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.

Blood Sugar
If you have diabetes check your blood sugar regularly. Aim for the level set by your specialist, nurse or doctor. Remember to take your diabetes medicine.

Do you have sick kidneys?
You do not know your kidneys are sick unless you get a kidney health check.

Chronic Kidney Disease
This means your kidneys are sick. Diabetes and high blood pressure are two common causes.

Blood Pressure
Keep your blood pressure down below 140/90. You must take your blood pressure tablets every day.

Keeping Healthy
Physical activity and healthy eating improves the health of your kidneys and your heart. Aim to be active every day in as many ways as you can. Talk to your clinic about the right diet for you.

Slowing the Damage
Follow your doctor’s or clinic’s advice about monitoring and managing your health to slow the damage. Smoking also damages your kidneys. Talk to your clinic to help you quit. Get treatment for skin infections, sore feet and bad teeth. You need to see your doctor at least once a year for a kidney health check.