

Pre-class questionnaire

Class #2 - Aloha Kidney

- 1) Who is the one that can best protect my kidneys?
 - a. My doctor
 - b. My closest friend, relative or spouse
 - c. Me
 - d. Past President Trump

- 2) Which of the following statements about salt are true?
 - a. As long as I don't add salt to my food I'm not eating too much salt
 - b. Salt has nothing to do with high blood pressure
 - c. Food in expensive restaurants is less salty than fast foods
 - d. Knowing sodium content of processed foods can help me make better choices
 - e. CKD affects how quickly excess salt is removed from my body so I may need to keep pace with my kidneys by slowing/lowering the amount I eat

- 3) Which of the following statements about blood pressure are true?
 - a. Relaxing by smoking a cigarette lowers blood pressure
 - b. There are certain blood pressure medications that protect kidneys especially if protein in urine
 - c. Exercising regularly will raise blood pressure
 - d. High blood pressure is best controlled to less than 140/90
 - e. I should just keep taking the prescribed blood pressure lowering medication even though I feel weak and dizzy after taking it.
 - f. I need to work with my doctor on the best blood pressure range for me

- 4) Over the counter medications and herbal remedies:
 - a. Are always safe if taken as directed
 - b. Some depend on kidneys for removal and may cause problems in CKD
 - c. Some can damage kidneys and cause kidney failure
 - d. Should be discussed with my doctor before taken to prevent harm

- 5) If I have too much protein in my urine, it will probably increase if:
 - a. I eat a large portion of meat, fish, chicken, dairy or even vegetable protein
 - b. I am prescribed an ACE-inhibitor or Angiotensin Receptor Blocker (ARB)
 - c. My blood pressure is high
 - d. I eat salty
 - e. I am diabetic and my blood sugar is high