Did you know obesity could cause kidney disease?

Obesity is defined as abnormal or excessive fat accumulation that may impair health. In 2014, worldwide over 600 million adults were obese.

The relation between kidney disease and obesity

Kidney disease is more likely to develop in obese people especially those with *diabetes* and *hypertension.* In the general population, obesity increases the risk of death and contributes to many other diseases such as heart disease, diabetes, hypertension, high cholesterol, obstructive sleep apnoea, fatty liver, gall bladder disease, osteoarthritis, various cancers, mental disorders, and poor quality of life"[1]

What can you do to for your kidneys?

- Keep fit and active
- Keep regular control of your blood sugar level
- Monitor your blood pressure
- Eat healthy and keep your weight in check
- Maintain a healthy fluid intake
- Do not smoke
- Do not take over-the-counter pills on a regular basis

Get your kidney function checked if you have one or more of the following high risk factors

- you have diabetes
- you have hypertension
- you are obese
- one of your parents or other family members suffers from kidney disease[1]

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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1. http://www.worldkidneyday.org/faqs/take-care-of-your-kidneys/8-golden-rules/

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