

**KIDNEY  
HEALTH**  
FOR EVERYONE  
EVERYWHERE

14<sup>TH</sup>  
MARCH  
2019



World Kidney Day  
is a joint initiative of



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# Are you kidney aware?

**Kidneys are essential to our health and one of the most important organs in the body. Although anyone can develop kidney disease, there are a few things that can increase your risk - diabetes, high blood pressure, cardiovascular (heart) disease or a family history of kidney disease. In addition if you are from a black, Asian or minority ethnic background, you are more likely to develop kidney failure as kidney disease can progress more rapidly.**

## How to improve your kidney health



**Keep fit  
and active**



**Monitor your  
blood pressure**



**Don't  
smoke**



**Eat healthily  
and keep  
your weight  
in check**



**Get your kidney  
function checked  
if you are at  
increased risk**



**Keep well  
hydrated**

World Kidney Day in the UK is led by  
the Kidney Charities Together Group



**Contact us...**

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