

# A SIMPLE SAMPLE CAN HELP SAVE YOUR KIDNEYS



**KIDNEY DISEASE IS OFTEN DIAGNOSED LATE. MOST PEOPLE DON'T FIND OUT THEY HAVE KIDNEY PROBLEMS UNTIL THE DISEASE HAS ALREADY ADVANCED**



**OFTEN THERE ARE NO SIGNS OR SYMPTOMS OF KIDNEY DISEASE SO IT IS IMPORTANT TO GET CHECKED EVERY NOW AND THEN**



**THOSE WHO HAVE DIABETES, HIGH BLOOD PRESSURE OR A FAMILY HISTORY OF KIDNEY DISEASE SHOULD GET CHECKED MORE FREQUENTLY**



**A SIMPLE BLOOD OR URINE SAMPLE CAN HELP YOUR DOCTOR DETERMINE IF YOUR KIDNEYS ARE FUNCTIONING PROPERLY**



**THE NORTHEAST KIDNEY FOUNDATION OFFERS FREE KIDNEY SCREENINGS AS WELL. LEARN MORE ABOUT OUR UPCOMING KIDNEY SCREENINGS BY VISITING OUR WEBSITE [WWW.HEALTHYKIDNEYS.ORG](http://WWW.HEALTHYKIDNEYS.ORG)**