

KIDNEY HEALTH FOR EVERYONE EVERYWHERE

World Kidney Day is a global campaign aimed at raising awareness of the importance of our kidneys. For more info, visit www.worldkidneyday.org.



DID YOU KNOW?

- 850 million people worldwide are now estimated to have kidney disease from various causes.
- Chronic kidney disease (CKD) is a **SILENT KILLER** and causes at least 2.4 million deaths per year and is now the 6th fastest growing cause of death.
- Many types of kidney disease can be prevented, delayed and/or controlled when appropriate preventative measures are in place.

WHY ARE YOUR KIDNEYS SO IMPORTANT TO YOUR HEALTH?

- Your kidneys filter about 200 quarts of blood every day to remove waste, toxins, and extra water. The waste produced by your kidneys becomes urine and flows to your bladder where it is collected until you need to urinate.
- Your kidneys also release many important hormones. Some hormones help make red blood cells. Others regulate your blood pressure and help balance calcium for healthy bones.

WHAT CAN YOU DO TO TAKE BETTER CARE OF YOUR KIDNEYS?

- Get tested to see how well your kidneys are currently functioning. Testing is done with two simple tests using your urine and blood.
- Adopt a healthy lifestyle by following a low-salt diet.
- Control your blood sugar if you have diabetes.
- Maintain a healthy blood pressure level.
- Exercise at least 30 minutes every day.
- Limit your use of tobacco and alcohol.



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