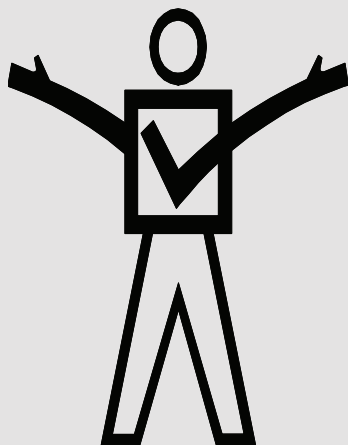





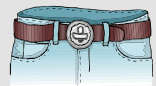


Fluid Intake it's NO laughing matter



Check for



- ♦ Puffy  eyes
- ♦ Swollen  ankles
- ♦ Breathlessness 
- ♦ High blood  pressure
- ♦ Feeling  sick
- ♦ Tight clothing,  tight belt

To Get in Balance

Ask Your health care team:

- How much fluid should I drink a day?
- Should I reduce salt intake?
- Are there foods high in fluid I should avoid?
- Can I have any alcoholic beverages?

Remember to:

- Follow your renal diet. Cut down on foods that make you want to drink water (like salty/spicy/dry foods).
- Take your medications.
- Make your fluids last longer.
- Exercise where or when it's cool.



Facilitating the achievement of optimal
wellness for kidney disease patients.

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