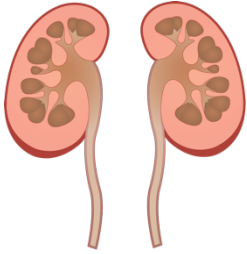


KIDNEY HEALTH



The kidneys are two bean-shaped organs, each about the size of a fist, that make up an important part of the body's urinary system. They are located in the middle of your back, one on each side of the spine. The main

function of the kidneys is to filter out wastes from the blood to make urine. Each day, the kidneys produce about 1-2 quarts (4-8 cups) of urine.

Besides removing wastes and excess fluids from the body, the kidneys also produce hormones that promote the making of red blood cells and regulate blood pressure. To keep your kidneys healthy, here are 10 important things that you can do:

1) Control your blood sugar

People with diabetes and have poorly controlled blood sugar often develop kidney damage. Manage diabetes with proper medication, diet, exercise, and regular blood sugar monitoring.

2) Control your blood pressure

Persistent high blood pressure can lead to kidney disease. Manage high blood pressure with proper medication, diet, exercise, and regular blood pressure monitoring.

3) Aim for a healthy weight

Stay active and include at least 30 minutes of physical activity daily. Watch portion sizes to prevent weight gain. Carrying too much weight increases your risk for many chronic illnesses.

4) Follow a healthy diet

Limit your intake of sodium-salt, MSG, chicken bouillon powder, soy sauce and most Asian sauces, processed foods, pickled foods, preserved foods, and fast foods. Eat less meat, fried foods, sugary foods and sweetened beverages. Eat more fresh fruits, vegetables, whole grains, low fat dairy products, nuts, and dried beans.

5) Maintain adequate fluid intake

Drink enough water each day to clear waste products from the body, prevent kidney stones and urinary tract infections. About 6-8 cups of water a day is recommended. If you have a heart or kidney problem, ask your doctor whether you need to limit your fluid intake.

6) Take medications as prescribed

Remember to always take your medications each day to keep your blood pressure, blood sugar and blood lipids (triglycerides and cholesterol) under control. This will help to prevent damage to your kidneys, brain and heart.

7) Reduce Stress

Practice deep breathing exercises, yoga, tai chi, meditation, and problem solving techniques to relief stress. Learning how to relax and cope with problems can improve both mental and physical health.

8) Stop smoking

Smoking decreases blood flow to the kidneys and cause them not to work properly.

9) Limit alcohol

Excess alcohol can increase blood pressure which can damage the kidneys.

or vitamins, may cause kidney damage and disease. Always check with your health care provider before taking any over the counter medications or dietary supplements.

10) Avoid overuse of non-prescription medications and dietary supplements

Long term use of non-prescription medications such as ibuprofen (a nonsteroidal anti-inflammatory drug for pain relief) or supplements such as herbs

References:

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention>

<http://www.worldkidneyday.org/faqs/take-care-of-your-kidneys/8-golden-rules/>