

Our kidneys are amazing!

Their main job is to remove toxins and excess water from our blood. Kidneys also help to control our blood pressure, to produce red blood cells and to keep our bones healthy.

Kidney Disease is common, harmful & treatable

Here are some ways to keep yours healthy:

- **Have your kidney function checked** regularly by your GP if you are diabetic. In the Western World, 30% - 40% of patients with kidney failure have Type 2 diabetes.
- **Keep your weight in check** - this can help prevent diabetes, heart disease and other conditions associated with kidney disease.
- **“Keep the Pressure Down”** Know your blood pressure. High blood pressure accelerates kidney damage. To protect yourself from kidney disease you should: monitor your blood pressure regularly; maintain a diet low in salt and saturated fats; keep a healthy body weight and don't smoke.
- **Keep fit and active** - this helps to reduce your blood pressure and therefore reduces the risk of kidney disease.
- **Don't smoke** - cigarette smoking slows blood flow to the kidneys, decreasing their ability to function properly. Quit smoking to slow the progression of kidney disease.
- **Know your kidney function** - if anyone in your family has suffered from kidney disease, or if you are of Asian or African ancestry, it is particularly important to get your kidney function checked by your GP.

Take a moment this World Kidney Day to learn more about your amazing kidneys.
Remember to treat your kidneys right and they should look after you!



World Kidney Day is celebrated in almost 100 countries worldwide on the second Thursday in March every year. The aim is to raise awareness of the importance of healthy kidneys.
For more information: www.worldkidneyday.co.uk or telephone: 01483 724472