

What can I do to keep my Kidneys Healthy?

- If you have high blood pressure, take your medications and have your blood pressure checked regularly as poorly controlled high blood pressure can result in kidney disease
- If you have diabetes, ensure that your blood sugar levels are well controlled
- If you are elderly, or have high blood pressure, diabetes or a family history of hereditary kidney disease, you should see your doctor regularly so that kidney disease, if present can be detected early
- Eat a healthy and balanced diet
- Drink enough fluids/water
- Avoid obesity
- Stop smoking
- Engage in suitable amounts of physical activity and exercise
- Be aware that certain medications can result in or worsen kidney disease

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URL: <http://www.kidneydoctor.sg>