

FREE Kidney Check program

What your Kidneys Do:

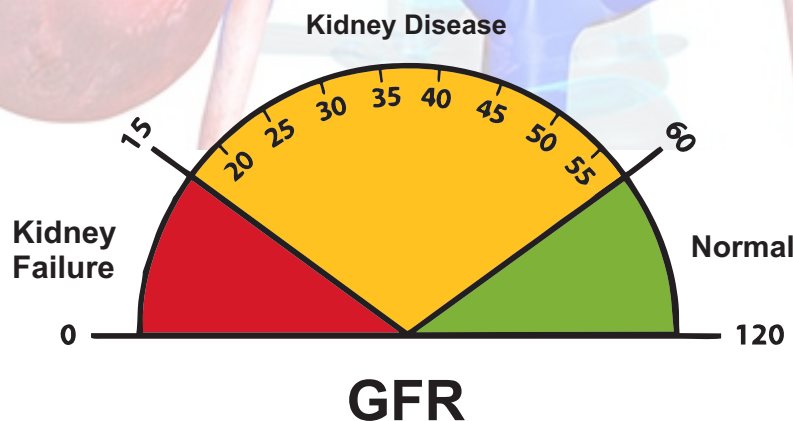
You have two kidneys but did you know you only need one? Our kidneys main job is to filter wastes and extra water out of your blood to make urine.

Why should you get your kidneys checked?

Getting your kidneys screened with the Coastal Bend Kidney Foundation is FREE! Most people who suffer from Chronic Kidney Disease do not feel symptoms and individuals who suffer from Diabetes and or High Blood Pressure are most at risk. Make sure to get your kidneys screened once a year and ask your health care providers about your kidney function.

How we check your kidneys:

Our monitors tell us your estimated glomerular filtration rate (**GFR**) and Creatinine levels in 30 seconds. The **GFR** tells us how well your kidneys are filtering- a rate below 60 would indicate stages of Chronic Kidney Disease. A rate below 15 would indicate End Stage Renal Disease (**ESRD**).



How can you protect your Kidneys?

The sooner you know you have kidney disease, the sooner you can get treatment to help delay and or prevent kidney failure. If you are diabetic and or have high blood pressure take steps to manage and protect your kidneys. Choosing healthy foods, quit smoking and being more physically active are also important steps.

If you would like your kidneys screened please contact us at the information below.

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