

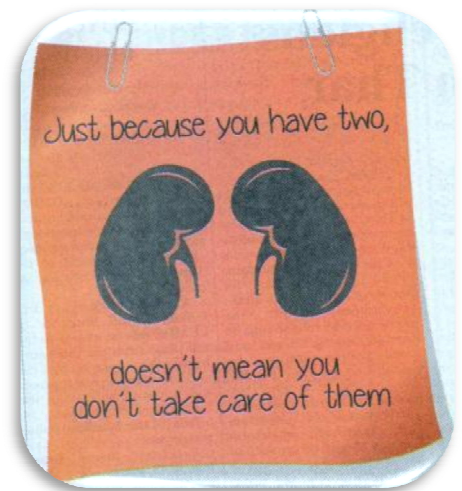
Increase Risk of Chronic Kidney Disease if we:

- Have high blood pressure
- Are a smoker
- Have a family history of kidney disease
- Have established heart problems (heart failure or past heart attack) and/or have had a stroke
- Are diabetic patient
- Are 60 years or older



Symptoms of reduced Kidney function may include:

- High Blood pressure
- Decreased amount of urine produced
- Changes in the appearance of urine
- Blood in the urine
- Pain in the kidney area
- Tiredness
- Headaches
- Lack of concentration
- Itching
- Shortness of breath



What can we do to Keep our Kidneys Healthy – the golden rules?

- Drink about 3.0 liters of water in 24 hours
- Keep fit & active
- Monitor sugar levels if diabetic
- Monitor blood pressure, reduce if necessary – lower the blood pressure
- Eat healthy and reduce weight to ideal and do regular exercise, avoid stressful life
- Less salt intake
- Do not smoke
- Do not take over-the-counter pain killers on a regular basis