

TAKE CHARGE OF YOUR HEALTH

# Improve Your Kidney Health

Kidneys are your body's way of filtering waste, water and other impurities from your blood. In addition to that, your kidneys perform other vital functions, such as controlling blood pressure and red blood cell production. Today, 1 in 3 American adults are at risk of developing kidney disease, with factors such as high blood pressure, family history of kidney failure, and age increasing your chances.

Consider the following tips to help keep your kidneys healthy:



## **Get tested.**

1 in 7 adults has kidney disease, but many are unaware they have it. Ask your doctor about various kidney function tests. Regular screening for kidney damage or disease can help you keep track of your kidney's health and help prevent future damage.



## **Reduce over-the-counter pain medicines.**

Nonsteroidal anti-inflammatory drugs, including naproxen or ibuprofen, can cause kidney damage if taken regularly. Never go over the recommended dosage and consult your doctor about kidney-safe alternatives to managing pain.



## **Exercise regularly.**

While you don't have to run marathons, being active just 30 minutes a day can help reduce your risk for kidney disease. Exercising helps lower your blood pressure and boost heart health—both critical factors in preventing kidney damage.



## **Eat a healthy diet and monitor your weight.**

Being overweight increases your risk for many health conditions, such as diabetes, heart disease and kidney disease, that can damage your kidneys. Choose a low-sodium diet and avoid processed meats while focusing on fresh ingredients like cauliflower, fish and whole grains.



## **Drink plenty of fluids.**

Water helps flush sodium and toxins from your kidneys, lowering your risk of chronic kidney disease. According to the latest guidelines, men should drink about 15 ½ cups of water a day, and women need 11 ½ cups.

This infographic is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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