



## How to improve your kidney health

Although anyone can develop kidney disease, there are a few things that can increase your risk:

- **Diabetes, high blood pressure, cardiovascular (heart) disease and obesity**
- **A family history of kidney disease**
- **A Black, Asian or minority ethnic background**

There are several easy ways to reduce the risk. Small changes in behaviour and lifestyle can have enormous health benefits.



- **Monitor your blood pressure** High blood pressure accelerates kidney damage. To protect yourself from kidney disease you should also maintain a diet low in salt and saturated fats.



- **Keep fit and active** This helps lower your blood pressure and therefore reduces the risk of kidney disease.



- **Don't smoke** Smoking slows blood flow to the kidneys, decreasing their ability to function properly.



- **Eat healthily and keep your weight in check** This can help prevent diabetes, heart disease and other conditions associated with kidney disease.



- **Get your kidney function checked** This is sensible if anyone in your family has suffered from kidney disease, you are diabetic, have high blood pressure or are severely overweight.



- **Keep well hydrated** Hydration helps the kidneys clear sodium, urea and toxins from the body which can significantly lower the risk of developing kidney disease.\*

\*Dialysis patients however may need to restrict their fluid intake

World Kidney Day in the UK is led by the Kidney Charities Together Group

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*improving life for kidney patients*

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