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

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