

TIP OF THE WEEK

Keep Your Kidneys Healthy

The kidneys clean your blood by filtering out waste. Chronic kidney disease is on the rise. Primary risks include: diabetes, heart disease, high blood pressure, family history of kidney failure, and age of 60-plus.

10 Ways to Protect Your Kidneys:

1. Exercise regularly
2. Don't overuse painkillers or NSAIDS
3. Control weight
4. Get an annual physical
5. Follow a healthy diet
6. Know your family's medical history
7. Monitor blood pressure and cholesterol
8. Learn about kidney disease
9. Don't smoke or abuse alcohol
10. Talk to your doctor about getting tested if you are at risk for chronic kidney disease



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