

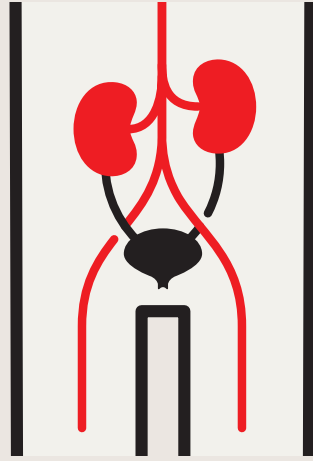
Chronic Kidney Disease

How to look after yourself

Healthy Kidneys

You have two kidneys.

They filter and clean your blood. Waste leaves your body in your urine.



Chronic Kidney Disease

This means your kidneys are not working as they should. Diabetes and high blood pressure are two common causes.

Blood Pressure

Keep your blood pressure in the healthy range, as below.

120
80 mmHg

General population

130
80 mmHg

People with diabetes

140
90 mmHg

People with kidney disease

1 in 3 Australians is at increased risk of kidney disease



Blood Sugar

If you have diabetes check your blood sugar regularly. Aim for the range set by your specialist.



Keeping Healthy

Physical activity and healthy eating improves the health of your kidneys and your heart. Aim for a minimum 30 minutes, five days a week. Aim to have your body weight in a normal range.



Slowing the Damage

Smoking also damages your kidneys. See your GP to help you quit. Follow your doctor's advice about monitoring and managing your health. You need to see your doctor at least once a year, and more often as your kidneys get sicker.