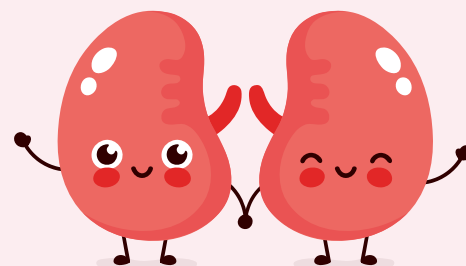


Chronic Kidney Disease

What is chronic kidney disease?

Your kidneys are responsible for filtering waste and excess fluids from your blood, which are then removed through urine. Chronic kidney disease (CKD) is a progressive loss of kidney function caused by damage to the nephrons—the tiny filters in the kidneys that cleanse the blood. When these filters are damaged, the kidneys can no longer perform this essential function properly, leading to a potentially dangerous buildup of waste and fluids in the body.



Approximately 1 in 10 people in Europe have some degree of CKD, and the condition becomes more common with age. However, with effective prevention strategies, early diagnosis and appropriate treatment, it is possible to prevent the disease or slow its progression and maintain a good quality of life.

The connection between kidney disease, diabetes and hypertension

Both high blood glucose levels (diabetes) and high blood pressure (hypertension) can damage the kidneys over time, making them two of the biggest risk factors for CKD. By monitoring blood glucose, maintaining healthy blood pressure levels, and adopting a healthy lifestyle, individuals can help manage their diabetes and hypertension and protect their health, including kidney health.

Diabetes and hypertension together account for approximately 80% of end-stage kidney disease cases

About 1 in 3 people living with diabetes will develop CKD in their lifetime

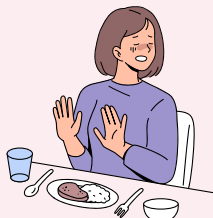
Signs and symptoms

One of the challenges of CKD is that it often develops silently, with few noticeable symptoms in the early stages. It is estimated that up to 90% of kidney function can be lost before symptoms appear. Some signs of CKD can be:

NAUSEA



LOSS OF APPETITE



FATIGUE



SWELLING OF FEET & ANKLES



CHANGES IN URINATION



The 8 golden rules of prevention

- Be active
- Eat a healthy diet – reduce your salt intake and amount of processed foods
- Check and control your blood glucose
- Check and control your blood pressure
- Drink appropriate amounts of fluids
- Don't smoke
- Don't take over-the-counter anti-inflammatory/pain-killer pills regularly
- Get your kidney function checked if you have one or more of the 'high risk' factors

