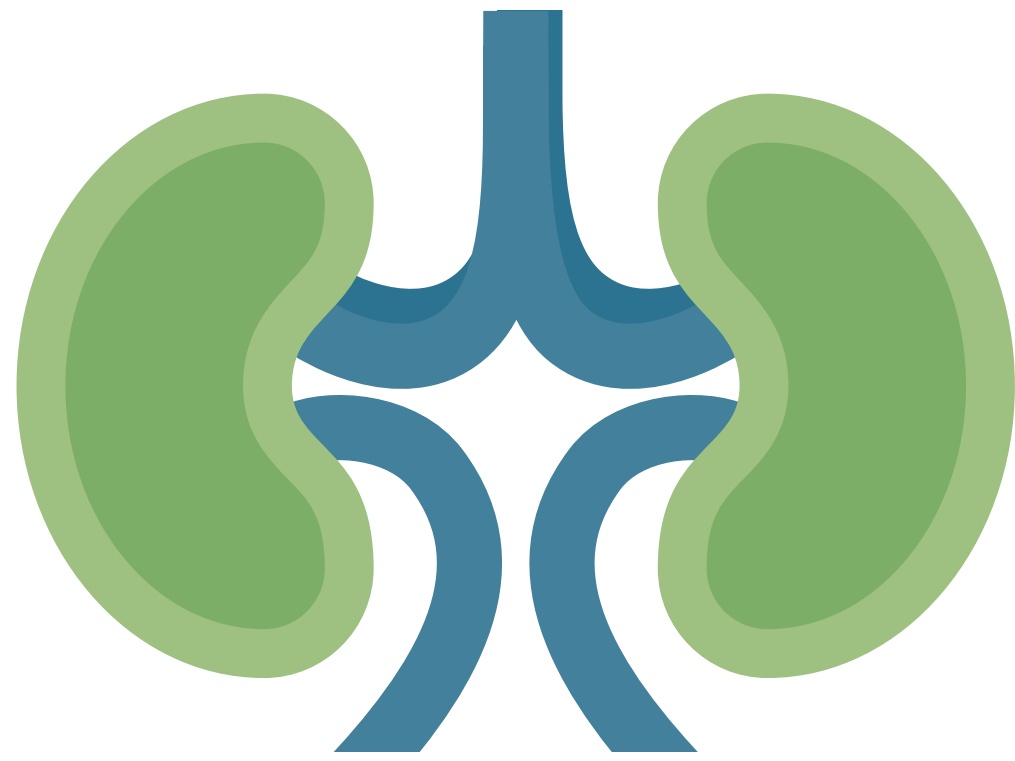


# Keeping the KIDNEYS HAPPY

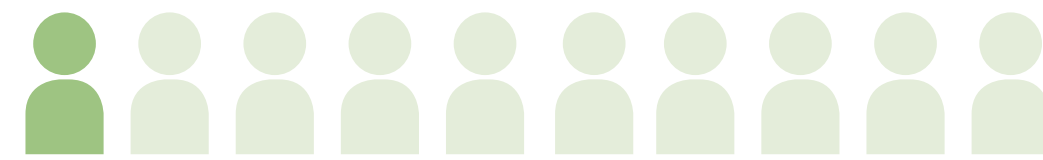


KIDNEYS CONTROL THE BODY'S **FLUID LEVELS**. THEY FILTER **WASTES AND TOXINS** FROM THE BLOOD.

EACH KIDNEY IS ABOUT **4-5 INCHES LONG** — ABOUT THE SIZE OF A FIST.



**HIGH BLOOD PRESSURE AND HIGH BLOOD SUGAR (DIABETES) ARE TWO LEADING CAUSES OF KIDNEY DISEASE.**



**1 IN 10** AMERICANS WILL HAVE A KIDNEY STONE AT SOME POINT IN THEIR LIFE.



**26** MILLION

AMERICAN ADULTS HAVE KIDNEY DISEASE, BUT MOST **DON'T EVEN KNOW IT.**

MOST PEOPLE HAVE TWO KIDNEYS, BUT YOU CAN LIVE WITH **ONE (OR LESS).**

COMMON HEALTH PROBLEMS THAT IMPACT THE KIDNEYS ARE **KIDNEY STONES, KIDNEY CANCER AND KIDNEY FAILURE.**

**BLOOD IN THE URINE IS NOT NORMAL AND NEEDS TO BE EVALUATED BY YOUR DOCTOR.**

MARCH IS **NATIONAL KIDNEY MONTH.**

*Urology Care*  
FOUNDATION™  
The Official Foundation of the  
American Urological Association

For more information about kidney health, visit the Urology Care Foundation's website: [UrologyHealth.org](http://UrologyHealth.org)

## WAYS TO KEEP THE KIDNEYS HEALTHY

- 1** Drink plenty of fluids (48 to 64 ounces of water daily) to help the kidneys work well. This is also the best way to prevent kidney stones.
- 2** Don't smoke. Smoking slows the flow of blood to the kidneys, which may reduce their function. Smoking also raises the risk of kidney cancer by about 50 percent.
- 3** Eat healthy, low fat foods to cut your risk of high blood sugar and high blood pressure. Exercise can also help keep your blood pressure and sugar levels under control.
- 4** If you take over-the-counter painkillers, like ibuprofen and naproxen, daily for everyday pain or joint swelling, then talk to your doctor about checking your kidney function. These drugs can cause harm to the kidneys if taken too often over a long period.
- 5** If you have high blood pressure or high blood sugar, then have your kidney function monitored on a regular basis.