

# Preventing Chronic Kidney Disease



## Overview

Preventing Chronic Kidney Disease (CKD) involves early detection and making lifestyle changes to maintain kidney health. This can significantly reduce the risk of CKD.

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

## Monitoring and Check-ups

**Regular Health Screenings:** Routine check-ups with your doctor can help detect early signs of kidney disease.

Regular blood pressure and blood sugar level checks are essential.

**Blood Tests:** Regular blood tests to check kidney function (e.g., eGFR, creatinine levels).

**Urine Tests:** Check for protein in the urine, an early sign of kidney damage.

## Key Prevention Strategies

### Diet

- **Low Sodium:** Reduce salt intake.
- **Balanced Nutrition:** Eat fruits, vegetables, and whole grains.
- **Limit Protein:** Avoid high-protein diets.

### Exercise

- **Regular Activity:** Aim for at least 30 minutes of moderate exercise most days, such as walking, swimming, or cycling, under your doctor's supervision.

### Avoid Harmful Substances

- **Quit Smoking:** Improves overall kidney function and reduces the risk of kidney damage.
- **Limit Alcohol:** Drink alcohol in moderation to prevent kidney stress and maintain hydration.

### Hydration

- **Adequate Fluid Intake:** Drink plenty of water throughout the day to help the kidneys filter out toxins and maintain overall health.