

# 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

**World  
Kidney  
Day**