

CKD



Living well with
Chronic Kidney Disease

Taking charge of your kidney health

Why self-care matters

Looking after your kidneys helps protect your heart, liver and other organs. You can make a big difference through daily habits.

Every day actions that help

Keep hydrated, eat well, manage stress and stay physically active. Follow your care plan and attend all reviews.



Simple steps you can take

Take medicines correctly

Avoid over the counter painkillers unless approved

Stop smoking

Check blood pressure at home if advised

