

Pre-class questionnaire

Class #1 - You and Your Kidneys

Indicate T if true in front of every letter

- 1) GFR is:
 - a) An accurate measurement of kidney function
 - b) A urine test
 - c) A waste product in the blood
 - d) An estimate of how well kidneys filter
 - e) Gamma filtering rate

- 2) 2 diseases that are most often the cause of Chronic Kidney Disease:
 - a) Cancer
 - b) Diabetes
 - c) Anemia
 - d) High blood pressure
 - e) Osteoporosis

- 3) EARLY **common** warning symptoms or signs of CKD include:
 - a) Low back pain
 - b) Fever
 - c) Nausea
 - d) Hard to breath
 - e) Lots of bubbles covering the toilet water after I pee

- 4) Why might I want to learn all available options, choose and prepare BEFORE my kidneys fail:
 - a) It is not important because there is nothing I can do about it
 - b) I have enough time to understand, then choose option(s) that fit best with my life goals
 - c) I can decrease preventable suffering, crisis, emergency room, hospitalization
 - d) I can help my doctor help me by knowing what I want
 - e) It can be easier on me and my family

- 5) I can help care for myself and my kidneys by:
 - a) Taking any of the herbal supplements that advertise kidney health
 - b) Taking medicines that someone I know is taking to help their kidneys
 - c) Knowing my goals for my life then aligning my behavior to reach those goals
 - d) Understanding and being me in mind, body and spirit
 - e) Preventing or controlling conditions that can damage me and my kidneys