NATIONAL KIDNEY MONTH

National Kidney Month during March is a reminder to give our kidneys a check-up. Statistics show that 1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure, or a family history of kidney failure. On top of that, 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don't show until the disease has progressed.

Our kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals, and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life.

HOW TO OBSERVE #NationalKidneyMonth

Learn more about caring for your kidneys at www.kidney.org and use #NationalKidneyMonth to share on social media. Schedule a checkup and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected. Here's what else you can do this month to protect your kidneys:

1. Control your blood pressure (and diabetes if you have it.) These are the two leading, causes of kidney disease and kidney failure.
2. Exercise often. Regular exercise keeps your kidneys healthy by keeping things moving and controlling blood pressure.
3. Cut out processed foods. They tend to be big sources of sodium, nitrates, and phosphates, and they've been linked to kidney disease.
4. Try to reduce over-the-counter pain medicines. They may help with aches and pains, but they can greatly damage your kidneys.

Sincerely,

Del Norte Healthcare District Board of Directors
Tonya Pearcey, R.N.
Michael Young
Kevin Caldwell, M.D.
David Mason
Shellie Babich, B.S., PA-C

Sources:

https://www.nationaldaycalendar.com/health-awareness/national-kidney-month-march

https://www.kidney.org/news/monthly/Focus_KidneyMonth

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We love our community partners! In

collaboration with the Del Norte Healthcare District, the **City of Crescent City** is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.