



National
Kidney
Foundation

Your Kidneys and You™



The National Kidney Foundation

is the largest organization in the U.S., dedicated to the awareness, prevention, and treatment of kidney disease.



What do kidneys do? Why are they important?

Please raise your hand if ...

YOU THINK YOU KNOW ENOUGH
about kidney health.

YOU DO NOT THINK YOU KNOW ENOUGH
about kidney health.



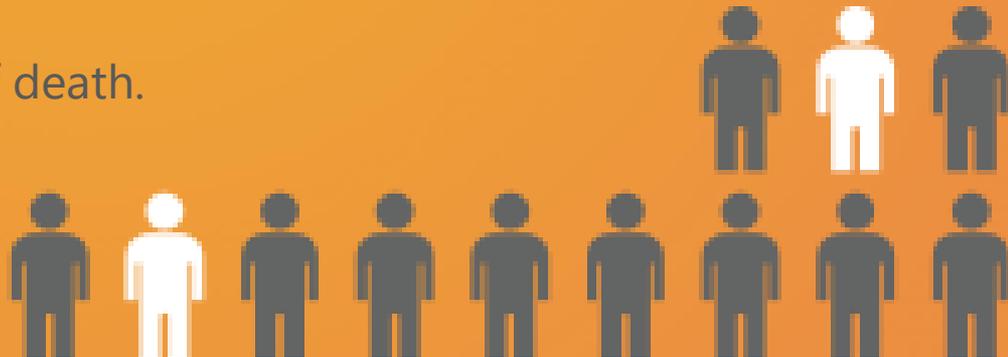
Did you know?

1 in 3 adults
is at risk for kidney disease.

1 in 7 adults
has kidney disease but most don't know it.

Early detection and treatment
can slow or stop kidney disease.

Kidney disease is
the 9th leading cause of death.



Today you will learn

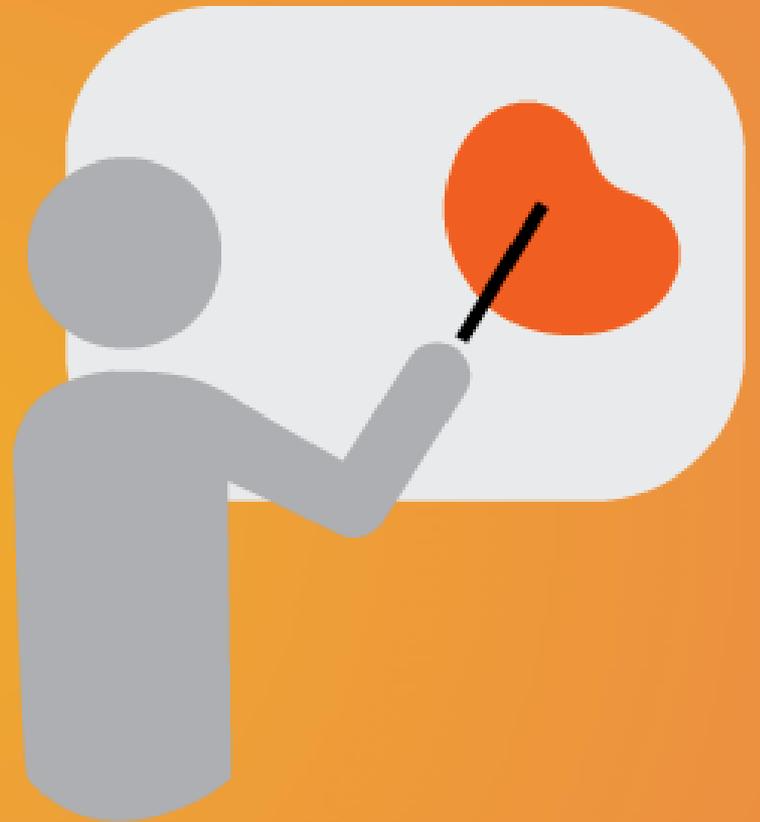
What kidneys do

Why kidneys are important to your health

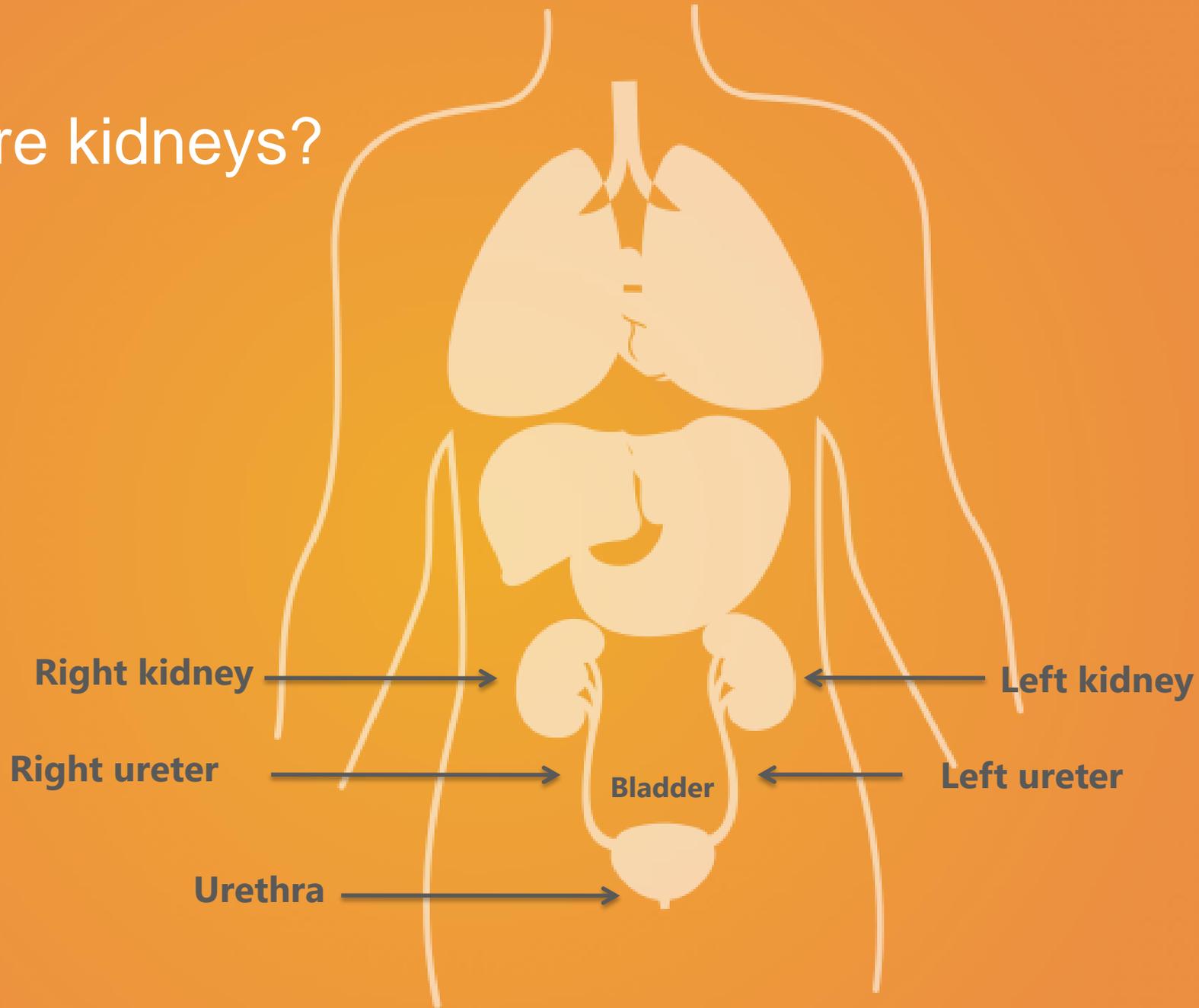
What kidney disease is

Who is at risk

Actions to protect your kidneys



What are kidneys?



How do your kidneys keep you healthy?



Remove waste products

Balance fluids

Help control blood pressure

Regulate hormones

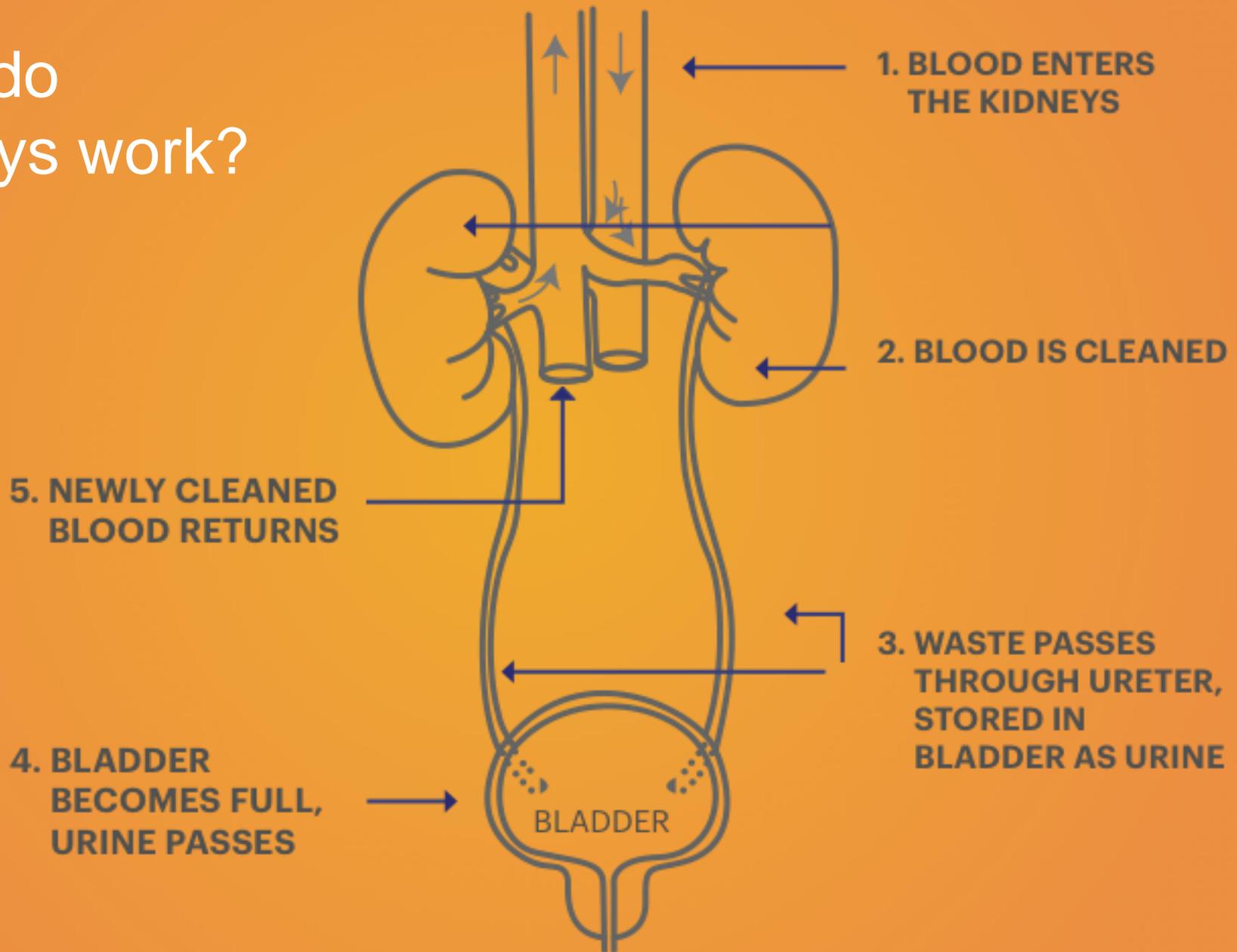
Keep bones healthy

Balance minerals in the body

Help make red blood cells



How do kidneys work?



What is kidney disease?

When your kidneys no longer work well, it can lead to serious problems

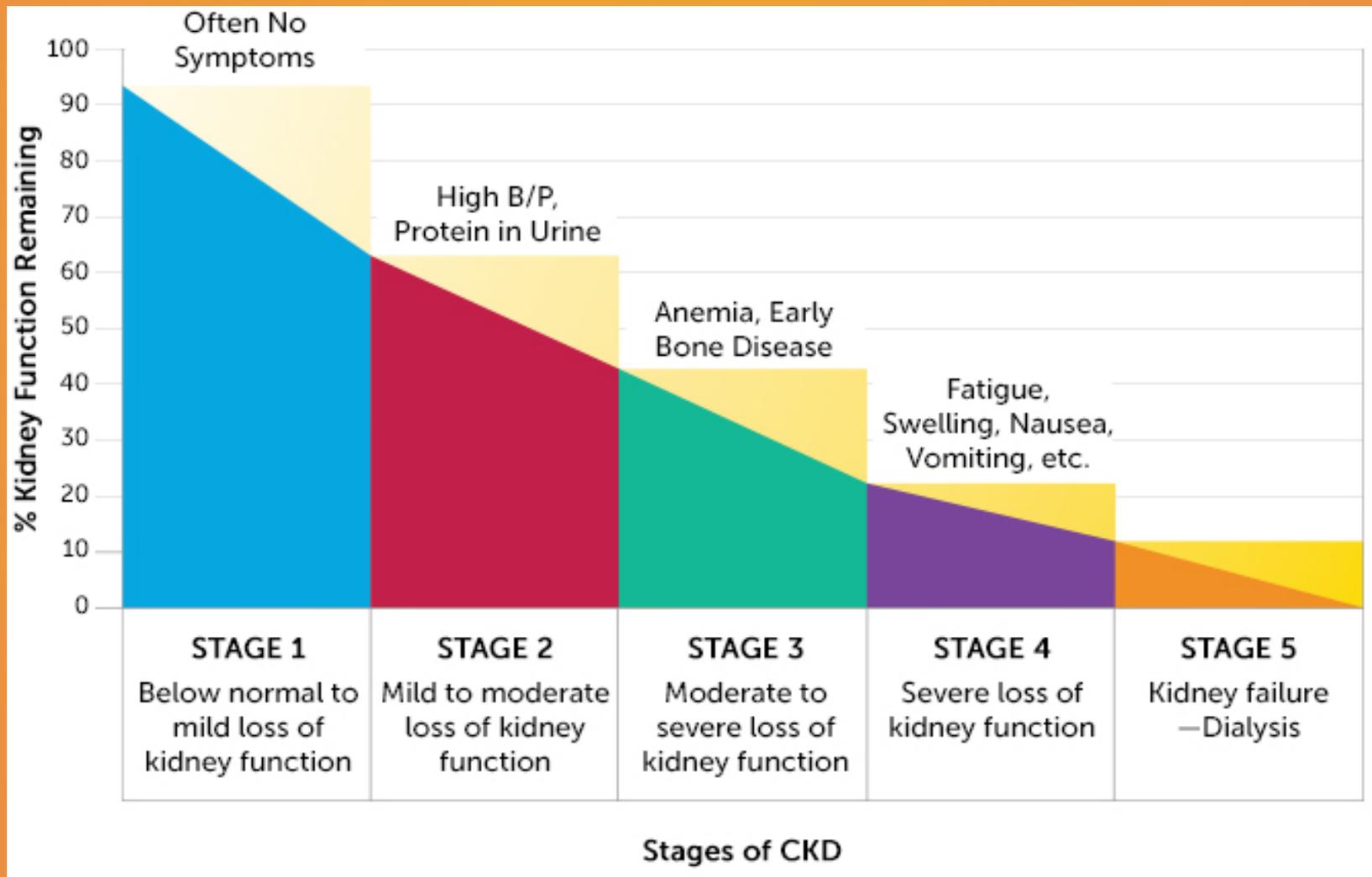
heart and blood vessel problems

kidney failure

death



5 Stages of Chronic Kidney Disease



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



Kidney failure risk is higher for some

African Americans: **3x** more likely

Hispanics: **1.5x** more likely

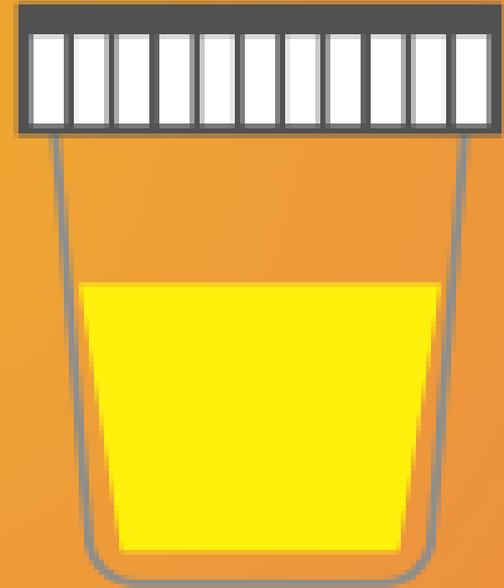


Get tested

If you have even one risk factor, ask your doctor for these 2 simple tests:

1 a urine test

2 a blood test



Protect your kidneys

Healthy lifestyle:

Eat less salt and fat

Exercise

Lose weight

Control blood pressure

Control diabetes

Drink water

Avoid NSAID pain medicines

Don't smoke



What do kidneys do? Why are they important?

Please raise your hand if ...

YOU NOW THINK YOU KNOW ENOUGH
about kidney health.

YOU STILL DO NOT THINK YOU KNOW ENOUGH
about kidney health.



Questions?

Please share what you learned today with others:
www.kidney.org/YourKidneysAndYou

Learn how you can help kidney patients across the country: www.kidney.org/takeaction

Thank you for completing the Participant Evaluation and sharing your feedback.



We are here to help

1.855.NKF.CARES

nkfcares@kidney.org

www.kidney.org



Interested in hosting this
program for your group?

Contact me for details and to schedule

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