

# Congrats! You are safe. But use these tips to avoid chronic kidney disease in future.

## Control your blood pressure

The most important step you can take to treat kidney disease is to control your blood pressure. High blood pressure can damage your kidneys.

## Meet your blood glucose goal if you have diabetes

To reach your blood glucose goal, check your blood glucose level regularly. Use the results to guide decisions about food, physical activity, and medicines. Ask your health care provider how often you should check your blood glucose level. **If you are non-diabetic then maintain your blood sugar in the normal range.**

**Pro Tip | Now that you are safe from chronic kidney disease, why not spread the word with your friends!**

## Make physical activity part of your routine

Be active for 30 minutes or more on most days. Physical activity can help you reduce stress, manage your weight, and achieve your blood pressure and blood glucose goals. If you are not active now, ask your health care provider about the types and amounts of physical activity that are right for you.

## Don't be overweight

Being overweight makes your kidneys work harder and may damage your kidneys. The NIH Body Weight Planner is an online tool to help you tailor your calorie and physical activity plans to achieve and stay at a healthy weight.

## Get enough sleep

Aim for 7 to 8 hours of sleep each night. Getting enough sleep is important to your overall physical and mental health and can help you meet your blood pressure and blood glucose goals

Feedback | We'll be just more than glad if you liked it. You can help us tell where we went wrong. Why not share your feedback? Go to <https://ayushanand18.github.io/nephron-ai/contribute>.

## Stop smoking

Cigarette smoking can make kidney damage worse. Quitting smoking may help you meet your blood pressure goals, which is good for your kidneys, and can lower your chances of having a heart attack or stroke. For tips on quitting, go to [Smokefree.gov](https://www.smokefree.gov).

## Reduce stress and depression

Long-term stress can raise your blood pressure and your blood glucose and lead to depression. Some of the steps that you are taking to manage your kidney disease are also healthy ways to cope with stress. Depression can make it harder to manage your kidney disease.

**Thank you so much!**