

K.A.R.E. Kidney Health Checklist

for a Doctor's Visit

Use this checklist to prepare for your next doctor's visit. You are your own best health advocate. Refer back to your weekly K.A.R.E. Health Journal so that you don't forget any important health trends or concerns. If you are at increased risk for kidney disease or have kidney disease, ask your doctor what you can do to stay healthy.

My Lifestyle

Kidney disease risk can be reduced by maintaining proper weight, controlling blood pressure and blood sugar, not smoking, and exercising regularly. Talk about your lifestyle with your doctor and ask for recommendations. Alert your doctor to any changes in your weight, blood pressure, and blood sugar changes since your last visit.

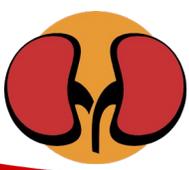
	My Numbers	Changes Since Last Visit	Doctor's Recommendations
Weight			
Blood pressure*			
Blood sugar*			
Smoking			
Daily exercise			

*See How to Interpret Blood Pressure and Test Results

My Health Since Last Visit

Refer to your Weekly K.A.R.E. Health Journal and make notes about any health problems you have had since your last visit. Note that many people who have kidney disease don't have any symptoms.

	Notes from Weekly K.A.R.E. Health Journal
Sleep	
Energy level	
Appetite	
Swelling	
Other	



Questions for My Doctor

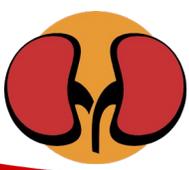
You can use these questions as a starting place when you speak with your doctor.

1. How have lab results changed since my last visit? Are my labs better, worse, or no change?

2. How much kidney function do I have now? What stage is my chronic kidney disease?

3. What can I do to keep my kidney disease from getting worse?

4. What symptoms should I look for and tell my doctor about?



5. What are my treatment options? Where can I go to learn more about treatment options?

6. Who can I call if I have new symptoms or health problems before my next doctor visit?

7. Share if you have had any challenges with eating a healthy diet or exercising.

8. Share if you have any challenges with access to care or going to doctors visits.

***How to Interpret Blood Pressure and Test Results**

Blood Pressure.

High blood pressure is a leading cause of kidney disease. Normal blood pressure is less than 120/80 mmHg. High blood pressure is 140/90 mmHg or higher for adults younger than 60 years old. If you are over 60 years old, high blood pressure is 150/90 or greater. Goals for your blood pressure may be different if you have certain conditions, such as diabetes, kidney disease, or protein in your urine. Talk to your doctor to find out what the right goal is for you.

Blood Glucose (Sugar) Check

Blood is drawn through a simple finger stick. Then the blood is tested to see how much glucose (sugar) is in your blood. If fasting, over 125 mg/dL may indicate diabetes. After eating, over 200 mg/dL may indicate diabetes. People with diabetes and others at greater risk may have an HbA1c test. This test gives a 3-month snapshot of blood sugar control.

HbA1C

HbA1C is a blood test that provides a 3-month snapshot of blood sugar control.