CHRONIC KIDNEY DISEASE... A SILENT KILLER



WHO IS AFFECTED?

Kidney disease can affect people of all ages and of the population worldwide is races. affected by CKD. Half of people 1 in 5 MEN aged WOMEN between the ages or more have some degree of CKD of 65 and 74 have CKD

ARE YOU AT RISK?

- Do you have high blood pressure?
- Do you suffer from diabetes?
- Do you have a family history of kidney disease? Are you overweight?
- Do you smoke?
- Are you over 50 years?
- Are you of African, Hispanic, Aboriginal or Asian origin?



IF YOU HAVE ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, TALK TO YOUR DOCTOR!



Kidney diseases are silent killers, which will largely affect your quality of life. There are however several easy ways to reduce the risk of developing kidney disease.



High blood pressure and diabetes are

the most common CKD

causes in adults



TO DETECT CKD?

Early CKD often has no sign or symptoms. A person can lose up to 90% of their kidney function before experiencing any signs.



- But it can be detected by simple tests:

 a urine test to check if there is any protein in your urine, or

 a blood test to measure the level of creatinine in your blood



Signs of advancing CKD include: swollen ankles, fatigue, difficulty concentrating, decreased appetite, and foamy urine.

DID YOU KNOW THAT YOUR KIDNEYS:

- Remove wastes and extra fluid from your blooc Control your body's chemical balance Help control your blood pressure Help keep your bones healthy Help you make red blood cells

- (a) 1. Keep fit and active
- 2. Keep regular control of your blood sugar level
- ▼ 3. Monitor your blood pressure
- 4. Eat healthy and keep your weight in check
- 5. Maintain a healthy fluid intake
- 6 Do not smoke
- **%** 7. Do not take over-the-counter pills on a regular basis
- 8. Get your kidney function checked if you have one or more of the 'high risk' factors
 - you have diabetes
 - · you have hypertension
 - you are obese
 - one of your parents or other family members suffers from kidney disease
 - you are of African, Hispanic, Aboriginal or Asian origin









