



## Living With Chronic Kidney Disease

**Overview**

If you've been diagnosed with chronic kidney disease, you may be facing some unexpected challenges. But kidney disease doesn't have to take over your life. Use these simple strategies to manage it.

**Take an active role in your own care**

First, take an active role in your own care. Find a doctor you like, and get regular checkups. Work with your health care team to monitor your kidney health. Learn about your condition. Ask questions when you don't understand something. And take your medications as directed.

**Take care of your body**

Take care of your body. Eat a healthy diet. You can work with a dietician to develop a meal plan that's right for you. Maintain a healthy weight. Make physical activity part of your daily routine. Try to be active for thirty minutes or more on most days. Don't smoke, and make sure you get enough sleep.

**Control blood pressure and blood glucose**

You'll need to control your blood pressure, because high blood pressure is bad for your kidneys. If you have diabetes, you'll also want to make sure your blood glucose is at a safe level. Your doctor can show you how to check your blood glucose and tell you what number is too high for you.

**Take care of your mind**

You also need to take care of your mind. So minimize things that cause stress in your life. Breathing exercises, meditation or other relaxation techniques may be helpful. And if you are depressed, tell someone. Talk to your doctor so you can get the treatment you need.

**Conclusion**

If you take an active role in your care and follow your doctor's advice, you can learn to manage your chronic kidney disease successfully.