

## I have CKD

### How Can I Stay Healthier For Longer?

Chronic Kidney Disease can be taxing on your life. And while there is currently no cure for this disease, there are things you can incorporate into your lifestyle to help slow down the progression of this disease.

#### 1 MAINTAIN A HEALTHY DIET



- Avoid foods that are high in salt, phosphate and fat
- Limit the amount of meat you consume.
- Avoid processed foods

#### 2 EXERCISE REGULARLY

- Studies have found that physical activity can help to slow the decline of kidney function.
- Try things like taking the stairs or taking a walk to help increase your physical activity.



#### 3 DON'T SMOKE



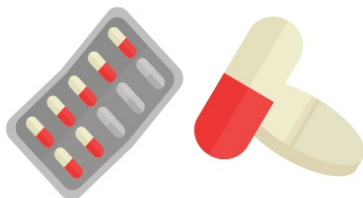
- Smoking can cause further damage to your kidneys.

#### 4 MONITOR YOUR BLOOD SUGAR, BLOOD PRESSURE AND CHOLESTEROL

- In addition to your Glomerular Filtration Rate (kidney function), these are important measurements to monitor and work towards having at a healthy level.



#### 5 TAKE YOUR MEDICINE



- If your physician is prescribing you medicine, it's for a reason. Make sure that you are taking your medication(s) as prescribed.