

PURPOSE:

To provide education and awareness about Chronic Kidney Disease (CKD), a condition that affects millions of Americans and often develops without symptoms.

CKD occurs when the kidneys become damaged and lose their ability to effectively filter waste and excess fluids from the blood.

Early detection, routine screenings, and healthy lifestyle choices can help slow the progression of kidney disease and improve quality of life. Understanding your risk factors, knowing your numbers, and taking preventive action can help protect your kidney health for years to come.



KEY TOPICS

- CKD Risk Factors
- Early Detection & Screening
- eGFR Testing
- Urine Protein Testing
- Kidney Health Education
- Prevention Strategies
- Treatment Options
- Healthy Lifestyle Habits



TEMPLE CARE
HEALTH MINISTRY

Provided by the Freewill Community
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MEDICAL MOMENTS

CHRONIC KIDNEY DISEASE (CKD)



AWARENESS • EDUCATION • PREVENTION

Knowledge today.
Better **kidney health** tomorrow.



**KNOW
YOUR RISK**

Understand the
factors that can
affect your
kidney health.



**GET
SCREENED**

Early detection
can slow
progression and
improve outcomes.



**TAKE
ACTION**

Make healthy
choices to
protect your
kidneys.



**LIVE
WELL**

Support your
kidneys. Support
your future.



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YOUR KIDNEYS. YOUR HEALTH. YOUR FUTURE.

Your kidneys work hard every day to filter waste, balance fluids, and keep your body healthy. Chronic Kidney Disease (CKD) often has no symptoms in the early stages, which is why awareness, early detection, and healthy choices are essential.

Small steps today can protect your kidneys for a lifetime.

WHY IT MATTERS



1 IN 7
American adults is estimated to have CKD.



EARLY DETECTION
can slow or even stop the progression of kidney disease.



KIDNEY HEALTH
is closely linked to heart health, blood pressure, and diabetes.



HEALTHY CHOICES
like eating well, staying active, and managing stress make a big impact.



KNOW YOUR NUMBERS

Regular screenings are simple and could save your life. Talk to your healthcare provider about:

- ✓ Blood Pressure
- ✓ Blood Sugar
- ✓ eGFR (Kidney Function)
- ✓ Urine Protein

Get screened. Take action. Live well.
Your healthy future starts today.



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UNDERSTANDING CHRONIC KIDNEY DISEASE (CKD)

Your kidneys are two bean-shaped organs, each about the size of your fist, located just below your rib cage. They filter waste and extra fluid from your blood, which is then removed from your body through urine.



When your kidneys are damaged and can't filter well, waste and fluid build up, which can lead to serious health problems.

RISK FACTORS FOR CKD

Anyone can develop CKD, but some factors can increase your risk:



DIABETES
High blood sugar can damage kidney filters.



HIGH BLOOD PRESSURE
High blood pressure can harm blood vessels in the kidneys.



FAMILY HISTORY
A family history of kidney disease can increase risk.



OVERWEIGHT & OBESITY
Extra weight can put strain on your kidneys.



SMOKING
Smoking can reduce blood flow to the kidneys.



LONG-TERM USE OF MEDICATIONS
Certain over-the-counter pain relievers can harm kidneys over time.



Small choices. Big impact.
Protect your kidneys. Protect your life.



Scan the QR Code to learn more about chronic kidney disease (CKD) and the American Diabetes Association's CKD Community Initiative.

DISCLAIMER: This publication is provided for educational and informational purposes only and does not constitute providing medical advice or professional services.

PROTECT TODAY. LIVE WELL TOMORROW.

Chronic Kidney Disease (CKD) often develops slowly and quietly. By the time symptoms appear, kidney damage may already be advanced. The good news is that with awareness, early detection, and healthy choices, you can protect your kidneys and live a longer, healthier life.



Your kidneys can't take a day off.
Take care of them every day.

KNOW THE SIGNS

CKD may not cause symptoms in the early stages.

Watch for these warning signs:



FATIGUE
Feeling tired or weak.



SWELLING
Swelling in your legs, ankles, feet, or around your eyes.



CHANGES IN URINATION
More or less urination, foamy urine, or blood in the urine.



HIGH BLOOD PRESSURE
Often called the "silent killer."



LOSS OF APPETITE
Not as much hunger or lack of energy.



BACK OR SIDE PAIN
Discomfort in your lower back or sides.

TIPS FOR KIDNEY HEALTH

- ✓ **Get screened.** Regular kidney screenings can catch problems early.
- ✓ **Know your numbers.** Monitor your blood pressure, blood sugar, and kidney function.
- ✓ **Eat smart.** Choose kidney-friendly foods—less salt, less sugar, more fruits and vegetables.
- ✓ **Stay active.** Regular physical activity supports overall kidney health.
- ✓ **Stay hydrated.** Drink water throughout the day.
- ✓ **Avoid harmful habits.** Quit smoking and limit alcohol.
- ✓ **Follow your care plan.** Take medications as prescribed and keep all appointments.

Your kidneys are essential.
Let's work together for a healthier you.



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