

# CKD



Living well with  
**Chronic Kidney Disease**

## Introduction

This leaflet is designed to help you understand chronic kidney disease (CKD) and how to manage your health.

CKD is when your kidneys are not working as well as they should for an extended period of time. Reduced kidney function can affect your overall health as kidneys play a key roll in many of your body's processes. CKD often develops slowly and you may not show symptoms earl on.

Learning to care for your kidneys can improve the management of related conditions, such as obesity, heart disease, diabetes and liver disease, and this supports your overall health.

Here are some simple steps to help you stay healthy and manage your conditions more confidently.

