



LET'S PRIORITIZE KIDNEY
HEALTH WITH THESE

5 TIPS

- Stay hydrated by drinking plenty of water,
- Maintain a healthy weight through regular exercise,
- Eat a balanced diet low in sodium and processed foods,
- Monitor blood pressure and keep it under control,
- Avoid smoking and limit alcohol consumption.

Care for them if you care for
your healthy living

World **Kidney** Day!!

Mar 13, 2025

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