



March is National  
Kidney Month!  
Take charge of  
**your** kidney  
health today.

# 33%

## of adults in the U.S. are at risk of kidney disease

Take a minute for your kidneys. **ONE MINUTE COULD SAVE YOUR LIFE.**  
ASSESS YOUR RISK AT: [kidney.org/kidneyriskquiz\\_upny](http://kidney.org/kidneyriskquiz_upny) or scan this QR code.



### URINE COLOR SHOWS HEALTH CLUES

The color of your pee can offer clues into your health, but kidney disease typically doesn't show any visible symptoms, so the only way to know if you have it is to get tested. Even if your urine looks okay, kidney damage may be hiding in the form of protein. Get checked to know for sure!

**Clear/Pale Yellow** - Good! This means you are well hydrated and have been drinking plenty of water and fluids!

**Dark yellow** - You might be dehydrated. Drink more water.

**Pink to reddish** - May be caused by some foods or it may be blood in your urine. Have your doctor test your urine to be sure.

**Blue** - Certain food dyes can turn your urine blue when your body doesn't absorb them during digestion.

**Foamy or fizzy** - Excessive bubbles in the urine – especially those that require you to flush several times – may indicate protein in the urine. Protein in the urine is an early sign of kidney disease, so ask your doctor to perform a urinalysis to check for protein.



LEARN MORE AT: [kidney.org/UpstateNewYork](http://kidney.org/UpstateNewYork)

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