

EMPATHY MAP

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

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

THINK AND FEEL

Have dry,itchy
skin

Have trouble
concentrating

Have swollen
feet and
ankles

Have muscle
cramping at
night

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