

# Protecting your kidneys

Follow these simple steps to keep your kidneys healthy.



## Don't use tobacco.

Smoking and other tobacco products can hurt your kidneys. Your doctor can help you quit.

## Be mindful of medications

### Be careful with pain medicine.

Some over-the-counter drugs like **ibuprofen**, **naproxen**, **Advil**, and **Aleve** can damage your kidneys. Only take them when needed, and talk to your doctor first.

### Do an inventory of medicines.

Tell your doctor about any medicines you are taking (including over-the-counter and as-needed medications). When prescribed a new medication, ask if it is safe for your kidneys.



## Maintain a healthy lifestyle

### Move your body.

Try to get about 150 minutes of exercise each week. That's about 30 minutes, 5 times a week. Do both heart-pumping and muscle-strengthening activities.

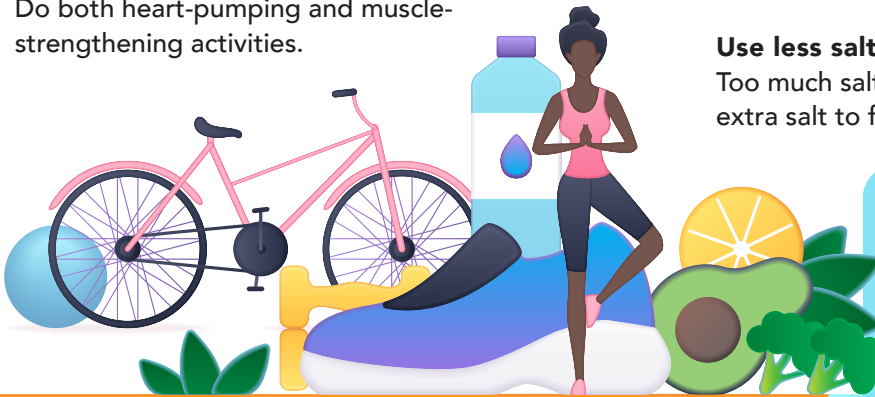
### Eat healthy foods.

Pick fruits, vegetables, whole grains, and fish. Ask your doctor if you need a special diet. If it's hard to know what to eat, a dietitian can help!



### Use less salt.

Too much salt can hurt your kidneys. Try not to add extra salt to food, and watch labels on packaged snacks.



## Communicate with your health care team

### Tell all your doctors about your kidney condition.

This includes over-the-counter meds and vitamins. Ask if new medications are safe for your kidneys.

### Talk to your doctor if:

- You have side effects from any medicine
- You notice new problems like chest pain, trouble breathing, swelling, less urine, or weight changes
- You can't afford your medicine—your doctor may be able to help
- Anything else is making it hard for you to stay healthy

## Know your numbers

### Keep your blood pressure in a healthy range.

Take your medicine just like your doctor tells you. Check your blood pressure at home if your doctor asks you to.



### Check for diabetes.

If you don't have diabetes, ask your doctor if you should be tested. If you do have diabetes, follow your doctor's plan for food, medicine, and checking your blood sugar.

