

# How to talk to your doctor

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Use this guide to help you make the most of your next doctor's appointment. Ask the questions on this list and write down your answers. Don't be afraid to ask your doctor to explain anything you don't understand.

*If you are an active smoker*

**How can I quit smoking?**

**What is a healthy weight for me? How can I lose weight and keep it off?  
How do I maintain my weight?**








**What is a healthy diet for me?**

**How much exercise should I include in my daily routine?**

**What medicine(s) should I avoid?**

# Kidney Health Tracker

Get tested and write down your numbers in this Kidney Health Tracker.  
Talk to your doctor about your test results.

Check It!	Also Called	Tests for	Goal for Most *	Test Date _____	Test Date _____
Blood pressure	BP	 Heart health  Kidney health	Less than 120/80		
Urine protein	Microalbumin	 Kidney health	Less than 30		
eGFR or GFR	Estimated glomerular filtration rate	 Kidney health	60 or more		
Blood glucose (sugar)	Fasting blood glucose (FSB)	 Diabetes	Less than 100		
A1c	Hemoglobin A1c or HbA1c	 Diabetes	Less than 5.7%		
Cholesterol	Total HDL (good) LDL (bad)	 Heart health	Less than 200 More than 40 Less than 100	Total _____ HDL _____ LDL _____	Total _____ HDL _____ LDL _____

\*Depending on your health and risk factors, your goals may vary from those listed here.  
Also, ask your doctor when you should be tested again.