



YOUR KIDNEY HEALTH

WHAT PUTS YOU AT RISK?

- Diabetes
- High blood pressure
- Age (60+)
- Family history of kidney disease

WHAT TO DISCUSS WITH YOUR DOCTOR

- Your medical history (+ family history)
- Your diet
- Your physical activity
- Medications & supplements you take
- Alcohol and tobacco use

WHAT TO REQUEST DURING YOUR VISIT

- Blood & other test results
- Healthy lifestyle recommendations
- Information on medications
- An appointment for your next check-up