

Self Management ^[1]

Self-management is the management of one's own health by receiving education and information related to your specific health needs. Individuals also make informed choices regarding treatment and follow up on your health needs. The goal is to take control of your care while working with your health care team to obtain your objectives.

Kidney Citizen:

- [Staying Well with Chronic Kidney Disease: Basic Guidelines for Eating and Exercise](#) ^[2]

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Source URL: <http://www.dpcedcenter.org/self-management>

Links

[1] <http://www.dpcedcenter.org/self-management>

[2] <http://dpcedcenter.org/staying-well-chronic-kidney-disease-basic-guidelines-eating-and-exercise#overlay-context=>