



7 STEPS TO

Healthier Kidneys

1. Learn your risk and get tested: Visit [minuteformykidneys.com](https://www.minuteformykidneys.com) to learn if you are at risk for kidney disease. If you have even 1 risk factor for kidney disease, you should visit your primary care provider to get tested.
2. Control your risk- Keep your blood sugar and blood pressure under control to prevent kidney damage. If you have diabetes or high blood pressure, there are many resources available to help you manage these conditions.
3. Eat Healthy, Drink Water, Watch the Salt- Eat a diet rich in fruits and vegetables. Try to limit the sodium (salt) in your diet. Consider following the DASH diet [kidney.org/atoz/content/Dash_Diet](https://www.kidney.org/atoz/content/Dash_Diet) or the Mediterranean diet [oldwayspt.org/traditional-diets/mediterranean-diet](https://www.oldwayspt.org/traditional-diets/mediterranean-diet)
4. Get Moving- Physical activity has many health benefits. It helps to control weight, blood pressure, and blood sugar. Aim for 150 minutes a week of moderate to vigorous activity.
5. Always ask your doctor about your health before starting a new exercise regimen.
6. Quit Smoking - This is not an “easy” step, but it is an important one. There are many resources to help you quit smoking, so you don’t have to do it alone.
7. Be Cautious with Pain Medicines- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) like aspirin, ibuprofen (Advil) and Naproxen (Aleve) can harm your kidneys if you take too much or take them consistently for too long. If you have been taking one of the medicines regularly for a long period of time, it would be good to ask your doctor.



You don't have to do it alone!

These resources can help

National Diabetes Prevention Program (DPP)

The DPP is a research-based program to prevent diabetes through healthy eating and physical activity. You can find a CDC recognized DPP program here-

https://nccd.cdc.gov/DDT_DPRP/Registry.aspx

Chronic Disease Self-Management (CDSMP)

Join a small group of your peers to learn strategies and tools to manage chronic illnesses like diabetes, high blood pressure, arthritis, and more. The class covers topic such as communicating with health care providers, managing medications, healthy eating and nutrition, physical activity, and making health care treatment decisions. Find a CDSMP program here-

<https://www.selfmanagementresource.com/programs/find-a-workshop/>

Diabetes Self-Management Education and Support (DSMES)

If you have diabetes, participating in a self-management education and support (DSMES) program can help you learn skills to manage your diabetes more effectively. Find a program here-

<https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program>

CDC Quitline

If you want to quit smoking, you'll want support. Quitline phone coaching is available for free throughout the country and is available in many languages. Trained coaches help guide you to resources, medications or other support. Many coaches are former smokers themselves, so they know what you're going through. People who use Quitline resources are more likely to quit smoking and stay quit.: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitline/index.html>