

Take a wee look.

Your urine holds the clues.

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

To see if you are at risk, take our FREE health check online:

www.takeaweelook.org

or talk to a healthcare professional.



**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.

Around 10%

of the UK
population
have chronic
kidney disease.



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



Almost every hour,
someone starts treatment
for kidney failure.

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?

Take our **FREE**
online health check at:

 www.takeaweelook.org



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 leading 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.

Our vision is the day when everyone lives free from kidney disease and for more than 60 years the research, we fund has been making an impact. But kidney disease is increasing, as are the factors contributing to it, such as diabetes, cardiovascular disease and obesity, making our work more essential than ever.

There are estimated to be 7.2 million people in the UK currently living with chronic kidney disease, more than 10% of the entire population. Treatments can be gruelling and currently there is no cure.

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

    

**kidney disease
ends here.**



FUNDRAISING
REGULATOR

Registered charity no. 252892,
Registered Scottish charity no. SC039245
May 2025