

# 10 Steps for Protecting Kidney Health

New York, NY; 02/04/08



Recent studies indicate that 26 million American adults suffer from chronic kidney disease (CKD) and that the number is likely to rise unless Americans get serious about prevention. National Kidney Month (March, 2008) and World Kidney Day (March 13) mark a perfect time for responsible adults to begin a kidney-health program by learning about the risk factors for CKD. Primary risks include: diabetes; heart disease; high blood pressure; a family history of kidney disease; and age 60-plus. Secondary risks include: obesity; autoimmune diseases; urinary tract infections and systemic infections.

Exercising regularly and controlling weight are just two of the ten ways keep your kidneys healthy.

## 10 Ways to Keep Kidneys Healthy

- Exercise regularly
- Don't overuse over-the-counter painkillers or NSAIDs
- Control weight
- Get an annual physical
- Follow a healthful diet
- Know your family's medical history
- Monitor blood pressure & cholesterol
- Learn about kidney disease
- Don't smoke or abuse alcohol
- Talk to your doctor about getting tested if you're at risk for CKD

To learn more about free kidney screenings, [CLICK HERE](#). To take the kidney quiz, [CLICK HERE](#).

Posted under: General Health

With your support, the NKF is able to continue providing up-to-date, comprehensive information on kidney health. To make a donation please visit [www.kidney.org/support/](http://www.kidney.org/support/).