THE KIDNEY EXPERTS

Who should get their kidneys checked?



You can feel fine.

Early kidney disease usually has no symptoms. Testing is the only way to know.

Get your kidneys checked if you have:

- Diabetes
- High blood pressure
- Heart disease
- Someone in your family who had kidney failure

Over sixty?

Your risk can be higher. Ask us about getting checked.

The check is two simple tests.

- A blood test shows how well your kidneys filter.
- A urine test looks for a protein called albumin.

How often?

If you have diabetes, get checked every year. If you have another risk, ask us how often is right for you.

Tell your family.

Kidney disease can run in families. If you have it, telling your family may help them get checked, too.

The sooner you know, the sooner you can act to protect your kidneys.

Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.