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## PATIENT EDUCATION FROM HEALTH SYSTEM EXPERTS



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- Keeping your kidneys healthy
- Managing high blood pressure
- Best foods for kidney health
- Understanding your test results
- Coping with chronic kidney disease

**and much more**

Handouts, booklets, websites,  
apps and videos  
**created or approved**  
by Michigan Medicine  
Chronic Kidney Disease experts

**Information You Can Trust!**

