

How to
improve
your kidney
health

Kidneys are essential to our health and one of the most important organs in the body. Although anyone can develop kidney disease, there are a few things that can increase your risk - diabetes, high blood pressure, cardiovascular disease, obesity, a family history of kidney disease and if you are from a Black, Asian or minority ethnic background.



Monitor your BLOOD PRESSURE



Keep fit and ACTIVE



DON'T smoke



Eat healthily and keep your WEIGHT in check



Get your kidney function TESTED



Keep well HYDRATED