

CKD



Living well with
Chronic Kidney Disease

CKD and liver health

The link between liver and kidneys

The liver and kidneys work closely to remove waste from the body. When the liver is damaged, it puts extra strain on the kidneys and vice versa.

Conditions to be aware of

Non-alcoholic Fatty Liver Disease (NAFLD) and cirrhosis can worsen CKD. Fluid build-up and medicine processing may also be affected.



Simple steps you can take

- Maintain a health weight
- Avoid excessive alcohol and fatty foods
- Take medicines only as prescribed
- Have regular liver and kidney blood tests

