



8 GOLDEN RULES TO PROTECT YOUR KIDNEY HEALTH

Kidney diseases are often silent killers that can significantly affect your quality of life. Fortunately, there are several ways to reduce your risk of developing them.

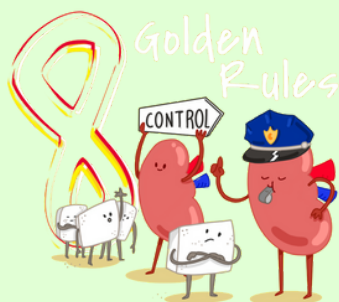


KEEP FIT, BE ACTIVE

Engaging in regular exercise contributes to weight control, blood pressure regulation, and kidney disease prevention.

EAT A HEALTHY DIET

Healthy weight and low salt (≈ 1 tsp/day) help prevent kidney disease, high blood pressure, and related diseases.

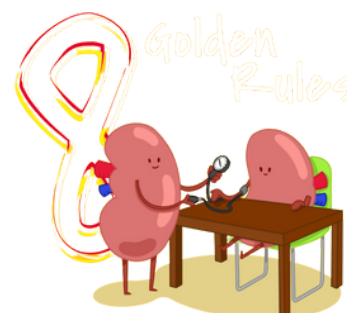


CHECK YOUR BLOOD SUGAR

Many with diabetes are unaware. Regular blood sugar and kidney checks, especially from middle age, help prevent kidney damage.

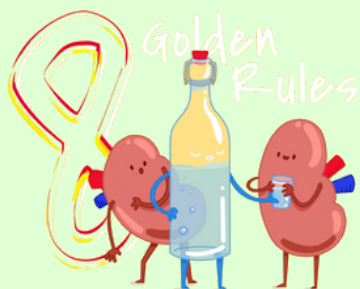
CHECK YOUR BLOOD PRESSURE

High blood pressure often goes unnoticed. Checking and controlling it helps protect your kidneys, especially if you have diabetes or heart disease.





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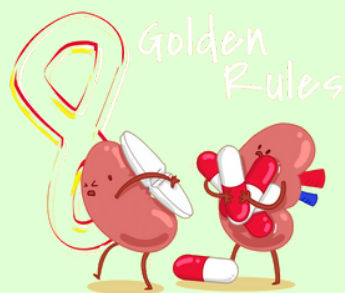
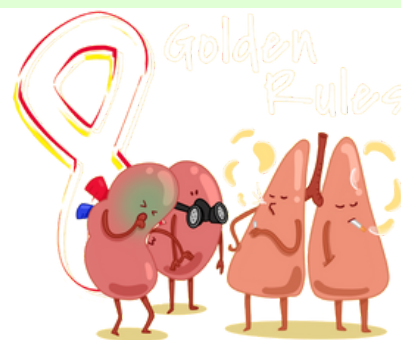


TAKE APPROPRIATE FLUID INTAKE

Fluid needs vary with exercise, climate, health, and pregnancy. For a healthy adult, about 2 liters (8 cups) per day is typical, but adjustments may be needed.

DON'T SMOKE

Smoking reduces blood flow to the kidneys, impairing their function, and increases the risk of kidney cancer by about 50%.



LIMIT USE OF ANTI- INFLAMMATORY DRUGS

Regular use of NSAIDs (e.g., ibuprofen) can harm the kidneys, especially if kidney function is reduced. Consult your doctor or pharmacist if unsure.

GET TESTED IF YOU HAVE RISK FACTORS

- You have diabetes
- You have high blood pressure
- You are overweight or obese
- You have a family history of kidney disease

