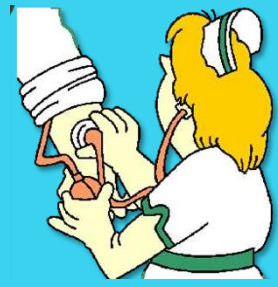


5 Tips



To Keep Your Kidney Healthy

1



Check on Blood Pressure

Regular check up to ensure blood pressure is well-controlled (Normal range below 130/85mg)

2



Control Blood Sugar & Cholesterol level

Keep your blood sugar level under control and monitor cholesterol level

3



Regular Physical Activity

Milder Exercise
Brisk walking for 30-60 minutes, at least 5 times/week.

4



Healthy & Balanced Diet

Balance-Moderation-Variety

Eat a balanced and variety meal from all food groups in pyramid

5



Drink plenty of water

Drink at least 8 glasses of water everyday