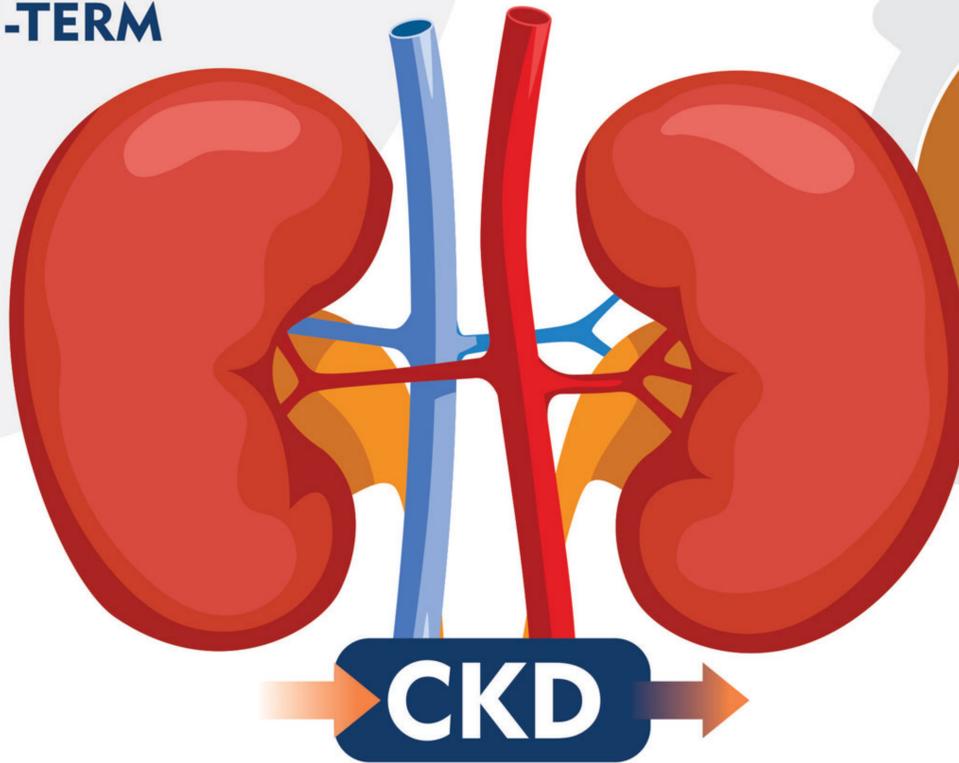


# WHAT IS CHRONIC KIDNEY DISEASE?

## CKD IS A LONG-TERM CONDITION

where the kidneys are damaged and they do not work as well as they should<sup>1,2</sup>



**YOUR KIDNEY FUNCTION SLOWLY DECREASES** over time & can sometimes lead to kidney failure!<sup>2</sup>

**Your kidneys filter waste & toxins from your body<sup>2</sup>**

**Fatal build-up of fluid & waste in your body<sup>2</sup>**



**Frequent urination**

You might not notice any symptoms in the early stages. Once the disease worsens over time, the following signs become apparent:



**Sleep problems**

## SIGNS & SYMPTOMS<sup>3</sup>

**Fatigue, weakness**



**Poor appetite**

**Swelling of feet**



**Puffy eyes**



**Dry, itchy skin**



**Muscle cramps**

You are more likely to **DEVELOP CKD** if you:<sup>2</sup>



**Are Over 60 Years Old**



**Have Diabetes**



**Have High BP**



**Have Heart Disease**



**Have a Family History of Kidney Disease**

FOR MORE INFORMATION, CONSULT YOUR DOCTOR

TO GET A FREE LIVE VIDEO COUNSELLING SESSION CALL HERE: **18002670975** OR



**SCAN THE QR CODE** OR LOG ON TO **www.hridayam.org**

BP - Blood Pressure, 1. Chronic kidney disease. Available at: <https://www.nhs.uk/conditions/kidney-disease/>, viewed on July 5, 2023, 2. Chronic Kidney Disease. Available at: <https://my.clevelandclinic.org/health/diseases/15096-chronic-kidney-disease>, viewed on July 5, 2023, 3. Chronic kidney disease (CKD). Available at: <https://www.kidney.org/atoz/content/about-chronic-kidney-disease#what-are-symptoms>, viewed on July 5, 2023.