

# Take a wee look.

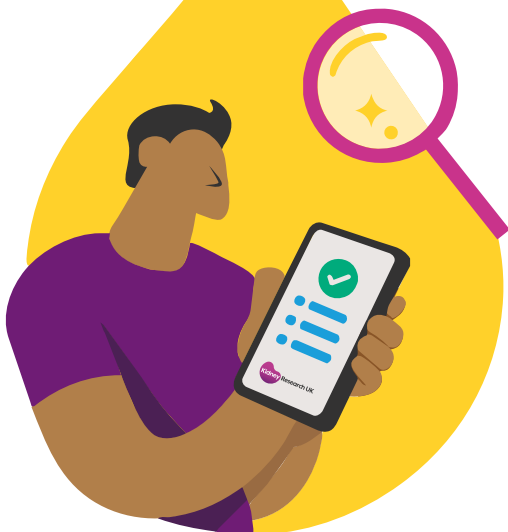
**Your urine holds the clues.**

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](http://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:**

- Live with diabetes
- Have overweight or obesity
- 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](http://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



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## Who we are

Kidney disease is a growing global problem and its wide-ranging impacts can be devastating for individuals and families. Every day in the UK, tens of thousands of people face the physical, emotional and financial burden of dialysis.

Since 1961, we have helped shape the treatment and care of people living with kidney disease. Now, as the leading kidney research charity in the UK, we are driving faster progress for everyone affected by the disease.

It is estimated that there are 7.2 million people in the UK currently living with chronic kidney disease, more than 10% of the population, and rising fast.

Today we are more essential than ever. Only our research can end kidney disease.

If you'd like to know more about how you can get involved or contribute a gift then please visit:

 [www.kidneyresearchuk.org](http://www.kidneyresearchuk.org)

 0300 303 1100

**kidney disease  
ends here.**



FUNDRAISING  
REGULATOR

Registered charity no. 252892,  
Registered Scottish charity no. SC039245  
March 2026