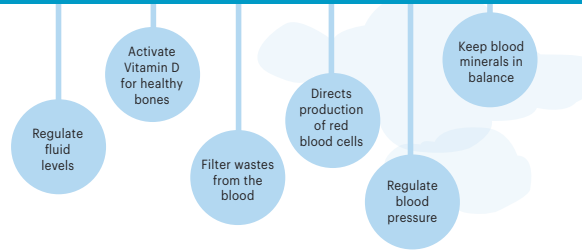
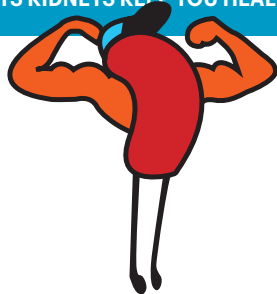


March is National Kidney Month

Get to Know Your Hardworking Kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Cardiovascular disease



Weak bones



Heart attack



Stroke



Nerve damage



High blood pressure

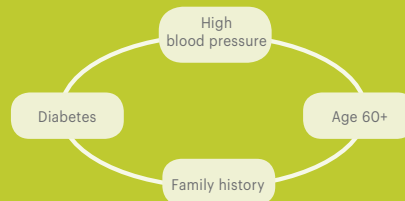


Kidney Failure

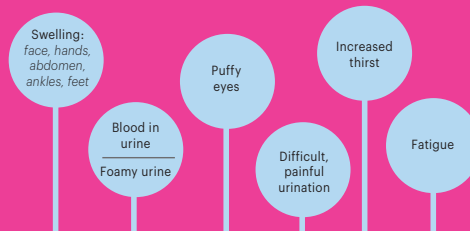


Anemia/low red blood cell count

4 RISK FACTORS



7 SYMPTOMS



2 TESTS YOU CAN TAKE

Urine & Blood

Urine albumin-to-creatinine ratio: estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR): The GFR tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender. Over 90 is good, 60-89 should be monitored, less than 60 for 3 months indicates kidney disease.



Learn more at [Kidney.org](https://www.kidney.org)



National Kidney Foundation™