



March is National Kidney Month

March 1, 2021

March is National Kidney Month. This is the time of the year when communities come together to raise awareness of kidney disease and other conditions that can cause serious health complications like kidney failure. Kidney disease can also be referred to as renal disease and nephropathy. Chronic Kidney Disease (CKD) is a serious condition affecting 37 million people. This is a condition where the kidneys have prolonged abnormalities that last over three months. Adopting a healthy lifestyle can help with the symptoms and even slow down the progression of CKD.

Your kidneys keep your healthy. They filter wastes from the blood and direct the production of red blood cells. They also help the blood by regulating mineral levels and blood pressure. Because of what your kidneys do for your body, they can cause other problems when they don't work properly. Besides Kidney Failure, CKD can also cause Heart Attacks, Strokes, High Blood Pressure, Anemia, Cardiovascular Disease, and even nerve damage.

Steps to a healthy Lifestyle

There are several things you can do to help keep your kidneys healthy and possibly slow down the affects of Kidney Disease.

- Make regular wellness visits with your healthcare provider. Early Well-Checks will help with early detection of CKD and similar diseases.
- Aim for a healthy weight. Create a healthy meal plan and consult your physician if you need help with a weight-loss plan that is best for you. Generally, foods like fruit, vegetables, and whole grains may help support good kidney health. Foods like animal proteins, animal fats, and sweets are more acid producing, which can cause strain on the kidneys.

- Get plenty of sleep. The average person needs 7-8 hours of sleep every night for a healthy lifestyle.
- Exercise.... And move often. This will help with overall health.
- Take time for self-care. Reduce stress by meditation or other forms of relaxation.

Physicians

Diagnosis of suspected Kidney disease can include the following workups...

- Medical history
- Physical examinations
- Urine tests
- Ultrasounds

Check with your [local medical distributor](#) for product availability.

[Wikipedia: Kidney Disease](#)

[National Kidney Foundation](#)

[National Institute of Diabetes and Digestive and Kidney Diseases](#)