

Tips on Chronic Kidney Disease

Did you know your kidneys filter all the blood in your body every 30 minutes? They also help control blood pressure, stimulate production of red blood cells, keep your bones healthy, and regulate blood chemicals that are essential to life.

What is chronic kidney disease?

Chronic kidney disease (CKD) is a condition where the kidneys are damaged and cannot filter blood as well as they should. If left untreated, CKD can progress to kidney failure and early cardiovascular disease.¹

According to the CDC, people with the following conditions may be at risk for CKD:

- Diabetes
- High blood pressure
- Heart disease
- Family history of CKD
- Previous kidney damage
- Older age

The good news? CKD can be prevented or delayed through early intervention.



Eat nutritious foods

- Look for ways to make nutritious food choices like adding more fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Try to reduce your salt intake, saturated fats, and added sugars. It may take a while to get used to, but small changes can have a big impact.
- Drink, drink, drink water instead of sugary drinks. If you drink alcohol, drink in moderation.
- Encourage your family to do the same!



Get moving!

- Physical activity can help lower your blood pressure, blood cholesterol, and blood sugar levels.
- Try to do some form of physical activity that you enjoy every day (ideally 20-25 minutes of activity). Remember, dancing in the kitchen counts!
- Look for ways to increase your activity levels, like taking a walk after dinner instead of watching TV or by doing another activity you enjoy.



Get tested

- Early CKD has no signs or symptoms, so it's important to get tested for CKD regularly if you're at risk.
- Simple blood and urine tests tell your healthcare provider if you're at risk. It's always important to follow the treatment plan, especially for those at risk.



Quit smoking

- If you do smoke, quitting will lower your risk of CKD by lowering your risk of heart disease.
- Call 1-800-QUIT-NOW for free support. You can do it!



Take your medications

- Knowing how and when to take your medication will help you manage or prevent CKD. Always ask questions if you don't understand something.

Visit [QuestDiagnostics.com](https://www.questdiagnostics.com) to schedule your diagnostic testing and stay on top of your wellness.



¹Chronic Kidney Disease. Centers for Disease Control and Prevention website. Reviewed February 7, 2020. Accessed July 12, 2021. <https://www.cdc.gov/kidneydisease/basics.html>.