

Protect your kidneys.

Small daily choices. More healthy years.

Chronic kidney disease (CKD) means lasting kidney damage.

Early CKD usually has no symptoms. Do not wait to feel sick.

MORE THAN 1 IN 7

U.S. adults has CKD.
Most do not know it. [1]

MORE THAN FILTERS

CKD can affect energy,
bones and heart health. [1]

EARLY ACTION HELPS

Treatment can slow CKD.
Dialysis is not inevitable. [1]

KNOW YOUR NUMBERS

Blood pressure: Check at home if you have hypertension; keep a log.

Blood sugar: Ask about diabetes screening. If diabetic, monitor as directed.

Agree on personal BP and A1c goals with your doctor; take medicines as prescribed.

Ask for BOTH kidney tests: blood creatinine/eGFR (filtering) **PLUS** urine albumin-to-creatinine ratio, or uACR (protein leakage).
With diabetes, test yearly. With high blood pressure or a family history of kidney disease, ask your doctor how often to have these blood and urine tests. [2]

EAT WELL, THE INDIAN WAY

AVOID / HAVE LESS OFTEN

Achar, namkeen, instant meals

Mithai, sweet chai, juice and cola

Fried samosas, pakoras; excess ghee

Eating more than your body needs;
large servings or repeated helpings

CHOOSE MORE OFTEN

Fresh sabzi; lemon, jeera, ginger,
garlic and herbs instead of salt

Apples, berries or grapes;
water or unsweetened tea

Steamed, baked or grilled foods;
small amounts of olive/canola oil

Rice, roti and lean meat can fit a
balanced meal. Choose moderate portions.

Less salt: Aim for under 2,300 mg sodium/day. Individuals with CKD usually need less than **2,000 mg sodium/day**. [3; CKD Diet Guide]

KIDNEY STONES: Sharp side/back or groin pain, or bloody urine, needs prompt review; fever/chills or inability to urinate needs urgent care. To lower risk, drink water regularly (follow fluid limits), reduce salt and keep normal food calcium intake. [4]

ENLARGED PROSTATE / URINE RETENTION: Weak stream, trouble starting, dribbling or incomplete emptying? Tell your doctor or urologist. Long-term urine retention can silently damage kidneys, even if you still pass urine.

Unable to urinate or severe lower belly pain? Seek emergency care. [6]

WHEN TO TALK TO YOUR DOCTOR

Persistent foamy urine, swollen feet/puffy eyes, new urine changes or unexplained fatigue: contact your primary doctor or kidney specialist. These signs can have other causes too. **Severe breathlessness: seek urgent care.** [5]

Food ideas: CKD_Diet_Guide.pdf; Healthy Kidney Cooking (Archie).

[1] CDC: CKD Basics · [2] NIDDK: Tests & Diagnosis

[3] NIDDK: Preventing CKD · [4] NIDDK: Kidney Stones

[5] NKF: CKD Signs · [6] NIDDK: Urinary Retention

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