



## LET'S CELEBRATE KIDNEYS IN MARCH

Join us in celebrating everything kidneys this month.

**National Kidney Month** is celebrated the entire month of March and is a time when communities across the U.S. increase awareness about kidney disease.

**World Kidney Day** is a global campaign aimed at raising awareness of the importance of our kidneys and is celebrated every year on the second Thursday of March. In 2021, we will celebrate it on March 11, 2021.

Chronic kidney disease (CKD) is a condition that currently affects approximately 37 million people. CKD is most commonly caused by diabetes, high blood pressure and heart disease and is sometimes overlooked until symptoms appear. If CKD is left untreated, it can put you at risk for serious health complications including kidney failure.

By adopting a healthier lifestyle, you can better manage and slow the progression of CKD and its complications. Below are just a few tips that can help you to take charge of your kidney health:

- Manage your blood pressure and monitor your blood glucose levels.
- Take your medications as prescribed and avoid over-the-counter medication taken for inflammation and pain.
- Keep your regular appointments with your health care team.
- Strive for a healthy weight and follow a healthy meal plan and add at least 30 minutes of physical activity to your daily routine
- Get at least 7 to 8 hours of sleep each night.



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