

In the early stages of kidney disease, you are unlikely to notice any obvious symptoms. Sometimes there are none at all until a few weeks before dialysis is needed.

Symptoms you need to look out for, that can occur in the later stages are:

- Feeling sick
- Feeling tired
- Blood in your wee
- Difficulty sleeping (insomnia)
- Unusually out of breath
- Poor appetite and weight loss
- Erectile dysfunction in men
- Swollen ankles, feet or hands
- An increased need to wee
- Muscle cramps
- Headaches
- Itchy skin



To see if you are at risk, take our **FREE** health check online:
www.takeaweelook.org
or talk to a healthcare professional.

Who we are

As the largest kidney research charity in the UK, nothing is going to stop us in our urgent mission to end kidney disease. We're here to be heard, to make a difference, to change the future. This is a disease that ruins and destroys lives. It must be stopped.

Over the past 60 years, our research has made an impact. But kidney failure is rising, as are the factors contributing to it, such as diabetes and obesity.

Today, we are more essential than ever.

Kidney disease affects three million people in the UK, treatments can be gruelling and currently there is no cure. Only research will end this.

If you'd like to know more about how you can get involved or contribute a gift then please visit:

🖱 www.kidneyresearchuk.org

☎ 0300 303 1100

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**kidney disease
ends here.**



Registered charity no. 252892,
Registered Scottish charity no. SC039245



Take a wee look.

Your urine holds the clues.

Blood and protein in your urine could be signs of kidney problems.

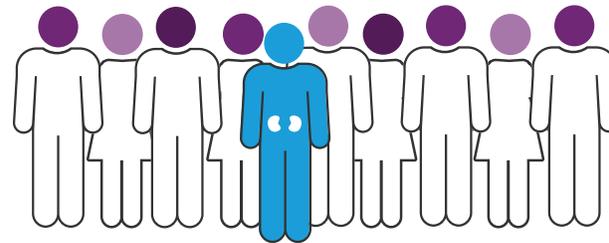
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Did you know your kidneys do the most amazing job in your body?

Your kidneys are so important:

- Your kidneys filter around 180 litres of blood every day.
- They keep your whole body healthy by removing harmful 'waste products' that your body doesn't need through your wee.
- They clean all your blood 40 times per day.
- They regulate your blood pressure.
- It's not always obvious when they are not in tip top condition. When they go wrong and are left unchecked, it can be fatal.



1 in 10

people will suffer from kidney disease during their lifetime

Kidney disease can affect anyone at any time, but you are more likely to develop it if you:

- Suffer from diabetes
- Are overweight or obese
- Have high blood pressure
- Are from a minority ethnic group
- Are a smoker
- Have cardiovascular disease (conditions affecting the heart or blood vessels.)
- Have a family history of kidney disease

Kidney disease is the **10th** most common cause of death worldwide

Our kidneys are vital organs, helping keep our blood clean, chemically balanced and maintaining our body's overall health. When your kidneys go wrong it is life-changing.



Did you know there is a quick and easy way for you to check your kidney health?

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