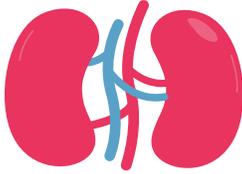


WHO IS AT RISK?

 <p>High blood pressure</p>	 <p>Diabetes</p>	 <p>Heart disease</p>
 <p>HIV and use of antiretroviral medicines</p>	 <p>Family history of kidney disease</p>	 <p>Overweight or obesity</p>



BE CAREFUL WITH:

- Overuse of herbal or traditional medicines
- Frequent or long-term use of painkillers, especially anti-inflammatory medicines (NSAIDs) such as ibuprofen



PROTECT YOUR KIDNEYS:

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Check your blood pressure regularly
- Take your medication as prescribed.



Stay physically active
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Control your blood sugar if you have diabetes
- Follow your treatment plan and attend clinic visits.



Reduce salt and processed foods
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Use medicines safely and consult a healthcare provider



Ask for kidney tests (blood test eGFR and urine test)
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Drink Enough Water



Stop smoking and limit alcohol