

# Warning Signs of Kidney Disease

- **Changes in urination.** Making more or less urine than usual, feeling pressure when urinating, changes in the color of urine, foamy or bubbly urine, or having to get up at night to urinate
- **Swelling of the feet, ankles, hands, or face.** Especially in children
- **Persistent fatigue or shortness of breath**
- **Nausea and vomiting**
- **Ammonia breath or an ammonia or metal taste in the mouth**
- **Loss of appetite**
- **Increasingly higher blood pressure**
- **Muscle cramps**, especially in the legs
- **Excessively dry, itchy skin**



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**Early detection is the first step to preventing Chronic Kidney Disease. If you believe you have any of these symptoms, talk to your doctor.**

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