

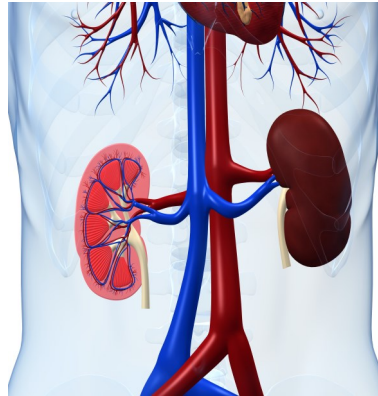
Chronic Kidney Disease

How to look after yourself



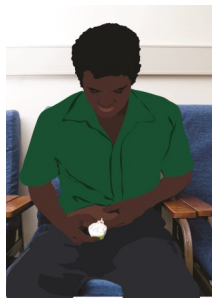
Healthy Kidneys

You have two kidneys. They filter and clean your blood. Waste leaves your body in your urine.



Chronic Kidney Disease

This means your kidneys are sick. **Diabetes** and **high blood pressure** are two common causes.



Do you have sick kidneys? You do not know your kidneys are sick unless you get a kidney health check.



Blood Sugar

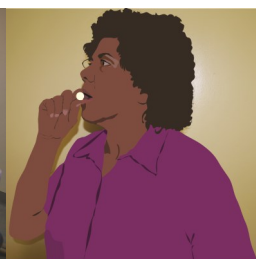
If you have diabetes check your blood sugar regularly. Aim for the level set by your specialist, nurse or doctor. Remember to take your diabetes medicine.

Blood Pressure

Keep your blood pressure down **below 140/90**. You must take your blood pressure tablets every day.

Keeping Healthy

Physical activity and **healthy eating** improves the health of your kidneys and your **heart**. Aim to be **active every day** in as many ways as you can. Talk to your clinic about the **right diet** for you.



Slowing the Damage

Follow your doctor's or clinic's advice about monitoring and managing your health to slow the damage. **Smoking** also damages your kidneys. Talk to your clinic to help you quit. Get treatment for **skin infections**, **sore feet** and **bad teeth**. You need to see your doctor at least once a year for a **kidney health check**.