

Prevention begins with you. Get ready to speak with your clinician about your kidney health.

Chronic kidney disease (CKD) is the progressive loss of the kidney's ability to filter blood, affecting how the body eliminates toxins and extra water. CKD is typically asymptomatic in the early stages of the disease, and symptoms progressively worsen in advanced stages.¹

Staying informed and monitoring your kidney health is essential to appropriately managing CKD progression. This practical guide will help you ask the right questions — an important step especially if you have diabetes or hypertension, the two main risk factors for developing CKD.^{1,2}

Preparing for your medical visit

- 1 It is ok to have questions—write them down in order of priority. Your doctor may not be able to address all of them, but this will ensure that your most urgent concerns are addressed.
- 2 It is ok to seek clarification – if you do not understand something, ask your doctor for more information.
- 3 It's perfectly fine (and important) to take notes! Please check with your doctor if you can record the conversation, as it can be challenging to listen and take notes simultaneously.

Questions to consider asking your doctor

About kidney disease and prevention:

- How serious is kidney disease?
- At what point do I need to start worrying about it?
- What can I do to keep my kidneys healthy?
- Are there any genetic factors or symptoms I should be aware of?
- If I am at risk of developing kidney disease, what should I do? Should I see an endocrinologist (diabetes doctor), a cardiologist (heart doctor), or a nephrologist (kidney doctor)?

About kidney tests:

- What are the primary screening tests for kidney disease, and what do they check?
- Will both blood and urine tests be used in my kidney health screening?
- What additional tests should I have done if I have diabetes and/or hypertension?

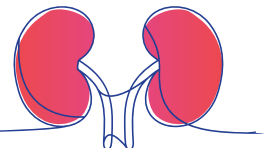
About diabetes and hypertension:

- What should my blood sugar level and blood pressure be?
- How often should I check both?
- How does diabetes cause kidney disease?
- Does a family history of diabetes mean I'll have kidney disease?
- Are there medicines to treat diabetes/hypertension and kidney disease at the same time?

At Fresenius Medical Care, it is World Kidney Day every day. As a leader in kidney health, we reinforce our commitment and social responsibility to raising awareness and educating on kidney health.

Prevention—the first line of defense. It is important to get checked routinely.

Visit: www.freseniusmedicalcare.com



REFERENCES

1. Centers for Disease Control and Prevention. Chronic Kidney Disease in the United States, 2023. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention; 2023.
2. Hill NR, Fatoba ST, Oke JL, et al. Global Prevalence of Chronic Kidney Disease - A Systematic Review and Meta-Analysis. PLoS One. 2016;11(7):e0158765. Published 2016 Jul 6. doi:10.1371/journal.pone.0158765
Source: American Kidney Fund. "Talk with your doctor about preventing kidney disease if you have diabetes or high blood pressure". Accessed January 28, 2025 <https://www.kidneyfund.org/sites/default/files/media/documents/KHFA-talk-to-your-doctor-guide-v2.pdf>