

## Talking-points checklist

In order to provide the best possible medical care for you, your medical provider would like to improve your kidney health in addition to everything else. Listed below are the ten talking points for you and your provider put together by Arkansas state chronic kidney disease advisory committee.

What are my blood pressure goals?

Do I have protein in my urine?

If I have diabetes, what is my target HbA1c ?

What other complications could I have from kidney disease? Is there acid buildup?

When do I need to see a kidney doctor?

Did I get my age-appropriate vaccinations and cancer screening?\*

What blood tests are needed to check my kidney function?

What are my diet goals? How much salt and protein can I eat?

If I smoke or use tobacco in any form how does that affect me?

Are my medications dosed correctly and am I on all the medications I should be on with kidney disease? What medications should I avoid? Are my medication lists updated?

\*Getting vaccinations and cancer screening appropriate for your age are some of the easiest ways to ensure that you maintain long-term health.