



**World
Kidney
Day**

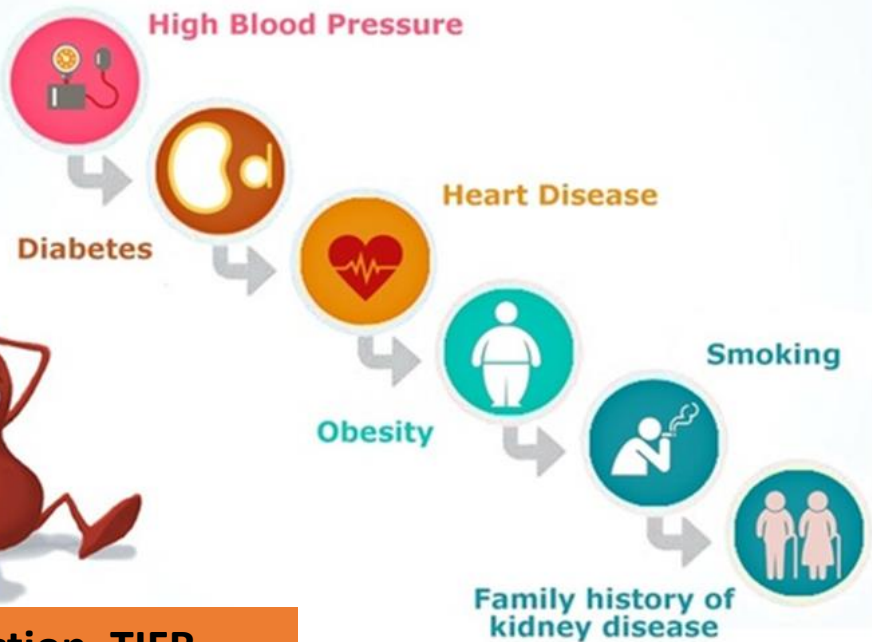
10 MARCH 2022
Kidney Health for All

**Kidneys Age, just like Us,
Take Care of Them**

Theme

**Bridge the Knowledge Gap for
Better Kidney Health**

RISK FACTORS OF KIDNEY DISEASE



**How to take care of your
KIDNEYS**

- See your Doctor for regular checkups
- Manage your Diabetes
- Maintain healthy Blood Pressure
- Know your family's kidney health history
- Take medication as prescribed
- Eat healthy
- Stop smoking
- Limit Alcohol
- Aim for a Healthy weight
- Be active