Why are kidneys so important?
Kidneys are the body’s filters, removing waste and excessive fluid. They also balance chemicals, control blood pressure, and keep bones strong.

1 in 3 American adults is at risk for kidney disease.

High blood pressure and diabetes are the two leading causes of kidney disease.

Early detection and treatment can slow or prevent the progression of kidney disease.

What is the National Kidney Foundation’s Your Kidneys and You program?
- An educational presentation given by trained National Kidney Foundation (NKF) volunteers.
- Raises awareness of kidneys, risk factors for kidney disease, and steps to protect kidneys.
- Introduces the public to the many programs and services the NKF offers to individuals at risk for kidney disease, patients, and professionals.
- Encourages the general public, especially those at risk for developing kidney disease, to:
  - Go to the doctor and ask for blood and urine tests.
  - Visit the [www.kidney.org](http://www.kidney.org) for more information.
  - Call or email our NKF Cares Patient Information Help Line: 1-855-NKF-Cares (653-2273), [nkfcares@kidney.org](mailto:nkfcares@kidney.org).

Join the NKF in reaching those at increased risk for kidney disease in your community!

For more information about scheduling a presentation, contact:

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