



**IF YOU  
HAVE  
DIABETES  
OR HIGH  
BLOOD  
PRESSURE  
THE TIME TO  
CHECK YOUR  
KIDNEYS  
IS NOW.**

Your kidneys are essential for life. So if you have diabetes, high blood pressure or a family history of kidney disease, you should talk to your doctor about getting a kidney screening. The National Kidney Foundation offers free screenings all around the country. Just check our website to find one near you. Early detection of kidney disease can make a big difference. If you're at risk for kidney disease, getting screened just might save your life. [kidney.org](http://kidney.org).



**National Kidney  
Foundation**

**LOVE YOUR KIDNEYS**