

CHRONIC KIDNEY DISEASE... A SILENT KILLER

1 in 10
CHRONIC KIDNEY DISEASE
AFFECTS 10% OF
THE POPULATION.

WHO IS AFFECTED?

10%
of the population
worldwide is
affected by CKD.



Kidney disease
can affect people
of all ages and
races.

Half of people
aged
75
or more have some
degree of CKD

1 in 5 **MEN**
and 1 in 4
WOMEN
between the ages
of 65 and 74 have
CKD

High blood pressure
and diabetes are
the most common CKD
causes in adults

ARE YOU AT RISK?

- + Do you have high blood pressure?
- + Do you suffer from diabetes?
- + Do you have a family history of kidney disease?
- + Are you overweight?
- + Do you smoke?
- + Are you over 50 years?
- + Are you of African, Hispanic, Aboriginal or Asian origin?



IF YOU HAVE ANSWERED
YES TO ONE OR MORE OF
THESE QUESTIONS,
TALK TO YOUR DOCTOR!

THE **8** GOLDEN RULES TO REDUCE THE RISK

Kidney diseases are silent killers, which will largely affect your quality of life. There are however several easy ways to reduce the risk of developing kidney disease.

- 1.** Keep fit and active
- 2.** Keep regular control of your blood sugar level
- 3.** Monitor your blood pressure
- 4.** Eat healthy and keep your weight in check
- 5.** Maintain a healthy fluid intake
- 6.** Do not smoke
- 7.** Do not take over-the-counter pills on a regular basis
- 8.** Get your kidney function checked if you have one or more of the 'high risk' factors
 - you have diabetes
 - you have hypertension
 - you are obese
 - one of your parents or other family members suffers from kidney disease
 - you are of African, Hispanic, Aboriginal or Asian origin

HOW TO DETECT CKD?



Early CKD often has no sign or symptoms. A person can lose up to 90% of their kidney function before experiencing any signs.



But it can be detected by simple tests:

- a urine test to check if there is any protein in your urine, or
- a blood test to measure the level of creatinine in your blood



Signs of advancing CKD include: swollen ankles, fatigue, difficulty concentrating, decreased appetite, and foamy urine.

DID YOU KNOW THAT YOUR KIDNEYS:

- + Make urine
- + Remove wastes and extra fluid from your blood
- + Control your body's chemical balance
- + Help control your blood pressure
- + Help keep your bones healthy
- + Help you make red blood cells

