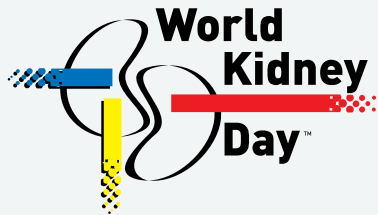


Spread
the word...



Contact the World Kidney Day Team
info@worldkidneyday.org

Address: 1 rue des Fabriques • 1000 Brussels Belgium

Take a look at our website to learn more
about kidneys and how to take care of them:
<http://www.worldkidneyday.org/>

World Kidney Day is a joint



initiative

World Kidney Day partners



SANOI RENAL

abbvie


CELEBRATE






13 March 2014

What to do on WORLD KIDNEY DAY?

1. **Start your day with a glass of water***
Kidneys don't function without water
2. **Participate in events next to your home:**
Have a look at our events map on our website here:
<http://www.worldkidneyday.org/events/map/>
3. **Talk to your relatives and friends:**
they should take care of their kidneys too
4. **Show your involvement and spread the word:**
share your pictures and comments with us on
our social media channels:

 World Kidney Day_Official

 Tweet to @worldkidneyday
using #glassofwater
and #isupportwkd

You can also find us on  

Kidneys age,
just like you!

**Water may protect your kidneys, but it won't cure Chronic Kidney Disease*

Simple things you should know about your kidneys...

High blood pressure and diabetes are the most common CKD causes in adults

Did you know that your kidneys:

- Make urine
- Remove waste and extra fluid from your blood
- Control your body's chemical balance
- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells

Chronic kidney disease (CKD) is a progressive loss in kidney function over a period of months or years.

Prevalence

- **About 1 in 10 people have some degree of CKD.**
- Kidney disease can affect people of all ages and races.
- The older you get the more likely you are to have some degree of kidney disease.









Detection & Prevention

- Most people have no symptoms until CKD is advanced.
- **You can lose up to 90% of your kidney function before experiencing any symptoms.**
- Regardless of your age, simple and low cost treatments can slow the progression of kidney disease, prevent complications and improve quality of life.

Keep your kidneys on your mind.

Check if you are at risk for CKD. If you are, talk to your doctor

8 GOLDEN RULES TO REDUCE RISKS

-  **1.** Keep fit and active
-  **2.** Keep regular control of your blood sugar level
-  **3.** Monitor your blood pressure
-  **4.** Eat healthily, reduce your salt intake and keep your weight in check
-  **5.** Stay hydrated
-  **6.** Do not smoke
-  **7.** Do not take over-the-counter pills on a regular basis
-  **8.** Get your kidney function checked if you have one or more of the 'high risk' factors:
 - you have diabetes
 - you have hypertension
 - you are obese
 - one of your parents or other family members suffers from kidney disease
 - you are of African, Hispanic, Asian, or Aboriginal origin

