

# Talk To Your Doctor About Your Kidney Health



Often, symptoms of kidney disease are invisible or not obvious. It is important to know the symptoms to look out for and questions to ask your doctor so that simple tests can be done to determine if you are at risk or have kidney disease.

## Signs and symptoms of kidney disease:

- Unexplained tiredness
- Weakness
- Nausea
- Loss of appetite
- Difficulty concentrating
- Trouble sleeping
- Dry, itchy skin
- Feeling cold when others are warm
- Feeling faint or dizzy
- Ammonia-like breath
- Food tastes like metal
- Foamy or bubbly urine
- Frequent urge to urinate
- Blood in the urine
- Brown-colored urine
- Pressure when you urinate
- Puffiness around eyes
- Swelling in the ankles and feet
- Frequent muscle cramps
- High blood pressure
- High cholesterol
- Shortness of breath after minimal effort

## Consider asking these questions at your next doctor's appointment:

- Do I have protein in my urine?
- Do I have blood in my urine?
- Why does the swelling in my legs and feet never go away, even after rest or sleep at night?
- I have a family history of kidney disease. Does this put me at greater risk?
- We have tried several blood pressure medications and none of them have worked. Why?
- Why do I feel so tired all the time? I have a hard time with normal daily activities.
- I have a hard time concentrating, even on small tasks. Why do I have "brain fog"?
- I have little to no appetite and get nauseated a lot. What has changed in my body to make me not interested in eating?