

Kidney Fast Facts



Located in the
Lower Back



Filters blood 40
times in 24 hours



Uses 25% of Blood
From Every Heartbeat



About 1 in 10 people have some
form of Chronic Kidney Disease

Acute Kidney Injury can occur after
major surgery or with heart problems



Keeping Your Kidneys Healthy



Drink Water



Exercise
Regularly



Don't Smoke



Eat a
Healthy Diet



Maintain a
Healthy Weight



Reduce Salt, Processed
Food, & Sugar Intake



Medical Follow
Up After AKI



Why Are Kidneys So Important?

1

Regulate Salt & Water in Your Body

2

Remove Waste Products From Your Blood into Your Urine

3

Regulate Blood Pressure

4

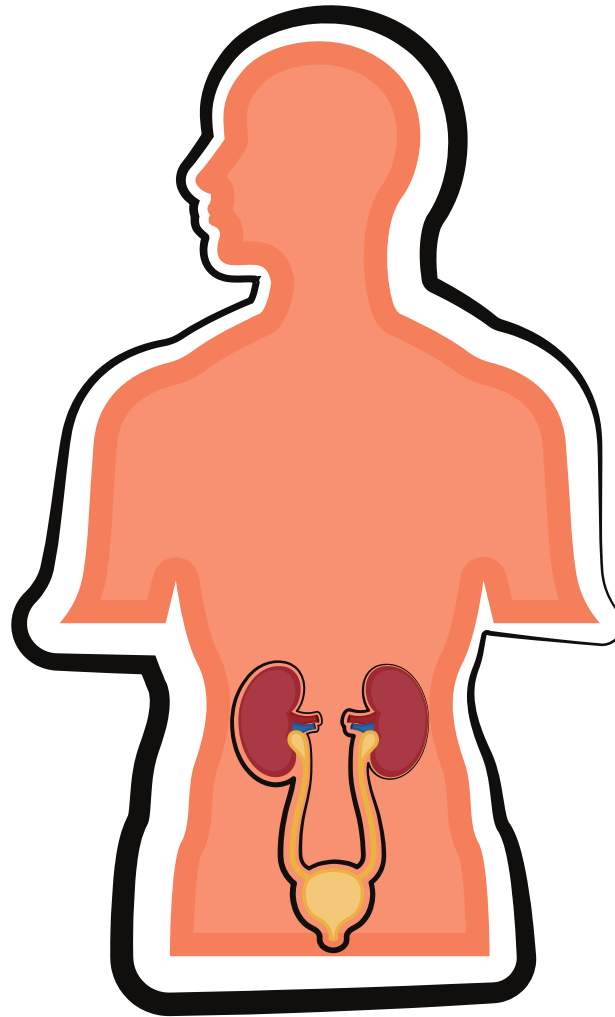
Keep Bones Healthy

5

Create Erythropoietin to Control Red Blood Cell Production

6

Removes Many Drugs



Symptoms of Kidney Problems

- Shortness of Breath
- Nausea/Vomiting
- Change in Urination Frequency
- Swelling/Numbing of Hands/Feet
- Tiredness
- Frequent Headaches
- Itchy Skin
- Muscle Cramps
- Change in Skin Tone
- Sleep Problems
- Loss of Appetite



What Can I Do to Protect My Kidney After AKI?



Avoid OTC Medications Harmful to Your Kidney (Nephrotoxic)



Avoid Too Much Salt



Discuss Medications with Your Doctor



Control Your Blood Pressure



Follow Up With Your Doctor to Review Your Kidney Function



Call Your Doctor if You Have Shortness of Breath, Increased Swelling, Nausea, & Vomiting



Questions to Ask Your Doctor About AKI



- 1 What is my current kidney function?
- 2 Are my medications OK for my kidneys?
- 3 Are there any other medications I should be taking to protect my kidneys?
- 4 Are there diet changes I should make?

