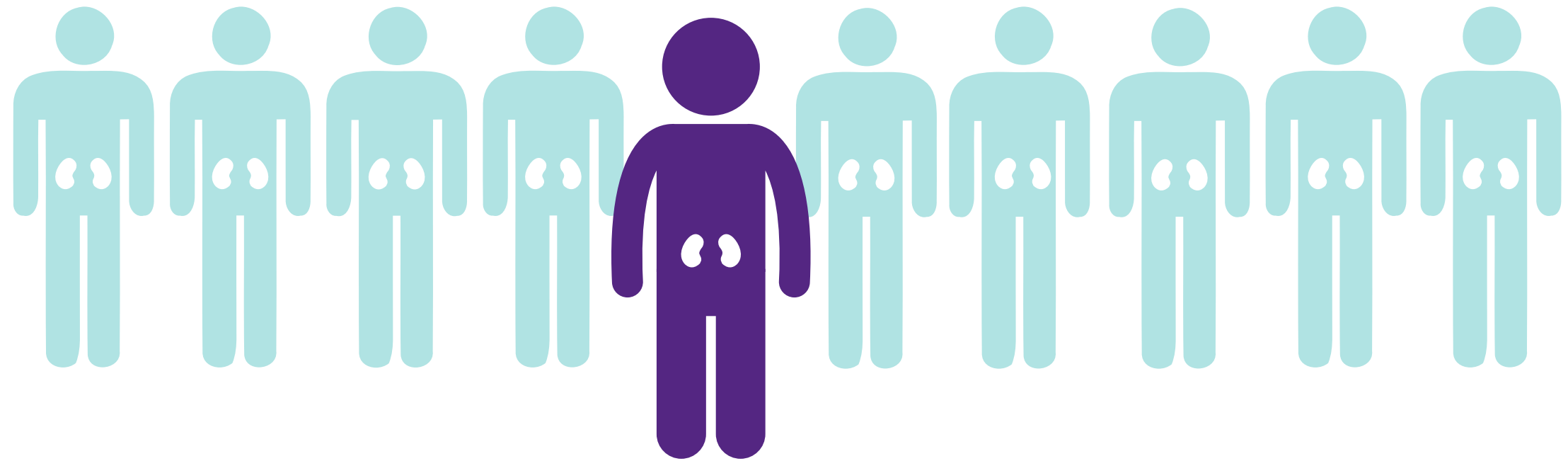




# MYTH: Kidney disease is a rare condition.



1/10

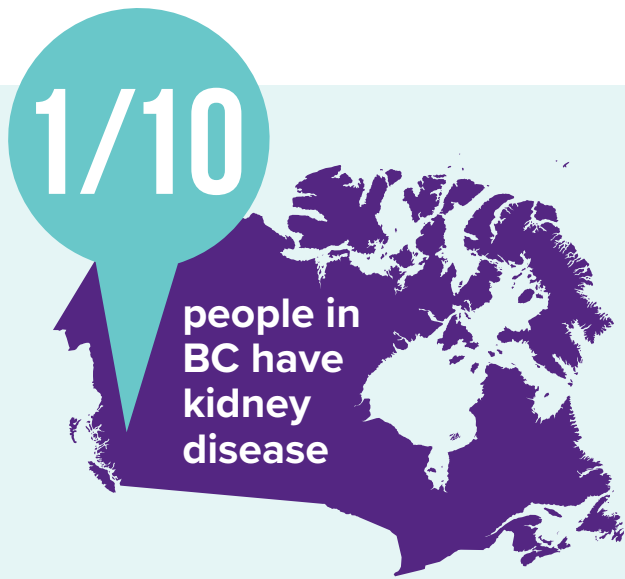
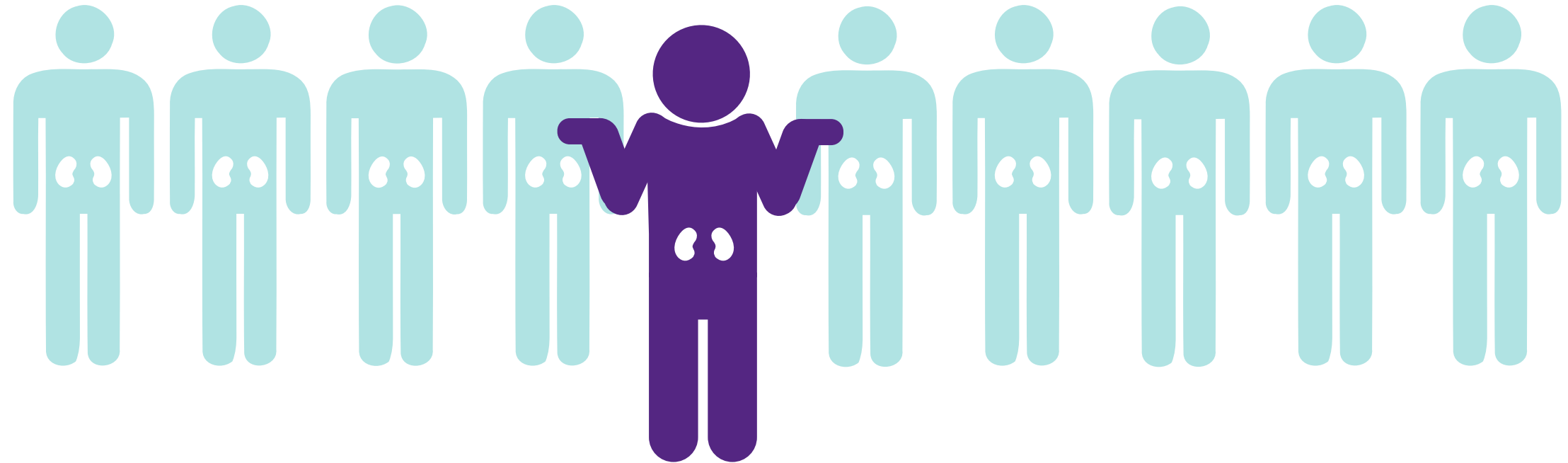
people in BC have kidney disease

## REALITY:

One in ten Canadians has some degree of kidney disease, and it's one of the fastest growing illnesses in BC.



# MYTH: There's no way to prevent kidney disease.

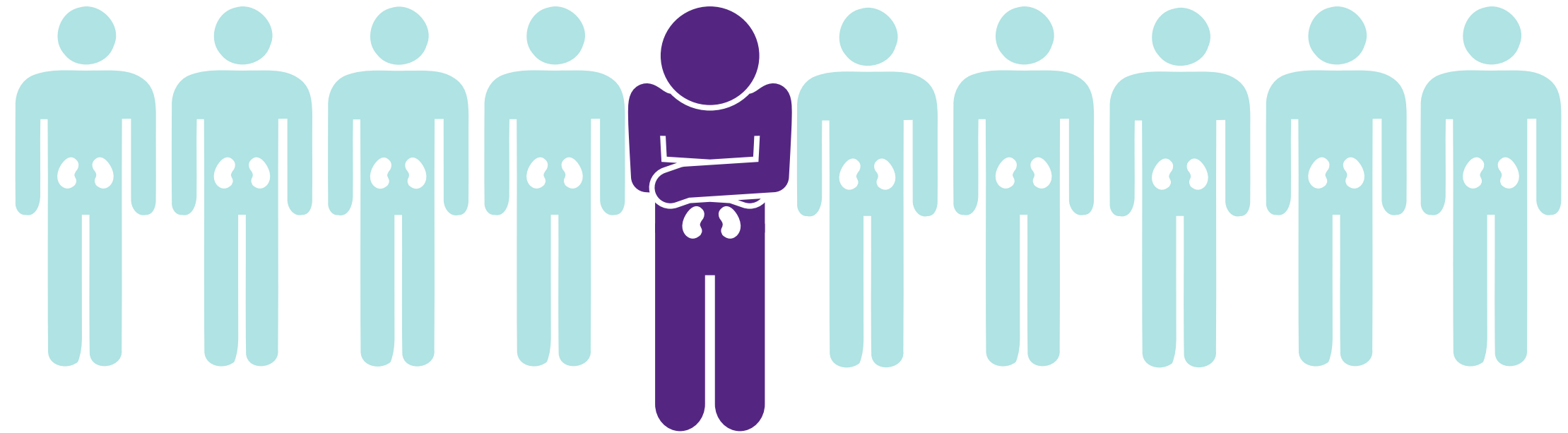


## REALITY:

Kidney disease involves genetic and lifestyle factors, including high blood pressure and heart disease. You can reduce your risk through a healthy diet and regular exercise.



# MYTH: If you have kidney disease, You'll know it.



1/10

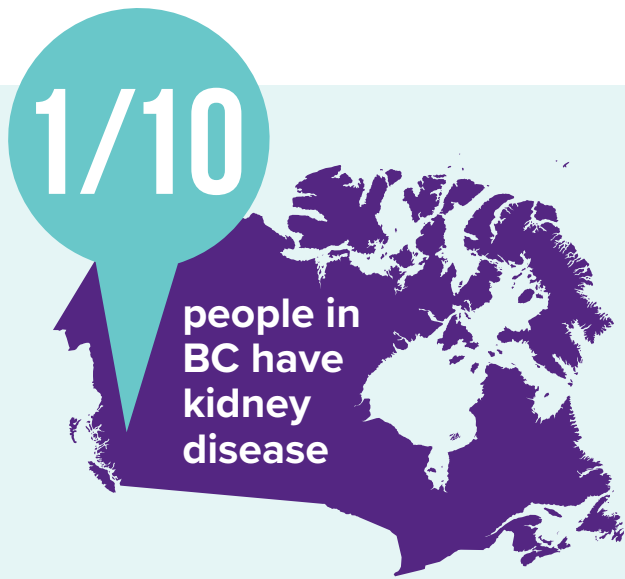
people in BC have kidney disease

## REALITY:

Kidney disease is a “silent” disease, with virtually no symptoms in its early stages. A person can lose up to 90% of their kidney function before symptoms appear, and some symptoms - tiredness and appetite loss - can be mistaken for something less serious.



# MYTH: There's nothing you can do if you are diagnosed with kidney disease.



## REALITY:

If diagnosed early, many people are able to slow the course of the disease with the support of their kidney care team. This includes taking medication, eating a healthy diet and getting regular exercise.