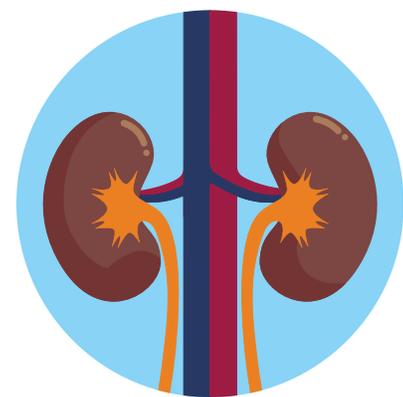


Understanding Kidney Health



Kidneys and Chronic Kidney Disease (CKD)

- **Kidneys** keep your blood clean. Kidneys remove what your body does not need and turns it into urine. Kidneys also keep the nutrients in your blood balanced, support bone health, and help make red blood cells.
- **Chronic kidney disease (CKD)** is when the kidneys don't work as well as they should. CKD can lead to kidney failure. Those with kidney failure need a kidney transplant or dialysis to stay alive.
- **1 in 7 U.S. adults has CKD.** Most people don't even know it as many don't have symptoms until their kidneys are very damaged. Regular blood and urine tests can identify CKD earlier. This gives a chance to slow kidney damage and stay healthy.

2 out of 3 CKD cases are caused by high blood pressure or diabetes.

- **High Blood Pressure:** Almost 50% of adults in the U.S. have high blood pressure (hypertension).
- **Diabetes:** Diabetes occurs when the body doesn't process sugar correctly.



Protecting the Kidneys



Ways to Help Protect your Kidneys:

- Preventing or managing high blood pressure and diabetes
- Staying active and eating healthy
 - Limit foods high in salt and sugar, and avoid packaged foods.
- Seeing a doctor for regular check-ups
- Always taking your medications as directed



Things that Harm Your Kidneys:

- Smoking
- Overuse of pain medicines (Ibuprofen, Advil, Motrin and Aleve)
- Kidney stones and urinary tract infections
- Some immune disorders, if left unmanaged (Lupus and Rheumatoid Arthritis)

What to do if you are at risk for CKD

Get a kidney health screening with your doctor or at a free kidney health screening in your community.



- **If you have health insurance:** See a health care professional. They may do more tests to learn about your health. They can also help you create a plan to manage your kidney health.
- **If you do not have health insurance:** There are resources to help you get the care you need for little-to-no cost. Below are good places to search for low-cost care in your area.
 - [Findhelp.org](https://www.findhelp.org)
 - [Findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov)

Other Resources Available

- **Attend a KidneySmart class:** Free classes on living with CKD. Get in-depth guidance on slowing CKD and staying healthy. Visit <https://www.davita.com/education/kidney-smart-classes> to sign up.
- **Download the MyDavita App:** Free tools for managing CKD. Get kidney-friendly cookbooks, grocery shopping guides, and more. Scan the QR code to download the app.



- **The National Kidney Foundation (NKF):** Visit [Kidney.org](https://www.kidney.org) for free education, support groups, and more for people with CKD.
- **American Diabetes Association (ADA):** [Diabetes.org](https://www.diabetes.org)
- **American Heart Association (AHA):** [Heart.org](https://www.heart.org)