



March is National Kidney Month, making it a great time to take charge of your health by lowering your chances of developing kidney disease. Your kidneys filter your blood to remove waste and extra water to create urine. They also make vital hormones that produce red blood cells, promote bone health and regulate blood pressure. As such, the kidneys play a vital role in your body.

The National Kidney Foundation reports that 1 in 3 adults are at risk for life-threatening kidney disease, but most don't even know it.

Risk Factors

Kidney disease is a leading cause of death in the United States. Today, 15% of Americans are affected by kidney disease—and most won't have symptoms unless their kidneys fail. There are numerous physical signs of kidney disease, but most people attribute them to other conditions. If you have one of these risk factors, you may be at risk for kidney disease:

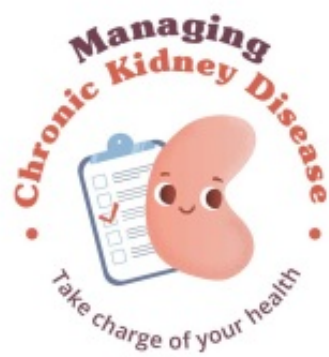
- High blood pressure
- Heart disease
- Diabetes
- Excess weight
- Family history of kidney disease

Kidney-friendly Lifestyle Tips

Your kidneys work hard for you, so taking good care of them is essential. Consider these tips:

- Get tested. Regular screening for kidney damage or disease can allow you to keep track of your kidney's health and help prevent future damage.
- Reduce over-the-counter drug usage. Nonsteroidal anti-inflammatory drugs (e.g., ibuprofen) can cause kidney damage if taken regularly, so never exceed the recommended dosage.
- Exercise regularly. Exercising helps lower your blood pressure and boost heart health—both critical factors in preventing kidney damage. Focus on being active for at least 30 minutes a day.
- Eat a healthy diet. Studies reveal that eating whole grains, nuts, fruits and vegetables is one of the best ways to keep kidneys healthy. A plant-based diet may also help prevent and treat kidney disease.
- Drink plenty of fluids. Water helps flush sodium and toxins from your kidneys. It's recommended that men should get about 15.5 cups of fluids each day, and women need about 11.5 cups.

Contact your doctor for more information about kidney health and warning signs of kidney disease.



Helpful Tips for Managing Your Kidney Disease

Chronic kidney disease (CKD) is a serious condition affecting around 35.5 million people. CKD is often overlooked until symptoms appear, but the earlier you start taking charge of your health, the better. Adopting a healthy lifestyle can help you manage CKD and its complications. It may seem difficult, but small changes can mean a lot. Regardless of whether you're experiencing symptoms, help to keep your kidneys, and yourself, healthier for longer.

Follow these healthy lifestyle habits to take charge of your kidney health.



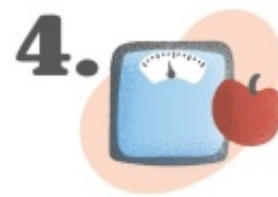
1. Stay connected with your **doctor** — in-person or using your computer, tablet, or smartphone.



2. Learn to manage your **blood pressure**, and if you have diabetes, monitor **blood glucose** levels.



3. **Avoid NSAIDs** like ibuprofen and naproxen and take **medicines** as prescribed.



4. Work with your doctor to develop a **healthy meal plan** and aim for a **healthy weight**.



5. **Reduce stress** and make **physical activity** a part of your daily routine.



6. Aim for 7 to 8 hours of **sleep** each night.



7. Take steps to **quit smoking**.

Take charge of your kidney health.

Visit niddk.nih.gov for more information on managing chronic kidney disease.



Follow Us @NIDDKgov

What can I do to keep my kidneys healthy?

You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes and high blood pressure. The steps described below may help keep your whole body healthy, including your kidneys. During your next medical visit, you may want to ask your health care provider about your kidney health. Early kidney disease may not have any symptoms, so getting tested may be the only way to know your kidneys are healthy. Your health care provider will help decide how often you should be tested.



Make healthy food choices

Choose foods that are healthy for your heart and your entire body: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat or fat-free dairy products. Eat healthy meals, and cut back on salt and added sugars. Aim for less than 2,300 milligrams of sodium each day. Try to have less than 10 percent of your daily calories come from added sugars.



Make physical activity part of your routine

Be active for 30 minutes or more on most days. If you are not active now, ask your health care provider about the types and amounts of physical activity that are right for you. Add more activity to your life with these tips to help you get active.



Explore stress-reducing activities

Learning how to manage stress, relax, and cope with problems can improve emotional and physical health. Physical activity can help reduce stress, as can mind and body practices such as meditation, yoga or tai chi

[See other ways to keep my kidneys healthy](#)

Are You Getting Enough Water?

To prevent dehydration, you need to consume adequate amounts of fluid. Dehydration can increase your risk of illnesses and cause health problems, such as fatigue and muscle weakness. Men should get about 3.7 liters (15 ½ cups) of fluids each day, and women need

about 2.7 liters (11 ½ cups). Remember that the water content of the foods you eat counts as well.

You need to get enough water for your body to operate at its best. Make water your beverage of choice, and consider these simple tips to help achieve your daily water intake:

- Drink a glass of water with each meal and between each meal.
- Hydrate before, during and after exercise.
- Carry a reusable water bottle with you for easy access during the day.
- Choose sparkling water instead of alcoholic drinks or soft drinks.

March Jokes

Why did the college basketball player sign up for the crafting class?
He wanted to learn how to make baskets!

Where do basketball players get their uniforms?
New Jersey

What's a basketball player's favorite type of party?
A block party!

Brown and Brown | 11711 N. Meridian St. Suite 100 | Carmel, IN 46032 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!