



## BUILDING PATHS TO BETTER KIDNEY CARE

CHRONIC KIDNEY DISEASE IS A SERIOUS CONDITION THAT AFFECTS ONE IN SEVEN U-S ADULTS. BEING AN ACTIVE PARTICIPANT IN YOUR CARE IS IMPORTANT.

WORK ALONGSIDE YOUR HEALTHCARE TEAM TO IDENTIFY THE TREATMENT PLAN THAT FITS YOUR LIFESTYLE, MOBILITY, HEALTH STATUS AND DIETARY NEEDS.

YOUR PATH CAN INCLUDE PHYSICAL ACTIVITY LIKE WALKING OR TAKING THE STAIRS, A HEALTHY MEAL PLAN WITH FOODS YOU ENJOY OR A SLEEP ROUTINE THAT HELPS YOU GET ENOUGH REST.

VISIT [N-I-D-D-K--DOT--N-I-H--DOT--GOV.](https://www.nih.gov)