



National
Kidney
Foundation®

Your Kidneys and You



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 for more information.
 - Call or email our NKF Cares Patient Information Help Line: 1-855-NKF-Cares (653-2273), 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 or becoming a NKF volunteer presenter, contact:

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