

# Your amazing kidneys!

**Do you know... your kidneys help to control your blood pressure and keep your bones healthy?**

**Do you know... the **7** Super Seven secrets to keeping your kidneys healthy?**



## 1. Be on the move

Keeping fit and active helps to reduce your blood pressure and this reduces the risk of Chronic Kidney Disease.

## 2. Monitor your blood pressure

High blood pressure can lead to a stroke or heart attack. It is also the most common cause of kidney damage.



## 3. Keep regular control of your blood sugar level

About 50% of people who have diabetes develop kidney damage. If you have diabetes, have regular tests to check your kidney functions.



## 4. Healthy food, healthy weight

Eat less salt by limiting how much processed food you eat and do not add salt to food. Eat healthily – being too heavy raises your blood pressure, which is bad for your kidneys and heart.

## 5. Drink plenty of water.

Drink 3 or 4 pints a day to clear salt and other toxins from the body



## 6. Do not smoke

Smoking slows the flow of blood to the kidneys. Less blood means the kidneys can't function normally. Smoking also increases the risk of kidney cancer by about 50 percent.

## 7. Don't take over-the-counter pills on a regular basis

Common drugs such as ibuprofen are known to cause kidney damage and disease if taken regularly. If you use them for emergencies only, there very little risk, but if you are dealing with chronic pain, such as arthritis or back pain, work with your doctor to find a way to control your pain without putting your kidneys at risk.

