MyLife More than renal care.

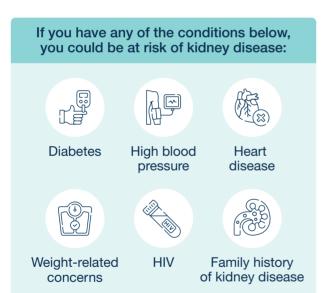
Brought to you in the interest of **WORLD KIDNEY DAY**

13 March 2025

Prevention is better... connect the dots.

ARE YOU OR YOUR FAMILY AT RISK OF KIDNEY DISEASE?

Chronic kidney disease (CKD) is a condition where the kidneys are damaged and cannot filter blood properly leading to a build up of fluid or waste in the body.





Visit your GP and speak to them about regular screenings for kidney functioning. These screenings can detect problems early and effective treatment can be implemented.

Should you or a loved one need support for renal dialysis, visit www.lifehealthcare.co.za.

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







Eating a balanced diet



Avoiding smoking ÿ

Limiting alcohol intake



Making life better