

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.

If you have any of the conditions below, you could be at risk of kidney disease:



Diabetes



High blood pressure



Heart disease



Weight-related concerns



HIV



Family history of kidney disease



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:



Regular exercise



Eating a balanced diet



Avoiding smoking



Limiting alcohol intake