KIDNEY FACT SHEET

Teach What You’ve Learned

**Directions:**
Fill in the blanks based on what you learned in our 5 kidney lessons.
Share what you learned with the adults in your life.

**Fact:** Most people have ____ kidneys, but you can live with just one healthy kidney.

**Fact:** 1 in ____ adults in the US. has kidney disease, but most do not know it.

**Fact:** __________________________ and __________________________
are the leading causes of kidney disease.

**Fact:** Having kidney disease does NOT mean you will get kidney failure;
_______________________, ________________________ and ________________________,
especially if started early, can slow down kidney disease.

**Fact:** Kidney failure is serious but there are treatments:
_______________________ or ________________________.

**Fact:** To keep your kidneys healthy kids should:

- __________________________
- __________________________
- __________________________

**People, older than 18 years, should visit**
[minuteforyourkidneys.org](http://minuteforyourkidneys.org) **to learn more about kidney disease and see if they are at risk.**