



## START THE CONVERSATION ABOUT KIDNEY DISEASE

MORE THAN NINE OUT OF TEN PEOPLE WITH KIDNEY DISEASE DON'T KNOW THEY HAVE IT.

AND IF YOU HAVE DIABETES, HIGH BLOOD PRESSURE, HEART DISEASE, OR A FAMILY HISTORY OF KIDNEY FAILURE, YOU ARE AT RISK FOR KIDNEY DISEASE.

DON'T WAIT. START THE CONVERSATION WITH YOUR HEALTH CARE PROVIDER BY ASKING THREE QUESTIONS: **HAVE I BEEN TESTED FOR KIDNEY DISEASE AND HOW HEALTHY ARE MY KIDNEYS?** **HOW OFTEN SHOULD I GET MY KIDNEYS CHECKED?** **WHAT SHOULD I DO TO KEEP MY KIDNEYS HEALTHY?**

VISIT [N-I-D-D-K--DOT--N-I-H--DOT--GOV](http://N-I-D-D-K--DOT--N-I-H--DOT--GOV) TO LEARN MORE.