



**RMA KIDNEY  
FOUNDATION**

## **Kidney Disease: Are You At Risk?**

**You can obtain your test results from your Primary Care Physician. Or from the lab you use!**

Are You At Risk?

Do you have Proteinuria (protein in the urine)?

YES NO

Do you have persistent blood in the urine? More than 2-3 episodes

YES NO

Have you had recurrent Kidney Stones? More than 2-3 episodes

YES NO

Is your creatinine (blood test) abnormal?

YES NO

Is your GFR (glomerular filtration rate calculated from creatinine levels obtained in the chemistry blood test) Below 50-60%?

YES NO

Have you had a kidney transplant?

YES NO

Have you a hospitalization where you were told your kidneys did not work properly and then recovered?

YES NO

Are you age over 60 and have diabetes and hypertension?

YES NO

**If you answered yes to any of these questions, you may ask your provider whether you'll benefit from seeing a kidney specialist.**