

Are you at risk for Kidney Disease?

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

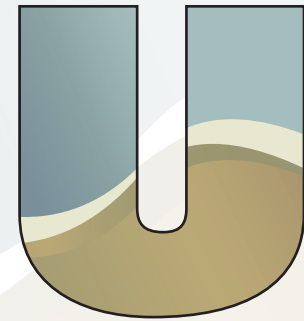
- * have diabetes
- * have high blood pressure
- * have heart disease
- * have a family member with kidney disease
- * are African American, Hispanic, Native American or Asian
- * are over 60 years old

Take steps today to help
protect your kidneys.

Your Dialysis Team:

Kenny Stansfield, Administrator
Karri Hoopes, Nurse Manager

Dialysis Center
Roosevelt: 725-2008
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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

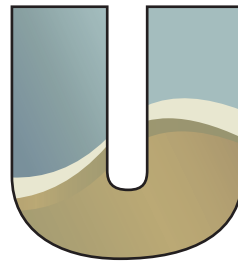
- * African American, Hispanic, Native American or Asian ethnicities tend to have higher rates of diabetes and high blood pressure; the two leading causes of kidney failure.

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.



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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.