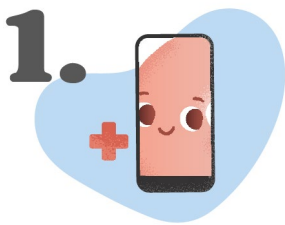


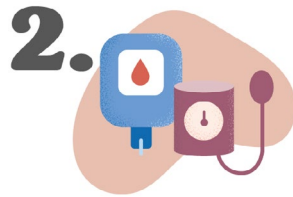
Helpful Tips for Managing Your Kidney Disease

Chronic kidney disease (CKD) is a serious condition affecting around 35.5 million people. CKD is often overlooked until symptoms appear, but the earlier you start taking charge of your health, the better. Adopting a healthy lifestyle can help you manage CKD and its complications. It may seem difficult, but small changes can mean a lot. Regardless of whether you're experiencing symptoms, help to keep your kidneys, and yourself, healthier for longer.

Follow these healthy lifestyle habits to take charge of your kidney health.



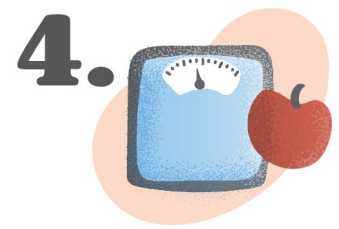
1. Stay connected with your **doctor** — in-person or using your computer, tablet, or smartphone.



2. Learn to manage your **blood pressure**, and if you have diabetes, monitor **blood glucose** levels.



3. **Avoid NSAIDs** like ibuprofen and naproxen and take **medicines** as prescribed.



4. Work with your doctor to develop a **healthy meal plan** and aim for a **healthy weight**.



5. **Reduce stress** and make **physical activity** a part of your daily routine.



6. Aim for 7 to 8 hours of **sleep** each night.



7. Take steps to **quit smoking**.

Take charge of your kidney health.

Visit niddk.nih.gov for more information on managing chronic kidney disease.



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