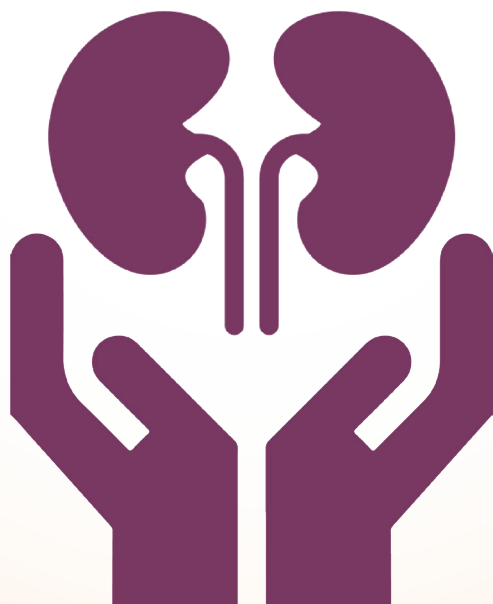


# Protecting your kidneys



Your kidneys explained  
and chronic kidney disease

**KING'S**  
*College*  
**LONDON**



# What do your kidneys do?



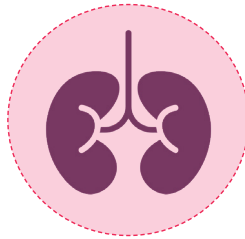
Filter your blood



Balance your salt and mineral levels



Produce hormones  
(which make red blood cells)



Naturally remove medications



Regulate your blood pressure



Make urine



Protect your bone health

# What is Chronic Kidney Disease?



“Chronic” meaning long-term or irreversible



“Kidney disease” meaning damage to your kidneys over time (i.e. they do not work as well as they should do)



Affects 10% of the population (up to 20% in the elderly)



Often people have no symptoms in the early to middle stages



Most common causes are high blood pressure and/or diabetes



Other risk factors include: Smoking, obesity (BMI>30), heart disease, family history of kidney disease



↑ risk of heart attacks and strokes, high blood pressure, kidney failure, high potassium



Your risk of these conditions increases with more advanced disease



# The Point-of-Care (POC) Kidney Clinic



## Useful links

Facts about your kidneys  
Kidney Care UK



For more detailed information  
about your kidneys  
(available in 40 languages)



## What should I read next?

2 – How we check your kidney health

