



Take an active role in lowering your own risk of kidney disease

There are several things you can do in your everyday life to improve your kidney health and help lower your risk of kidney disease.

Steps to help improve overall kidney health¹:



Quit smoking



Exercise



Maintain a healthy weight



Keep blood sugar under control



Keep blood pressure under control



Know your family history of kidney disease



Get a urine test regularly



Talk to your healthcare professional about kidney health

- Get check-ups regularly
- Ask about a urine test or blood test to measure your kidney function

This information and more kidney education can be found at traverse.com/nationalkidneymonth

Reference

1. National Institute of Diabetes and Digestive and Kidney Diseases. Preventing chronic kidney disease. <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention>. Accessed February 16, 2021.