

Are you at risk?

Take 10 minutes to answer these 10 questions.

The answers will help you know if you should talk to your health care provider about having your kidney function checked.



Did you know

1 in 10 Canadians have kidney disease

1 in 3 Indigenous people in Canada have kidney disease

There are a number of risk factors for kidney disease, some that you can control, and others that you cannot.

Because there are often no symptoms until kidney disease is quite advanced, many people aren't aware that they have kidney problems until they've already lost most of their kidney function.

That's why it's so important to know the risk factors for kidney disease and to talk to your health care provider about checking your kidney function.

Do you have diabetes?

Yes No



Uncontrolled blood sugar levels can damage your kidney filters.

Do you have high blood pressure?

Yes No



Poorly controlled high blood pressure can cause loss of kidney function by damaging the tiny filters of the kidney.

Do you currently smoke?

Yes No



Smoking damages the kidneys by hardening the arteries and narrowing the blood vessels, which can decrease kidney blood flow and cause kidney damage.

Are you First Nations, Métis, or Inuit?

Yes No

First Nations, Métis, and Inuit in Canada are more than three times as likely to have their kidneys fail.

Are you 65 years of age or older?

Yes No

Kidney disease becomes more common as you get older.

Do you have blood vessel problems like heart attack, stroke or limb amputation?

Yes No



Blood vessel disease affects the tiny filters of the kidneys just like the blood vessels in the heart, brain, and legs. Heart disease and kidney disease are closely linked.

Do you have a family history of kidney failure?

Yes No

Even if only one person in a family has kidney failure, all blood relatives should be tested. Family history is also a factor in the development of both diabetes and high blood pressure.

Do you take pain medication like Ibuprofen®, Advil®, Aleve®, Motrin®, Celebrex®, or Naproxen® ?

Yes No



These medications can cause chronic kidney damage if used in large amounts and for a long period of time.

Are you at an unhealthy weight?

Yes No



Obesity has been linked to chronic kidney disease.

Have you had any problems with your urinary system and/or prostate gland (e.g., multiple kidney stones, prostate cancer, kidney cancer, or recurrent urinary tract infections)?

Yes No

Issues of the urinary system and/or prostate gland can sometimes contribute to kidney problems.

If you have **8 or more** risk factors, you should schedule an appointment with your healthcare provider in the next few months to have your kidney function checked. Bring this form with you to review together.

Two tests are needed to test your kidney function:

- Blood test for serum creatinine and GFR (GFR stands for glomerular filtration rate). *This tests how well the kidneys are removing waste products.*
- Urine test for albumin-creatinine ratio (ACR). *This tests for damage to the kidney filters.*



OUR VISION

Excellent kidney health, optimal quality of life for those affected by kidney disease, and a cure.

OUR MISSION

The Kidney Foundation of Canada is the leading charity committed to eliminating the burden of kidney disease through:

- Funding and stimulating innovative research for better prevention, treatments and a cure;
- Providing education and support to prevent kidney disease in those at risk and empower those with kidney disease to optimize their health status;
- Advocating for improved access to high quality health care;
- Increasing public awareness and commitment to advancing kidney health and organ donation.

CONTACT US

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