

World Kidney Day – 13 March 2014

# Kidneys *age,* just like you!



**Chronic kidney disease (CKD) is a progressive loss in kidney function over a period of months or years.**

## ***Facts for prevalence of CKD***

- 1 in 10 people will suffer from some level of Chronic Kidney Disease (CKD).
- CKD affects people of all ages and races.
- Older people are more likely to be exposed to some level of CKD.

## ***Detect and prevent CKD***

- You might not experience any symptoms until the advanced stages of CKD.
- CKD symptoms might only be experienced once 90% of the kidney function has been lost.
- There are simple, low cost treatments available to slow or prevent CKD and to live a better quality of life.

## ***Reduce your risk in eight easy steps***

1. Exercise regularly
2. Maintain and control your blood sugar levels
3. Check your blood pressure regularly
4. Be healthy, watch your weight and salt intake
5. Drink water
6. Avoid smoking
7. Avoid taking unprescribed medication regularly
8. If you have any of the following, get your kidneys checked regularly:
  - Diabetes
  - Hypertension
  - Obesity
  - Family history of kidney disease

***Brought to you in the interest of your health by Life Renal Dialysis.***

Life Renal Dialysis is a specialised healthcare service providing acute and chronic renal dialysis. We assist patients in renal failure who require out-patient based chronic renal dialysis or home based peritoneal dialysis; or acute renal dialysis in hospital.

**For more information about our services, contact us at:**

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**[www.lifehealthcare.co.za](http://www.lifehealthcare.co.za)**

**Life** Renal Dialysis

*Making life better*