

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**