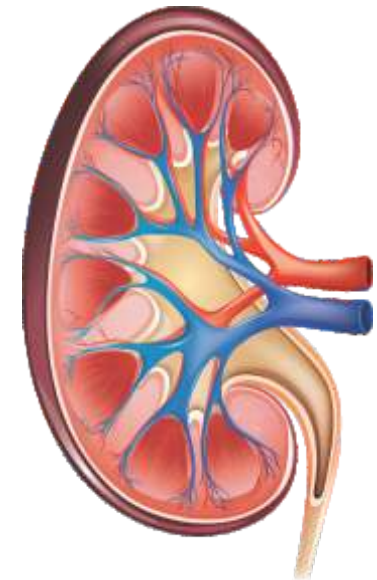




**KIDNEYGUARD**  
SHIELDING YOUR VITAL FILTERS



*Save  
your  
Kidneys*

What to do, once found to have early kidney disease?



Visit a Nephrologist



Control of Diabetes  
(Buy Glucometer  
machine at home) &  
regularly check sugar.



Strict control of BP (Buy  
BP machine at home  
and regularly check BP  
at home.



Use kidney specific and effective  
drugs to slow down kidney  
disease progression such  
as RAASi, SGLT2 inhibitors  
or MRAs eg Fineronone.

Remember, they are to be  
only decided, started and  
monitored by your  
Nephrologists.

**Thus CKD is Common,  
Harmful, but treatable  
& most important, it is  
a preventable disease.**

**Mumbai Kidney Foundation's**  
mission is to prevent and treat CKD.  
We create awareness, we conduct free  
camps for early detection, we provide free  
tests, medicines.

Call or WhatsApp our convenor  
for any help

Telephone number : **7678092434**

Visit our website for more details  
<https://mumbaikidneyfoundation.in>

10-14% of Indians have **Diabetes** and more than half of them are not even aware of it & 40% of these diabetic patients will develop Kidney disease after a decade.

30% of Indians suffer from **High BP** and more than half of them are not aware of it & 20-25% of these people with high BP will develop kidney disease.

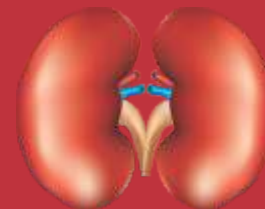
1/3<sup>rd</sup> of all Indians are **Overweight** and **Obesity** is an important cause of kidney disease in the world.

No wonder Chronic Kidney Disease is common and is taking Epidemic proportions because of these lifestyle diseases like Diabetes, High BP and obesity.



## How do I prevent Kidney Disease?

- ❁ Diabetes Mellitus, Blood Pressure & Obesity are the 3 main drivers of CKD, they make up 70 percent of the cause of CKD.
- ❁ Start following a healthy lifestyle from today - Join our **"Ek Chammach Kum"** & **"Char Kadam Jyada"** campaign, meaning 'Reduce salt, oil and sugar by 30%' and start walking at least 30 mins a day.
- ❁ Healthy lifestyle includes healthy diet which means stopping preserved food, bakery items, trans fat, sweetened beverages, red meat. Stop tobacco in all forms, limit alcohol intake to minimal. Start yoga, meditation and relaxation techniques.
- ❁ Join our newly commissioned **"Badlaav Clinic"** to get rid of compulsive behaviour, cravings and addictions with the help of our trained counsellors, dietician and life coaches.
- ❁ Avoid harmful drugs such as pain killers, some harmful antibiotics and some traditional Ayurvedic medicines containing heavy metals, Bhasmas etc.



## How do I know I have early Kidney disease?

◆ By doing simple blood and urine tests



Urine test for proteins in the urine especially micro albumin test called UACR test



Blood test called Creatinine test & eGFR test

## Who should do these Preventive tests ?



Diabetic patients



High BP patients



Obese or Overweight People



Those having family history of Kidney disease



Those having Kidney disease in past



Women who had difficult pregnancy



Senior Citizens



Those consuming pain killers for Migraine, Arthritis, Chronic Backache etc.

## How do i know, I have an early Kidney disease?



Dry and Itchy skin



Tiredness or weakness



Bubbly or foamy pee



Swelling of hands,  
feet, ankles



Puffy eyes



Trouble sleeping



Loss of appetite



Muscle cramps



Need to pee more often