease.

What is the National Kidney Foundation's ***Your Kidneys and You*** program?

- An educational presentation given by trained National Kidney Foundation (NKF) volunteers.
- Raises awareness of kidneys, risk factors for kidney disease, and steps to protect kidneys.
- Introduces the public to the many programs and services the NKF offers to individuals at risk for kidney disease, patients, and professionals.
- Encourages the general public, especially those at risk for developing kidney disease, to:
  - Go to the doctor and ask for blood and urine tests.
  - Visit the [www.kidney.org](http://www.kidney.org) for more information.
  - Call or email our NKF Cares Patient Information Help Line: 1-855-NKF-Cares (653-2273), [nkfcares@kidney.org](mailto:nkfcares@kidney.org).

**Join the NKF in reaching those at increased risk for kidney disease in your community!**

Locally Supported By:



**For more information about scheduling a presentation, contact:**

National Kidney Foundation, Inc.  
651.636.7300  
**[NKFMDI@kidney.org](mailto:NKFMDI@kidney.org)**