SPEAK UP
on behalf of your kidney health!

National Kidney Foundation™

KIDNEY CHECKLIST

for Your Annual Physical

Major risk factors for kidney disease include high blood pressure, diabetes, and a family history of kidney failure. Refer to this guide when you follow up with your healthcare provider.

WHAT TO TELL

1. **Lifestyle.** Discuss your lifestyle. Kidney disease risk can be reduced by controlling blood pressure and blood sugar, maintaining proper weight, stopping smoking, exercising regularly, and avoiding excessive use of medications that can harm the kidneys.
2. **Health history.** Be sure to mention if you have a family history of kidney failure.

WHAT TO ASK

1. **Request a simple urine test.** If you have diabetes, high blood pressure, have a family history of kidney failure or are over age 60, ask for a simple urine test to screen for albuminuria (protein in your urine), one of the earliest signs of kidney disease.
2. **Obtain a copy of your most recent blood test results.** Review your cholesterol, blood pressure, and blood glucose. Make sure you've had an eGFR calculated. If not, ask about getting this blood test to determine how well your kidneys are working.
3. **Ask questions about healthy lifestyle recommendations.** Does your healthcare provider have specific suggestions or goals for you?
4. **Find out if you're taking any medications that could be harming your kidneys.**

WHAT TO INTERPRET

Albumin-to-Creatinine (A:C) Ratio

The A:C ratio estimates the amount of protein in your urine. Excessive protein in urine is one of the earliest signs of kidney disease. In a single urine specimen, less than 30 mg of albumin per gram of creatinine is normal, more than 30 mg is high, and 30-300 mg is very high.

Estimated Glomerular Filtration Rate (eGFR)

The eGFR measures kidney function by telling you how well your kidneys are filtering the blood. The goal is for this number to be higher than 60. Less than 60 indicates kidney disease.

Blood Pressure

High blood pressure is a leading cause of kidney disease. Normal blood pressure is less than 120/80 mmHg. High blood pressure is 140/90 mmHg or higher. Prehypertension (120-139/80-89 mmHg) can also damage the kidneys, so take this condition seriously.

Blood Glucose (Sugar) Check

This test checks for diabetes, the leading cause of kidney failure. A high blood sugar level can cause kidney problems. If fasting, over 125 mg/dL indicates diabetes. After eating, over 200 mg/dL indicates diabetes.

Cholesterol

If your total cholesterol is over 200 mg/dL, you may be at risk for cardiovascular (heart) disease, a major risk factor for kidney disease.