Life Renal Dialysis

KIDNEY DISEASE

KEEP YOUR KIDNEY'S HEALTHY

Kidney disease can affect your body's ability to clean your blood, filter extra water out of your blood, and help control your blood pressure.

PREVENTION

Keep fit and active

Keep regular control of your blood sugar level

Monitor your blood pressure

Eat healthy and keep your weight in check

Do not smoke

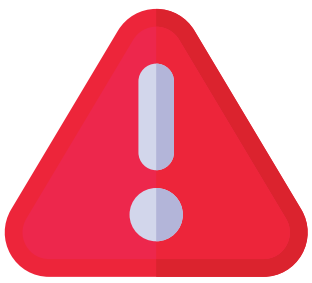
Don't take over-the-counter pills (such as pain medication) on a regular basis or before exercise

Decrease salt intake, especially if you suffer from high blood pressure (hypertension)

Maintain a healthy fluid intake

DANGER SIGNS AND SYMPTOMS

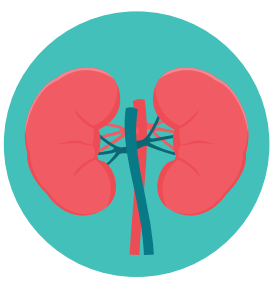
- Fatigue/extreme tiredness
- Shortness of breath
- Frequent urination
- Swelling of face, ankles, legs and feet



RISKS

You are at risk of kidney disease if:

- You have diabetes
- You are over 50 years of age
- You have hypertension/high blood pressure



TREATMENT

- Out-patient based chronic renal dialysis
- Home based peritoneal dialysis
- Acute renal dialysis in hospital
- Kidney transplant

Brought to you in the interest of your health by Life Renal Dialysis.
A specialised healthcare service providing acute and chronic renal dialysis
For more info: Life Renal Dialysis, Tel 011 219 9720, visit www.lifehealthcare.co.za

Making life better