

# YOUR CARE POLMED

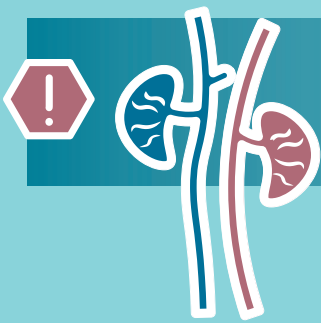
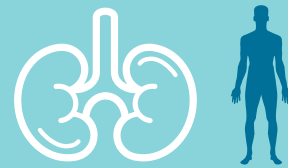
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## World Kidney Day: 4 ways to look after your kidneys



Kidney health is important because these valuable organs help to remove waste products from your body.



**17%** of South Africans suffer from chronic kidney disease.

The risk of kidney damage also increases when chronic conditions are not managed correctly. It's important that we do our best to take care of our kidneys.

### 4 WAYS TO LOOK AFTER YOUR KIDNEYS

#### 1. Manage your blood sugar and blood pressure

- Nearly 40% of individuals receiving kidney treatment in South Africa are diabetic.
- In 34.7% of South African patients receiving kidney treatment, the kidney damage was triggered by high blood pressure.
- Blood sugar and blood pressure can be managed with an appropriate diet, regular exercise and medication.



#### 2. Monitor over-the-counter (OTC) medication use

- Some popular anti-inflammatory drugs can affect blood flow, increasing the risk of kidney damage.
- Make sure to always ask your pharmacist how any OTC medication will affect your kidneys.



#### 3. Drink enough water

- Drinking enough water can help to improve kidney health by reducing the risk of kidney stones.
- Drinking too much water, on the other hand, can place extra strain on your kidneys.
- Aim for two litres per day.
- Monitor your water intake by checking the colour of your urine. If it's pale yellow or clear, it's fine. If it's dark yellow, you might need more water.



#### 4. Monitor kidneys with eGFR test

- An eGFR test is a blood test used to examine your kidney function and will provide a diagnosis if you have kidney disease.
- If you've already been diagnosed with diabetes or hypertension, then your doctor may order an eGFR test to examine your kidneys as these conditions are linked.



#### References

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