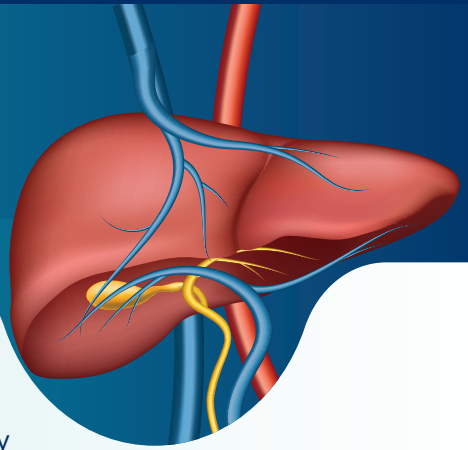


Kidney Disease



In South Africa, the two most common conditions that cause kidney damage are high blood pressure and uncontrolled diabetes. It's important to realise that many of the dangerous kidney disorders can be "silent". In other words, it may be too late to prevent serious kidney dysfunction with the onset of symptoms and signs of kidney disease.

Here are some of the symptoms of kidney damage:

- Fatigue
- Shortness of breath
- Feeling very itchy
- Swelling of hands and feet
- Swollen or puffy face
- Metallic taste when eating
- Foamy urine

You can follow the following steps to prevent kidney disease

- Keep fit and active
- Monitor your blood pressure and blood glucose levels
- Avoid smoking
- Limit over-the-counter medication
- Maintain a healthy weight

Talk to a Platinum Health healthcare provider if you require more information.



**PLATINUM
HEALTH**