

Brought to you in the interest of

WORLD KIDNEY DAY

14 March 2024

Protect your kidneys and your health by managing health risks and embracing wellness



Maintaining kidney health is essential for your body's overall functioning. The kidneys are vital organs that filter waste from your blood, balance body fluids, and help regulate blood pressure. When they're not working properly, it can lead to serious health, even life-threatening complications¹.

To prevent kidney disease, it's important to manage risk factors like diabetes and hypertension (high blood pressure). These conditions are among the leading causes of chronic kidney disease (CKD), a long-term condition where the kidneys don't work as well as they should¹.

These choices help reduce the risk of developing conditions that can strain your kidneys.

Chronic kidney disease can be a silent issue. Often, it doesn't cause noticeable symptoms until it's quite advanced¹. That's why being aware and catching it early is so important. If you're at higher risk for kidney disease – maybe you have high blood pressure, diabetes, obesity, or a family history of kidney problems – regular screenings for kidney function are recommended. These screenings can detect problems early, when treatment is most effective.

Living a healthy lifestyle is key to supporting your kidney health. This is what you can do to help prevent kidney disease²:



Regular exercise



Eating a balanced diet



Avoiding smoking



Limiting alcohol intake

Visit www.lifehealthcare.co.za to locate the closest Life Renal Dialysis unit if you or a loved one would like to make an appointment to check your kidney health, or check in with your general practitioner.

References:

1. Goro, K.K., Wolide, A.D., Dibaba, F.K., Fufa, F.G., Garedow, A.W., Tufa, B.E. and Bobasa, E.M., 2019. Patient Awareness, Prevalence, and Risk Factors of Chronic Kidney Disease among Diabetes Mellitus and Hypertensive Patients at Jimma University Medical Center, Ethiopia. *BioMed Research International*, [e-journal] 2019, Article ID 2383508. Available through: <https://doi.org/10.1155/2019/2383508> [Accessed: 2024/01/10]. DOI: 10.1155/2019/2383508.
2. Forbes, A. and Gallagher, H., 2020. Chronic kidney disease in adults: assessment and management. *Clinical Medicine*, [online] 20(2), pp.128–132. [Accessed 2024/02/27].

