

CKD Education

1. I can have no symptoms of chronic kidney disease (CKD) until my kidney function becomes severely reduced

True

False
2. Which of the following is true about chronic kidney disease?
 - a. The best way to tell the status of my kidney function is by blood tests ordered by my doctor
 - b. The best way to tell the status of my kidney function is by watching the color of my urine
 - c. The best way to tell the status of my kidney function is by if I have pain near my kidneys
 - d. There is no way to check the status of my kidney function
3. Which of the following is/are true about chronic kidney disease?
 - a. CKD is associated with a higher risk of heart problems
 - b. CKD is associated with a decrease in my blood counts
 - c. CKD is associated with weakening of my bones
 - d. All of the above
4. Which of the following is true?
 - a. I can take medications prescribed by my doctor that will help keep the kidney function I have from getting worse
 - b. I can take medications prescribed by my doctor that will help prevent my bones from weakening
 - c. I can take medications prescribed by my doctor that will help keep my blood counts at a healthy level
 - d. All of the above
5. My diet, specifically, by restricting salt and phosphorus can keep me from getting sick from my chronic kidney disease.

True

False
6. I have options for treatments that can keep me healthy even if my own kidneys fail.

True

False

7. Which of the following is/are true about hypertension and chronic kidney disease?
 - a. Hypertension is a common cause of chronic kidney disease
 - b. Hypertension can be difficult to treat when you have chronic kidney disease and can require multiple medications taken together, daily.
 - c. Regular (at least three-times weekly) exercise, reducing salt in my diet and weight loss (if overweight) can lower blood pressure.
 - d. All of the above

8. Which of the following is true about living with chronic kidney disease?
 - a. I can no longer work if I have chronic kidney disease
 - b. I can no longer exercise if I have chronic kidney disease
 - c. I can no longer travel if I have chronic kidney disease
 - d. I can live a normal life if I have chronic kidney disease.