

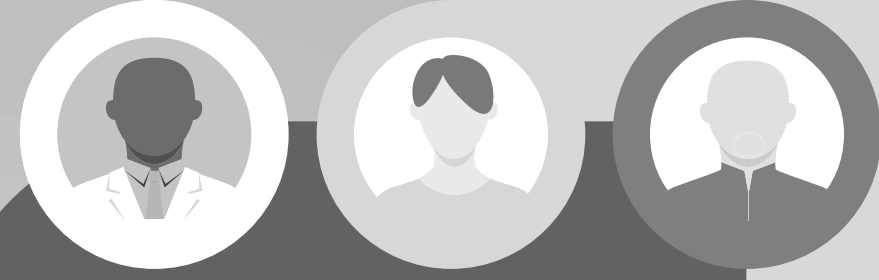
CHRONIC KIDNEY DISEASE... A SILENT KILLER

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

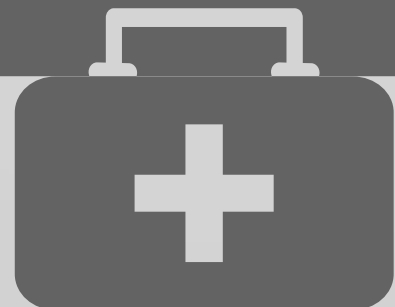
or more have some degree of CKD

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?



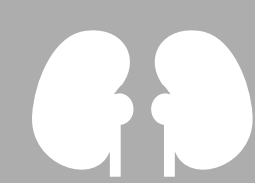
IF YOU HAVE ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, TALK TO YOUR DOCTOR!

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, be active
- 2.** Eat a healthy diet
- 3.** Check and control your blood sugar
- 4.** Check and control your blood pressure
- 5.** Take appropriate fluid intake
- 6.** Don't smoke
- 7.** Don't take over-the-counter anti-inflammatory/pain-killer pills regularly
- 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

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

