

A grayscale photograph of a pair of hands gently cupping a human kidney. The kidney is positioned in the center, showing its characteristic bean shape and textured surface. The hands are positioned on either side, with fingers slightly curled, supporting the organ. The background is a soft, out-of-focus light gray.

KIDNEY DISEASE ...

A SILENT KILLER

WHAT IS IT AND WHO'S AT RISK OF GETTING IT?

- THE KIDNEY'S FUNCTION IS TO ELIMINATE HARMFUL TOXINS, WASTES AND FLUIDS FROM THE HUMAN BODY. WHEN THIS DOESN'T HAPPEN PROPERLY IT'S CALLED KIDNEY DISEASE. THERE ARE MANY REASONS WHY THIS HAPPENS BUT THE GREATEST RISK IS TO THOSE WHO HAVE DIABETES OR HIGH BLOOD PRESSURE.
- KIDNEY DISEASE USUALLY AFFECTS BOTH KIDNEYS AND CAN CAUSE DAMAGE TO THE HEART AND OTHER PARTS OF THE BODY.
- KIDNEY DISEASE HAPPENS SLOWLY- YOU MAY NOT EVEN NOTICE.

WHAT ARE SOME OF THE THE SIGNS AND SYMPTOMS OF KIDNEY DISEASE?

- PRESENCE OF BLOOD, DISCOMFORT OR BURNING WHEN PASSING URINE, CHANGE IN FREQUENCY AND QUANTITY OF URINE, FROTHY OR FOAMING URINE, PASSING MORE URINE AT NIGHT, PAIN IN THE LOIN AREA, SWOLLEN ANKLES, TIREDNESS, LOW CONCENTRATION, SHORTNESS OF BREATH, HIGH BLOOD PRESSURE, LOW APPETITE, NAUSEA AND VOMITING, PINS AND NEEDLES IN YOUR FINGERS AND TOES (SIGNS AND SYMPTOMS CAN HAVE MORE THAN ONE POSSIBLE CAUSE, PLEASE CONSULT YOUR DOCTOR IN THE FIRST INSTANCE IF YOU HAVE ANY CONCERNS).

IF CAUGHT EARLY ENOUGH YOU CAN SLOW DOWN THE PROGRESSION OF KIDNEY DISEASE BY MAKING SIMPLE LIFESTYLE CHANGES. FOR EXAMPLE HAVING GOOD CONTROL OF YOUR DIABETES AND HIGH BLOOD PRESSURE, REGULAR DAILY EXERCISE, EAT A HEALTHY BALANCED DIET, WATCH YOUR SUGAR AND SALT INTAKE, LOSE WEIGHT, STOP SMOKING AND DRINK LESS ALCOHOL.

IF YOU'RE WORRIED OR HAVE ANY QUESTIONS ABOUT KIDNEY DISEASE THEN CALL YOUR GP TODAY AND MAKE AN APPOINTMENT

... DON'T LEAVE IT TOO LATE