

# Healthy Aging: Protecting your Kidneys

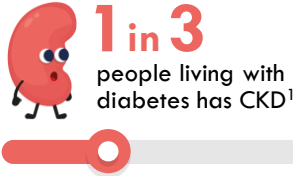


What do the kidneys do and why are they so important?

- ✔ Filter the blood as it circulates around the body<sup>1,2</sup> – about 180 liters of blood a day<sup>2</sup>
- ✔ Remove waste products and excess fluids in the form of urine<sup>1,2</sup>
- ✔ Release hormones that regulate blood pressure<sup>1</sup>
- ✔ Control the production of red blood cells<sup>1</sup>
- ✔ Produce an active form of vitamin D that promotes strong, healthy bones<sup>3</sup>

## What can happen to the kidneys as we get older?

**Chronic Kidney Disease (CKD)** damages the kidneys' ability to filter blood properly.<sup>1</sup> It progresses over months and years,<sup>1</sup> with symptoms only appearing when CKD is advanced.<sup>1</sup> Kidney disease caused by diabetes is called Diabetic Kidney Disease (DKD).<sup>4</sup>



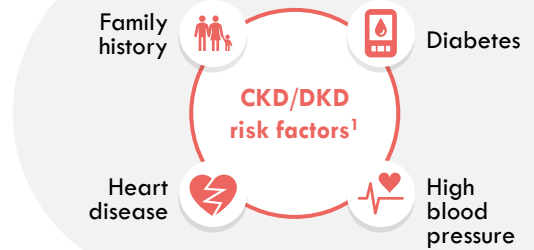
**Early detection** can help prevent the progression of CKD to kidney failure<sup>1</sup>



## Symptoms of advanced CKD/DKD<sup>1</sup>

- Swelling (edema) in the legs, feet or ankles, or hands & face
- Trouble sleeping
- Trouble concentrating
- Decreased appetite
- Dry/itchy skin
- Needing to urinate more often or less frequently
- Muscle cramping

⚠ Please note, CKD/DKD can affect people of any age.<sup>6</sup> If you experience any of these symptoms, please discuss with your doctor.



## What can we do to keep the kidneys healthy?

### Manage risk factors

Keep **blood pressure** below 140/90mmHg<sup>7</sup>

If you are living with **diabetes**, keep your blood glucose levels close to your goal<sup>7,8</sup>

**Quit smoking**<sup>7,8</sup>

**Reduce stress**<sup>7</sup>

**Limit alcohol intake** to no more than one drink (if female) or two drinks (if male) per day<sup>8</sup>



### Implement a healthy lifestyle

Eat a healthy, **balanced diet** and limit salt and sugar intake<sup>8</sup>

Be **active for 30 minutes** or more on most days<sup>7,8</sup>

**Get enough sleep** aim for 7-8 hours each night<sup>7,8</sup>

**Take medicines** as prescribed by your doctor<sup>7</sup>

Maintain **regular check-ups** with your doctor<sup>7</sup>



## What can we do if we develop CKD/DKD?

While CKD is an irreversible disease, **lifestyle changes and medications can help relieve the symptoms** of CKD and stop it from getting worse.<sup>9</sup>

**Medications can be used to control symptoms and slow progression of CKD** by, for example, lowering your blood pressure or your cholesterol,<sup>9</sup> helping to rid your body of salt and water,<sup>8</sup> or blocking the activity of certain naturally occurring steroids in the body that can damage the heart and kidneys.<sup>10</sup>

Your doctor will help find the **right medicines to manage your disease**.

It is **important to take your medicines as prescribed** by your doctor.<sup>7</sup>

For more specific information about how to keep your heart healthy, or to hear how heart disease can impact your kidneys, please visit our Patient Safety Day 2022 website



This infographic has been created by Bayer for educational purposes. Please note, the information provided here is general, please consult your own doctor for specific advice.

### References

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