

Plush kidneys - on the occasion of the World Kidney Day

About the importance of prevention of kidney health convince nephrologists from the Marie Curie Hospital, Szczecin, Poland. In this connection, they visited a few hundred students in several local schools. For children and young people doctors prepared a mascots in the shape of ... kidneys.

Doctors from the Marie Curie Hospital Szczecin by the March visited Szczecin schools: primary, secondary and high schools. They talked about how to take care of health - including the health of the kidneys. To interest children and young people in this subject, Regional Hospital has prepared 50 mascots in the shape of a kidney. Toys faces expressions depending on the variant may be angry, happy, sad, or tired. This is an additional element that attracted the attention of students during the presentation. In this way the Regional Hospital joined the celebration of World Kidney Day.

- Kidneys and kidney health are very much underrated by most society – says professor **Marek Myślak**, head of the Department of Nephrology and Kidney Transplantation in the Marie Curie Hospital Szczecin Poland. - Says a lot about the heart and cardiovascular diseases, and unfortunately omits information on other organs, which also regulate the activity of our body. Unfortunately, more and more people have a kidney problem, due to the epidemic of diabetes, obesity, hypertension, drug abuse, or urinary tract infections. The kidneys not only involved in the excretion of urine and the removal of toxins from the body, but also regulate blood pressure, blood counts and bone metabolism. Impaired kidney function leading to disturbances in all these fields, adversely affects the operation of the circulatory system and heart.

- It's fantastic that the doctors in addition to his work at the hospital find time for it to share their knowledge with children and young people - says **Ewa Budziach**, director of High School No. 1 in Szczecin Poland. - On the one hand we are talking about prevention of kidney health, on the other hand should take this opportunity to also move about the idea of transplantation. This allows an easy way to pass on information that are responsible both for their own health and the health of others. School is a place where young people acquire their potential - especially non-standard forms of lessons enjoy youth hugely popular.

Feedback of these activities is astounding. Young people after the lecture met with their peers from other classes and passed their knowledge. Children of one of the schools also prepare art works referring to the subject of kidney disease.

Through the use of mascots in the shape of a kidney topic has gained the interest of regional media, so that we could increase the coverage to the whole country.