Are you at risk for chronic kidney disease?
Don’t hide your head in the sand... 

Face it head on...
The only way to know if you have kidney disease is to get tested.

Ask your doctor to...
check your blood pressure (keep it below 130/80mmHg).
Also be sure to...
ask for blood and urine tests. Get both of these tests every year.

message brought to you by
Mountain-Pacific Chronic Kidney Disease Initiative

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