

KIDNEY HEALTH

QUICK REFERENCE GUIDE

Know your risks. Protect your kidneys.



WHAT IS CHRONIC KIDNEY DISEASE (CKD)?

CKD means the kidneys have been damaged or are not filtering blood as well as they should over time. Early CKD often has no symptoms.

WHO IS AT HIGHER RISK?

- Diabetes
- High blood pressure
- Heart disease
- Family history of CKD
- Older age
- Overweight or obesity



Small steps. Healthier kidneys!

WHAT IS A NEPHROLOGIST?

A nephrologist is a medical doctor who specializes in kidney health and kidney diseases. They help evaluate kidney function, manage CKD, and plan treatment when needed.

EVERYDAY WAYS TO PROTECT YOUR KIDNEYS

- Manage blood pressure and blood sugar with your healthcare team.
- Choose foods lower in sodium; stay active and avoid smoking.
- Take medicines as prescribed. Ask before using ibuprofen or naproxen regularly.
- If you are at risk, ask about blood and urine tests for kidney health.
- Stay hydrated as advised by your clinician; fluid needs vary with health conditions.

A QUESTION TO ASK AT YOUR NEXT VISIT:

"Should I have my kidney function checked?"

Learn more with Vitality's Dialysis Basics on-demand course.

Educational information only; not individualized medical advice.

Sources: CDC Kidney Disease; NIDDK CKD Prevention & Management.

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