

EMPATHY MAP

HEAR

Can't filter blood
the way they
should.

Diabetes and high
blood pressure are
the most common
causes of kidney
disease

Testing may be
the only way to
know if you have
kidney disease

Eating the right
foods can help keep
your kidney disease
from getting worse

SEE

Fatigue and
weakness

Sleep problems

Shortness of
breath, if fluid
builds up in the
lungs

Chest pain, if fluid
builds up around
the lining of the
heart

SAY AND DO

Control your
blood pressure

Meet your blood
glucose goal if you
have diabetes

Take medicines
as prescribed

Make physical
activity part of your
routine

THINK AND FEEL

Have dry, itchy
skin

Have trouble
concentrating

Have swollen
feet and ankles

Have muscle
cramping at night