

**SIGNS TO  
LOOK OUT  
FOR:**



PERSISTENT  
ITCHING



NAUSEA &  
VOMITING



CHEST PAIN



HIGH BP



LOSS OF  
APPETITE



CHANGES IN  
URINE VOLUME



REDUCED MENTAL  
ALERTNESS



SLEEP PROBLEMS



MUSCLE CRAMPS



BREATHLESSNESS



FATIGUE AND  
WEAKNESS

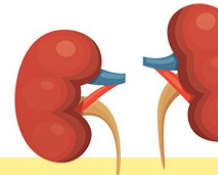


OEDEMA

**#KIDNEY HEALTH FOR EVERYONE EVERYWHERE**

What does the twin heroes  
in your body perform?

- + Removal of waste products, excess fluid & purification of blood
- + Regulates water & minerals like sodium & potassium
- + Controls blood pressure
- + Produce RBCs & maintain healthy bones



According to CNNS 2016–2018, 7% of school-age children & adolescents were determined to be at risk for chronic kidney disease (CKD). The Global Burden of Disease (GBD) 2015 study reveals that an estimated 5–10 million people die annually from kidney disease.

**NUTRITION PLAYS AN IMPORTANT ROLE IN THE PREVENTION & MANAGEMENT OF DISEASES, ALONG WITH ACTIVE LIFESTYLE**



1. Keep fit, Be active
2. Eat a healthy diet
3. Check and control your blood sugar
4. Check and control your blood pressure
5. Take appropriate fluid intake
6. Don't smoke
7. Don't take over-the-counter anti-inflammatory/ pain-killer pills regularly
8. Get your kidney function checked if you have one or more of the following 'high risk' factors:
  - diabetes
  - obesity
  - hypertension
  - a family history of kidney disease

Source: [worldkidneyday.org](http://worldkidneyday.org)

**CHRONIC KIDNEY DISEASE (CKD)  
THE SILENT KILLER**

It is a progressive loss in kidney function. A person can lose up to 90% of their kidney functions before experiencing any symptoms.

#worldkidneyday #prevention is better than cure #morecareforyourtwinheroes  
**#KidneyHealthforEveryoneEverywhere – from Prevention to Detection**

If you are experiencing one or more of these conditions,  
you should discuss with your nephrologist.

**YOU MAY BE AT RISK OF KIDNEY DISEASE!**

**TO KNOW MORE ABOUT CKD VISIT:**

**[worldkidneyday.org](http://worldkidneyday.org)**

