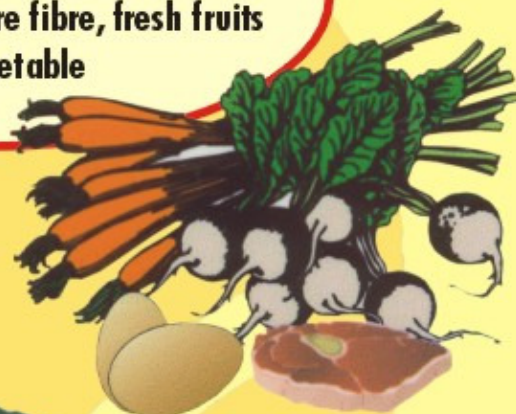


Prevention of kidney diseases

PREVENTION IS BETTER THAN CURE!

Balanced Diet

Reduce fat, salt and sugar content in your diet. Add more fibre, fresh fruits and vegetable



High Risk Group

Patient with diabetes mellitus, hypertension and family history of kidney diseases should have regular blood and urine test to monitor their kidney status



Exercise

Have regular exercise at least 3 times a week



Quit Smoking

Smoking damages blood vessel wall which can lead to atherosclerosis and ischemia of the kidneys



Avoid Unnecessary Medications

Certain medication are toxic to the kidneys in the susceptible individuals, especially if taken in large amount over long period of time

