Tips for keeping your kidney function stable

- Exercise regularly
- Stop smoking / do not smoke
- Limit alcohol
- Eat healthy food / possibly follow a diet
- Reduce salt consumption
- Pursue a healthy weight
- Get vaccinated
- Good glycaemic control in diabetic patients
- Use medicines only after doctor's advice
    - o Anti-inflammatories only after doctor's advice!
    - o In case of vomiting and/or diarrhoea, consult your GP as certain medication may have to be temporarily adjusted to avoid dehydration!
    - o Make yourself known to every healthcare provider you consult and to every examination, identify yourself as a kidney patient using your kidney card!

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