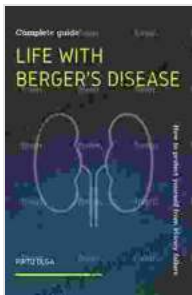


Complete Lifestyle Change Guide To Protecting Yourself From Kidney Failure

Kidney failure is a serious condition that can lead to disability and even death. However, there are many things you can do to protect yourself from kidney failure, including making lifestyle changes. This guide will provide you with everything you need to know about kidney health and how to make the necessary changes to protect yourself from kidney failure.



Life with Berger's disease: A complete lifestyle change guide to protecting yourself from kidney failure

by Scott Benner

★★★★☆ 4.8 out of 5

Language : English
File size : 2854 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 38 pages
Lending : Enabled



What is Kidney Failure?

Kidney failure occurs when your kidneys are no longer able to function properly. This can be caused by a number of factors, including:

- Diabetes
- High blood pressure

- Kidney disease
- Glomerulonephritis
- Polycystic kidney disease

When your kidneys fail, they can no longer filter waste products from your blood. This can lead to a build-up of toxins in your body, which can cause a number of health problems, including:

- Nausea and vomiting
- Fatigue
- Loss of appetite
- Swelling in your hands, feet, and face
- High blood pressure
- Anemia
- Bone disease
- Death

How to Protect Yourself From Kidney Failure

There are a number of things you can do to protect yourself from kidney failure, including:

- **Manage your blood sugar levels if you have diabetes.**
- **Control your blood pressure.**
- **Get regular kidney checkups if you have kidney disease.**

- **Take medication as prescribed by your doctor.**
- **Make healthy lifestyle choices, such as eating a healthy diet, getting regular exercise, and maintaining a healthy weight.**

Lifestyle Changes for Kidney Health

Making healthy lifestyle choices is one of the best ways to protect yourself from kidney failure. Here are some tips for making healthy lifestyle changes:

- **Eat a healthy diet.** A healthy diet for kidney health includes plenty of fruits, vegetables, and whole grains. It also includes lean protein and low-fat dairy products. Limit your intake of processed foods, sugary drinks, and unhealthy fats.
- **Get regular exercise.** Exercise helps to keep your heart and lungs healthy, and it can also help to lower blood pressure and blood sugar levels. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Maintain a healthy weight.** Being overweight or obese increases your risk of developing kidney disease and other health problems. If you are overweight or obese, talk to your doctor about a healthy weight loss plan.
- **Don't smoke.** Smoking damages the blood vessels and can increase your risk of developing kidney disease and other health problems.
- **Limit alcohol consumption.** Drinking too much alcohol can damage the liver and kidneys.

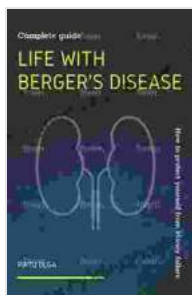
Success Stories

There are many people who have made lifestyle changes to protect themselves from kidney failure. Here are a few success stories:

- **John is a 55-year-old man who was diagnosed with type 2 diabetes 10 years ago.** He was told that he was at risk of developing kidney disease, so he made some lifestyle changes, including eating a healthy diet, getting regular exercise, and losing weight. John's kidney function has remained stable for the past 10 years, and he is grateful for the lifestyle changes he made.
- **Mary is a 60-year-old woman who was diagnosed with high blood pressure 15 years ago.** She was told that she was at risk of developing kidney disease, so she made some lifestyle changes, including taking medication to control her blood pressure, eating a healthy diet, and getting regular exercise. Mary's kidney function has remained stable for the past 15 years, and she is grateful for the lifestyle changes she made.

Kidney failure is a serious condition, but it can be prevented. By making healthy lifestyle choices, you can protect yourself from kidney failure and enjoy a long and healthy life.

If you have any questions about kidney health or kidney failure, please talk to your doctor.



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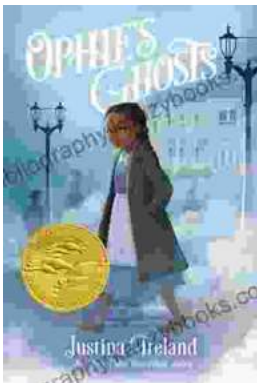
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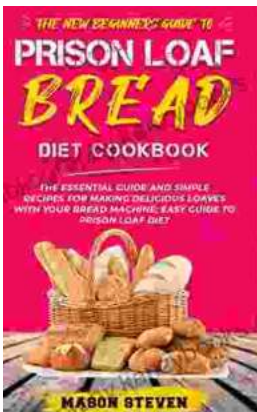
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