

CHRONIC KIDNEY DISEASE

IS ON THE RISE!

OVER 500 MILLION

1 in 10 adults has Chronic Kidney Disease (CKD)

DEFINITION

Chronic Kidney Disease (CKD) refers to an irreversible loss of renal function that develops due to multi-factorial causes over a period of a few years.



RISK FACTORS FOR CKD

- Diabetes
- Hypertension
- Autoimmune disease
- Urinary tract infections
- Family history of CKD
- Reduction in kidney mass
- Exposure to certain drugs
- Low birth weight

CONSEQUENCES

CKD can lead to complications in many areas of the body, premature mortality, decreased quality of life, and increased health-care expenditure.

KEY ACTIONS



Monitor blood pressure



Eat healthily



Be physically active



Monitor blood glucose level



Follow medical advice



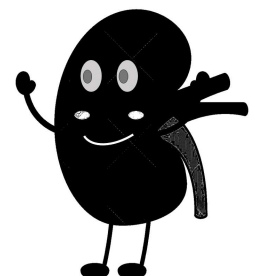
Urine Test



Stop smoking



Be aware of signs/symptoms



IT'S IMPORTANT TO TAKE GOOD CARE OF YOUR KIDNEYS!

Sources

1. National Kidney Foundation. KDOQI Clinical Practice Guidelines for Chronic Kidney Disease: Evaluation, Classification and Stratification. Am J Kidney Dis 2002;39 (supp 1):S1- S266. 3. Innes JA