

WORLD KIDNEY DAY

Celebrated on 2nd Thursday of March every year

Focus on importance of Kidney Health, reduce frequency and impact of kidney disease and its associated health problems ;which are on the rise

Its a joint initiative of International society of Nephrology (ISN) and International federation of Kidney Foundation (IFKF)

KIDNEY DISEASE is a **SILENT KILLER** – affecting the quality of life of the patients too

WAYS TO REDUCE RISKS to develop Kidney diseases –

1. Control your Sugar levels – DM – most common cause of renal failure
2. Control your blood pressure – HT – common cause of renal failure
3. Treat your Kidney Stones / Infection quickly – do not let them grow
4. Keep fit and exercise regularly
5. Maintain a good Hydration (body fluid level) .. DO NOT OVER HYDRATE
6. Do not Smoke - Smoking also causes renal and bladder cancers
7. Do not take too many painkillers NSAIDS, on regular basis without your doctors prescription
8. ‘Herbal’ medicine also need to be taken with CAUTION in these days ... due to renal failure implications - ask your doctor first
9. Keep a regular check up

Helping you keep a HEALTHY KIDNEY ALWAYS

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