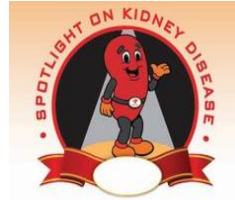


Know Your Numbers!



Ask Your Doctor:

Questions to Ask Your Doctor	Your Numbers	Normal Ranges	Facts
<ul style="list-style-type: none"> • What is My Blood Pressure? 		less than 120/80	High Blood Pressure can hurt the kidneys and lead to life-long kidney disease.
<ul style="list-style-type: none"> • What is my Blood Sugar? 		fasting less than 100; non-fasting less than 140	High Blood Sugar may mean Diabetes and Diabetes is the most common cause of kidney failure.
<ul style="list-style-type: none"> • What is my Cholesterol Level? 		less than 200mg/dl	Too much Cholesterol can build up in blood vessels in the kidney and cause a “kidney attack.”
<ul style="list-style-type: none"> • What is my GFR? 		90-120 ml/min	Glomerular Filtration Rate (GFR) is the best test to show kidney function.
<ul style="list-style-type: none"> • What is my BMI? 		normal weight and BMI of 18.5-24.9	Body Mass Index (BMI) is a tool to show weight status. Being over-weight can make Diabetes hard to control; it raises Blood Pressure, and can hurt the kidneys.

Developed by Carrie Commisso, RN & Tammy Grant, RN LeMoyne College



National Kidney Foundation

OF CENTRAL NEW YORK

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