Are you at risk for Kidney Disease?

Anyone can develop kidney problems, but you are more at risk if you:

* have diabetes
* have high blood pressure
* have heart disease
* have a family member with kidney disease
* are African American, Hispanic, Native American or Asian
* are over 60 years old

Your Dialysis Team:

Kenny Stansfield, Administrator
Karri Hoopes, Nurse Manager

Dialysis Center
Roosevelt: 725-2008
Vernal: 781-2335

Take steps today to help protect your kidneys.
Manage Diabetes

* Special Diet
* Exercise
* Medication can help manage diabetes and prevent complications.

High Blood Pressure

* More than 72 million people in the US have high blood pressure.
* High Blood Pressure is the #2 cause of kidney failure.
* Healthy diet, exercise, and medication can help manage high blood pressure and prevent complications.

Heart Disease

* Diseases of the heart and blood vessels can damage your kidneys.

Family History

* If you have a family member with kidney failure, you may be at more risk for kidney disease.

Ethnicity

* African American, Hispanic, Native American or Asian ethnicities tend to have higher rates of diabetes and high blood pressure; the two leading causes of kidney failure.

Age

* Kidneys may lose function with age.
* Those over age 60 are more at risk for diabetes and high blood pressure.

Healthy Steps

* Get regular checkups.
* Work with your Nephrologist.
* Catch and treat problems early.

5 Stages of Kidney Failure

Stage 1: You will have a GFR>90
Stage 2: Mild kidney failure, GFR 60-89
Stage 3: Moderate kidney failure, GFR 30-59
Stage 4: Severe kidney failure, GFR 15-29
Stage 5: Complete kidney failure, GFR <15 = Dialysis

GFR=Glomerular Filtration Rate that measures how well your kidneys are filtering waste.

Tips to prepare for your nephrology visit:

Write down any questions. Take a note pad and pen to take notes. Ask your Nephrologist to explain anything you do not understand. Make a list of all your medications (including prescriptions, over-the-counter medication, vitamins, and herbal supplements.) Keep your nephrologist’s phone number handy. Calendar and keep all of your appointments.

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