



Healthy Kidneys – Good Life!

Reduce your Risk of Chronic Kidney Disease (CKD)!

850 million people worldwide are affected by kidney disease (CKD). This can lead to dialysis or kidney transplantation and even death. You can reduce your CKD risk! Follow these 7 simple rules:

- 1 Keep your body weight within the normal range!** Obesity is a major risk factor for CKD and for diabetes which can also lead to CKD.
- 2 Get your blood pressure checked!** If it is high or you already suffer from high blood pressure, make sure that your blood pressure levels are lowered to the normal range.
- 3 Stop smoking!** Smoking destroys blood vessels and your kidneys use millions of tiny blood vessels to filter and clean your blood.
- 4 Go for a walk!** Exercising regularly can help prevent kidney disease and it releases happy hormones too!
- 5 Be informed!** Some over the-counter drugs (e.g. Diclofenac, Ibuprofen) can harm the kidneys if taken unnecessarily for prolonged periods of time.
- 6 Drink water!** It is important to stay hydrated unless you have been advised by your doctor that you need to restrict your fluid intake.
- 7 Be responsible!** If you already suffer from diabetes, control your blood sugar levels and have your kidneys checked by your doctor.