

# 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.