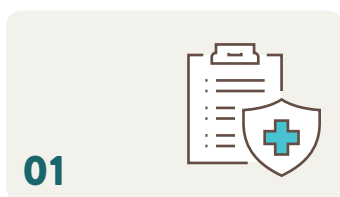




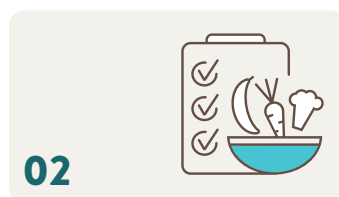
Thanks to innovative research, the future will bring more paths for preventing and treating kidney disease. Going beyond a one-size-fits-all approach, treatments will be targeted to your disease type, environment, and lifestyle. **The path you build should be personalized**, a plan you can stick to, and gives you flexibility to make adjustments along the way. Remember, what works for someone else may not work for you, but every step you take can help keep your kidneys healthier longer.

Some ways you can personalize your kidney care include:



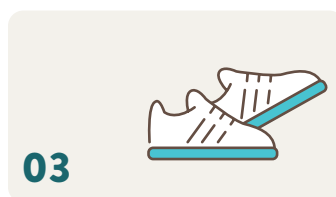
01

Partnering with your health care team to create a treatment plan that fits your lifestyle, mobility, health status, and dietary needs.



02

Building a healthy meal plan with foods and beverages you enjoy.



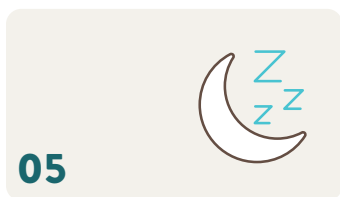
03

Picking physical activities you can stick to—aim for at least 30 minutes of activity each day.



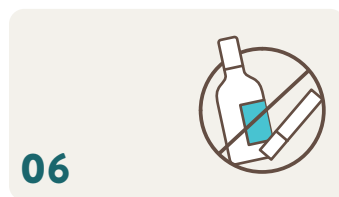
04

Maintaining a healthy weight—if you are overweight, losing even small amounts of weight can help to relieve strain on your heart and kidneys.



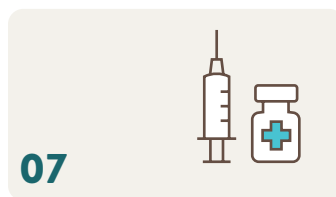
05

Developing a sleep routine that allows you to get 7 to 8 hours of sleep a night.



06

Taking steps to quit smoking and limit alcohol.



07

Staying up to date on recommended vaccines, including COVID-19 and the flu.

Start building your path to better kidney care today!

Visit niddk.nih.gov for more information on how to build a path to better kidney care and for the latest NIDDK kidney research.