

Preventing and managing

# Chronic Kidney Disease

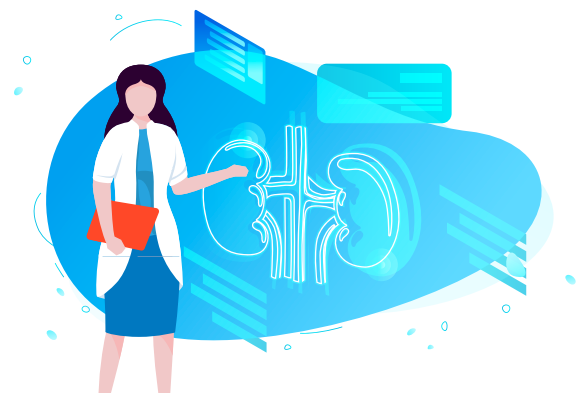


## What is kidney disease?

Kidney disease is a condition in which your kidneys are damaged and unable to filter out waste in your blood. By making small healthy changes to your lifestyle and working with your kidney doctor, also known as a nephrologist, you can help prevent further damage to your kidneys or progression of kidney disease.

## Who is at risk?

The main causes of kidney disease are diabetes and high blood pressure. Other major causes are cancer, family history and inherited disease, obesity, autoimmune disease, and smoking.



## Prevention tips



### Control blood pressure

High blood pressure is the second most common cause of kidney disease. Ongoing elevated blood pressure can put stress on your kidneys, and can damage the kidneys long term. The American Heart Association recommends maintaining a normal blood pressure of less than 120/80.



### Manage your blood sugar

One out of three adults with diabetes has kidney disease. Uncontrolled blood sugar levels can damage the blood vessels that are in the kidneys. This will cause the kidneys to stop working properly. For small changes, try to avoid or cut down on table sugar, swap out sugary soda for club soda with fresh fruit, and eat fresh, frozen or canned fruits in water if you are craving something sweet.



## Take your medications as directed

Talk with your doctors and pharmacists about your medications. Know why you are taking the medication, potential side effects, and what could happen if you stop taking it.



## Limit salt in your diet

A high-salt diet can cause sodium to build up in your blood, which can cause a rise in blood pressure. Try to limit processed foods, canned soups, pickles, chips, and avoid adding salt to meals.



## Keep up with your doctor visits

Make a list of questions for your doctor or pharmacist. Review your blood work and ask your doctor to review it with you.



## Stay active and exercise

Incorporating regular exercise into your routine can improve your blood pressure, heart rate, blood sugar levels, cholesterol, and triglycerides levels.



## To find out more:

- National Kidney Foundation:  
[www.kidney.org](http://www.kidney.org)
- American Heart Association:  
[www.heart.org](http://www.heart.org)
- American Diabetes Association:  
[www.diabetes.org](http://www.diabetes.org)

For more information or to inquire about one-on-one health coaching, email the Health Education Team at [MemberHealthEd@RegalMed.com](mailto:MemberHealthEd@RegalMed.com).

Visit [HealthyWayEvents.com](http://HealthyWayEvents.com) for a calendar of free health and wellness classes and events.

To learn more about health tips, doc talks, recipes, and much more, sign up for our monthly newsletter at [RegalMed.com/intouch/](http://RegalMed.com/intouch/)



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