

Thursday,  
March 12, 2020



## LET'S TALK KIDNEYS

**What is World Kidney Day and why is it so important?** Celebrated every year on the second Thursday of March, World Kidney Day is a global campaign aimed at raising awareness of the importance of our kidneys. Learn more below about how to take better care of your amazing kidneys with early detection and prevention. In 2020, we will celebrate World Kidney Day on Thursday, March 12, 2020.

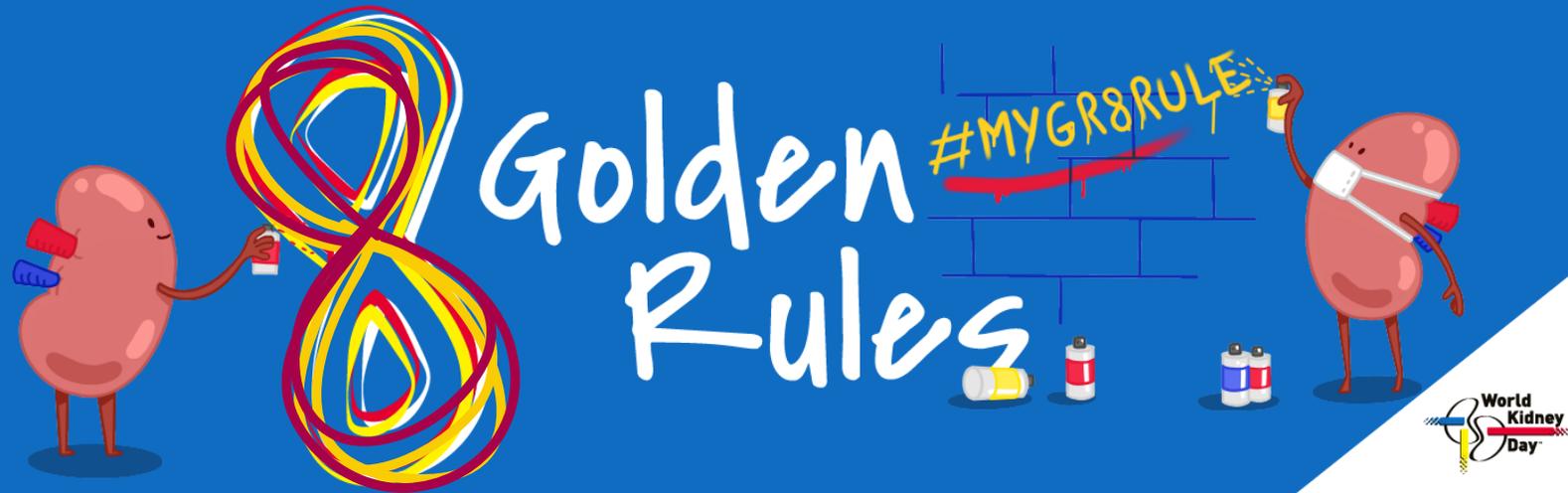
**What is Chronic Kidney Disease?** Chronic kidney disease (CKD) means that your kidneys are damaged and are unable to filter blood the way they should. Chronic kidney disease is a health condition characterized by the gradual loss of the function of your kidneys over time. It currently affects around 850 million people worldwide. It is estimated that one in seven U.S. adults has chronic kidney disease (CKD).

**How is Chronic Kidney Disease detected? How will I know if I have it?** Detection is easy with these two simple tests: a blood test that checks how well your kidneys are filtering your blood, called GFR. GFR stands for glomerular filtration rate; or a urine test to check for albumin. Albumin is a protein that can pass into the urine when the kidneys are damaged or not functioning well.

**How can Chronic Kidney Disease be prevented? Let's talk about ways to help prevent CKD.** Kidney disease can be prevented and the progression can be delayed with early detection and treatment. Get tested annually by your primary care physician especially if you have diabetes, high blood pressure or have a family history of kidney disease or kidney failure. Look after your kidneys to prevent the progression of kidney disease by following these simple rules: stay active and keep fit, eat a healthy diet, control your blood sugar and blood pressure, and drink plenty of fluids.

You should also stop smoking, limit the amount of over-the-counter NSAIDS (anti-inflammatory/pain-killers) that you take and follow the orders of your nephrologist on how to best care for yourself in order to slow the progression of and complications of kidney disease.

**Remember, World Kidney Day is just one day that we are reminded to take good care of our kidneys. We invite you to join us in sharing the importance and awareness of the prevention, detection and ability to live well with kidney disease. Let's talk KIDNEYS every day this year!**



## LEARN TO TAKE GOOD CARE OF YOUR KIDNEYS EVERYDAY BY FOLLOWING THESE 8 RULES

- 1 Keep fit, be active
- 2 Eat a healthy diet
- 3 Check and control your blood sugar
- 4 Check and control your blood pressure
- 5 Take appropriate fluid intake
- 6 Don't smoke
- 7 Don't take over-the-counter anti-inflammatory/pain-killer pills regularly
- 8 Get your kidney function checked if you have any 'high risk' factors such as diabetes, hypertension or obesity

- Learn more about these and other ways to take great care of your kidney by visiting [worldkidneyday.org](https://worldkidneyday.org).
- Find out how you can participate in the #MyGr8Rule challenge by visiting [worldkidneyday.org/2020-campaign/mygr8rule/](https://worldkidneyday.org/2020-campaign/mygr8rule/).
- Check out DNA's 2020 World Kidney Day Video at [vimeo.com/394081078](https://vimeo.com/394081078).



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