



## WORD SEARCH

# Chronic Kidney Disease

Preventing chronic kidney disease (CKD) and its complications is possible by managing risk factors and treating the disease to slow its progression and reduce the risk of complications. To keep healthy kidneys, it is important to control those risk factors for CKD that can be modified.

**Instructions:** Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

A	E	X	E	R	C	I	S	E	A	X	Y	A	T	I
D	N	L	Y	F	L	U	I	D	X	P	U	E	S	W
M	E	K	Z	K	Q	C	F	Z	X	G	U	N	R	N
E	P	B	L	O	O	D	P	R	E	S	S	U	R	E
D	H	S	A	L	N	U	T	R	I	T	I	O	N	I
I	R	W	W	U	I	W	K	I	D	N	E	Y	L	V
C	O	D	N	Y	X	H	P	M	O	N	I	T	O	R
A	L	B	U	M	I	N	U	R	I	A	T	T	Y	I
T	O	W	C	H	O	L	E	S	T	E	R	O	L	L
I	G	E	R	K	E	J	L	T	S	R	X	O	N	A
O	I	I	C	U	R	I	N	A	L	Y	S	I	S	B
N	S	G	Z	I	I	Q	V	M	U	V	W	P	Y	C
B	T	H	W	L	U	L	J	G	L	U	C	O	S	E
U	G	T	G	R	E	E	T	J	Q	M	F	X	I	D
N	Z	Q	U	I	T	S	M	O	K	I	N	G	X	U

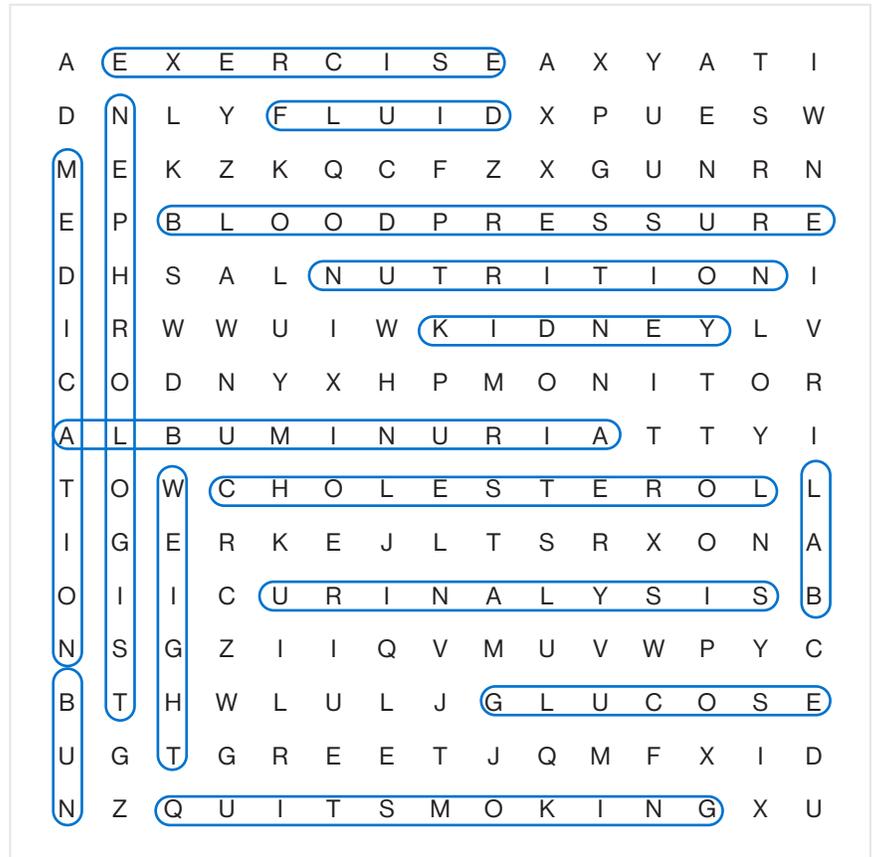
- Albuminuria**
- Blood pressure**
- BUN**
- Cholesterol**
- Exercise**
- Fluid**
- Glucose**
- Kidney**
- Lab**
- Urinalysis**
- Medication**
- Monitor**
- Nephrologist**
- Nutrition**
- Quit Smoking**
- Weight**



## SOLUTION & HEALTHY KIDNEY TIPS

# Chronic Kidney Disease

- Lose weight if you are overweight.
- Get active. Physical activity helps control blood sugar levels.
- Quit smoking.
- Getting a checkup? Make sure to get your kidneys checked too.
- Take medications as directed.
- Keep your blood pressure below 140/90, or ask your doctor what the best blood pressure target is for you.
- If you have diabetes, stay in your target blood sugar range as much as possible.
- Stay in your target cholesterol range.
- Eat foods lower in salt.
- Eat more fruits and vegetables.



[www.cdc.gov/kidneydisease/prevention-risk.html](http://www.cdc.gov/kidneydisease/prevention-risk.html)