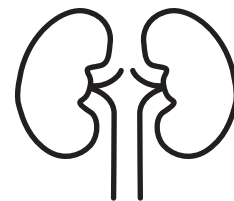


6 tips to live well with chronic kidney disease from our doctors and nephrologists



We're here to help you manage your chronic kidney disease (CKD). With some key changes to your diet and lifestyle, you can slow the progression of CKD, keep your kidneys healthier for longer, and avoid kidney failure.

1. Manage your blood pressure and diabetes

Protect your kidneys by managing diabetes and keeping your blood pressure at the goal set by your doctor. Proper control of those conditions is essential to your kidney health. Get your kidneys checked through a blood or urine test at least once a year.

2. Cook with whole foods for whole health

Make sure you meet with a nutritionist and your daily diet includes fresh fruit, vegetables, and lean meats. Our kidney health experts recommend a daily limit of 2,000 mg of sodium — equal to about one teaspoon of table salt.

3. Take your medicine

Always take your medication exactly as prescribed. Depending on your kidney function, the doses of other medications you take may need to be adjusted.

4. Make movement your daily mission

Set a goal to get moving for at least 30 minutes per day. Whether it be walking, dancing, or water aerobics, exercise helps you reduce stress while achieving your blood pressure goals.

5. Call it quits on smoking

Put down the vape and cigarettes once and for all. Smoking can worsen kidney damage and put you at risk for heart disease.

6. Sleep soundly

Don't underestimate the power of a good night's rest. Getting 7 to 8 hours of sleep each night is essential for your physical health — including lowering blood pressure — and for your mental well-being.



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