

World Kidney day.



*Your kidneys are two of the most important organs in your body.
They filter your blood and help get rid of waste products from your body.*

What you can do for your kidneys?

- ☞ Keep fit and be active.
- ☞ Check and control your blood sugar.
- ☞ Check and control your blood pressure.
- ☞ Follow healthy eating habits.
- ☞ Drink enough water.
- ☞ Do not smoke.
- ☞ Do not regularly take over-the-counter anti-inflammatory and pain-killer pills.

Get your kidney function checked if you have one or more of the 'high risk' factors

- ☞ Diabetes.
- ☞ Hypertension.
- ☞ You are obese.
- ☞ You have a family history of kidney disease.