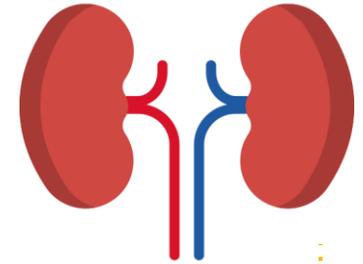


Hello.....



This is your plan to stay well.

You have **chronic kidney disease**...now what ?

So your kidney's are damaged, but don't panic.

It's really common. Nearly 3 million adults in the UK have chronic kidney disease (CKD).

It's good we spotted it, because it means we can help you to try to slow down the damage to the kidneys.

If it was caused by high blood pressure, diabetes, smoking or being overweight, then now is the time to act. If it's because your getting older, there is still things you can do to help yourself.

Visit the [patient.co.uk](https://www.patient.co.uk) website, and search for 'Chronic kidney disease' to learn more.

What next ?



Rarely if the kidney damage get's too bad, you might need dialysis. If you end up needing dialysis, there is a 50% chance you will not live past 5 years!

This is why it's so important to make sure your kidney's are the best they can be. We can check how good your kidneys are working by a blood test and a urine sample.

The number of times you will need to do these tests depends on how low your kidney number goes. We will let you know when you should book.

Did you know

The urine needs to be the first of the morning.

Did you know

You should not eat meat the evening before the blood test, because it affects the result.