



# Kidney Awareness Month BINGO

**March is kidney awareness month!** Pass this along to people in your life so they can learn about the amazing ways our kidneys keep us healthy, and how to maintain kidney strength.

Dear friend, colleague, and family member,

As a kidney warrior, it is important to me to make sure you are as healthy as possible! I want you to use this kidney-themed bingo card to check off things you've already accomplished, get ideas on how to keep your kidneys healthy, and learn fun facts about your kidneys. This is important to me because I want you to be aware that: Kidneys filter about 150 quarts of blood a day and are vital in helping control blood pressure, early kidney disease often has no symptoms, and people with diabetes or hypertension are at higher risk.

B	I	N	G	O
Limit Salt Intake	Kidneys Filter Toxins and Acids From Body	Check GFR Levels	Check Blood Pressure Weekly	Avoid Smoking
Kidneys Regulate Blood Pressure	30 Minutes of Activity/Day	Avoid Sugary Drinks	Kidneys Produce Urine	If Diabetic, Check A1C Levels
Kidneys Help With Bone Strength	Kidneys Produce Hormones	 <b>FREE Space</b>	Get a Urine Test to See Presence of Proteins	Maintain a Healthy Weight
Focus on Fruits, Vegetables, Lean Proteins, and Whole Grains	Practice Healthy Sleep Habits	Get Your Blood Sugar Tested	Reduce Alcohol Intake	Talk to Your Doctor About Limiting Over-The-Counter Painkillers
Read Food Labels For Sodium and Sugar Amounts	Talk to Your Dr. About Your Potassium and Phosphorus Needs	Focus on Healthy Fats Such as Flaxseed, Chia Seed, and Olive Oil	Ask a Renal Dietician About Healthy Food Portions	Have a Full Blood Work Panel, Including Creatinine and Albumin

For more information or to file a grievance, please contact:

### Qsource ESRD Networks

3725 Champion Hills Drive, Ste. 3100  
Memphis, TN 38125

ESRD Network 10: Toll-Free: 800-456-6919

ESRD Network 12: Toll-Free: 800-444-9965



[esrd.qsource.org](http://esrd.qsource.org)