

# CKD



Living well with  
**Chronic Kidney Disease**

## Understanding chronic kidney disease

### What is CKD?

CKD means that kidneys are not working as well as they should over a long period of time. It can develop slowly and often causes no symptoms early on.

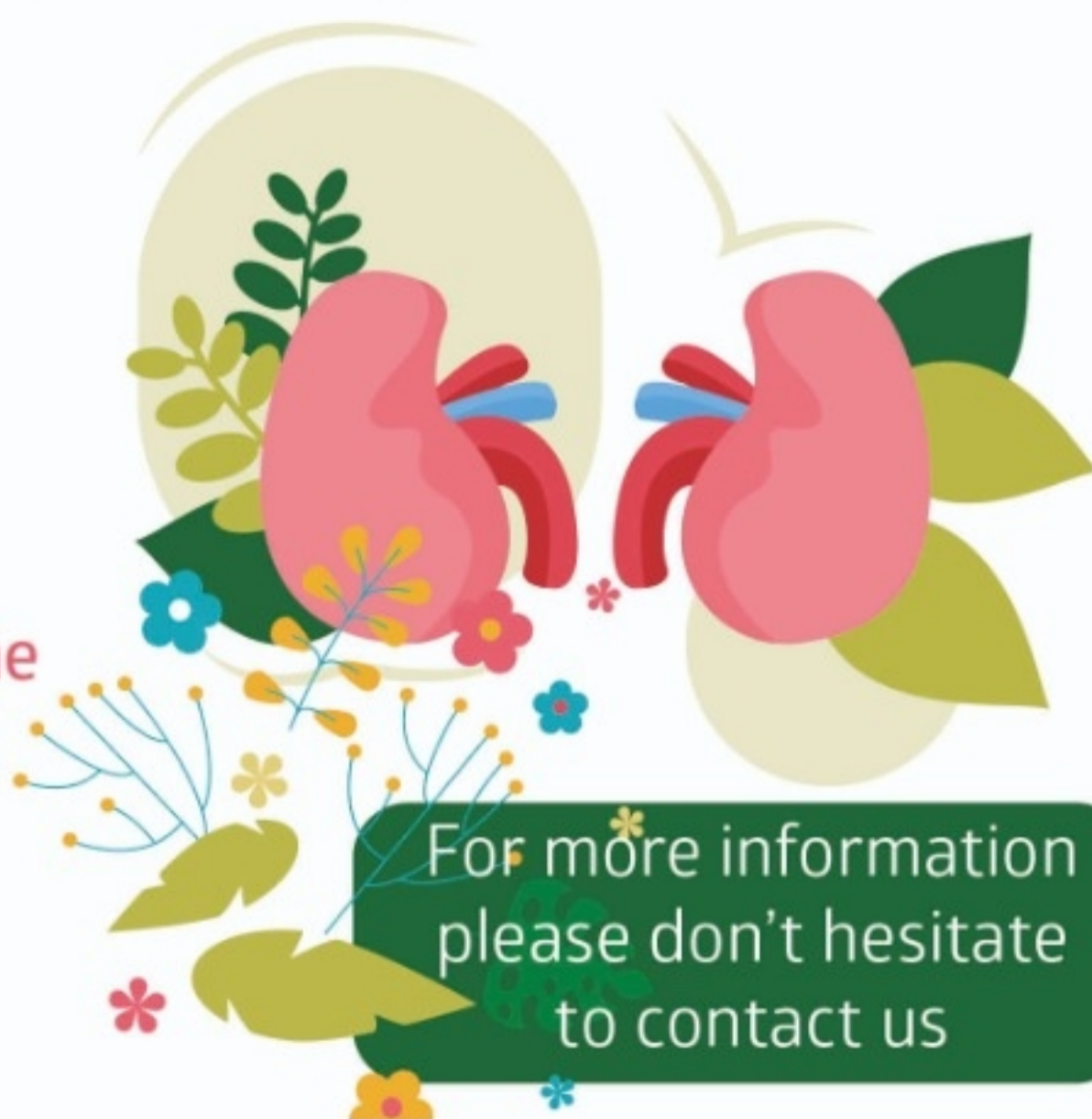
### Why it matters

The kidneys filter blood, remove waste products, and help regulate blood pressure. When damaged, waste can build up, increasing the risk to the heart and other organs.



### Simple steps you can take

- Attend regular checkups for blood and urine
- Keep your blood sugar under control
- Eat less salt and processed foods
- Stay active and maintain a healthy weight



For more information  
please don't hesitate  
to contact us



Marsh Medical Practice  
[www.marshmedicalpractice.com](http://www.marshmedicalpractice.com)

Working with you 4