

KIDNEY HEALTH MONTH

Protect Your Kidneys – Protect Your Life

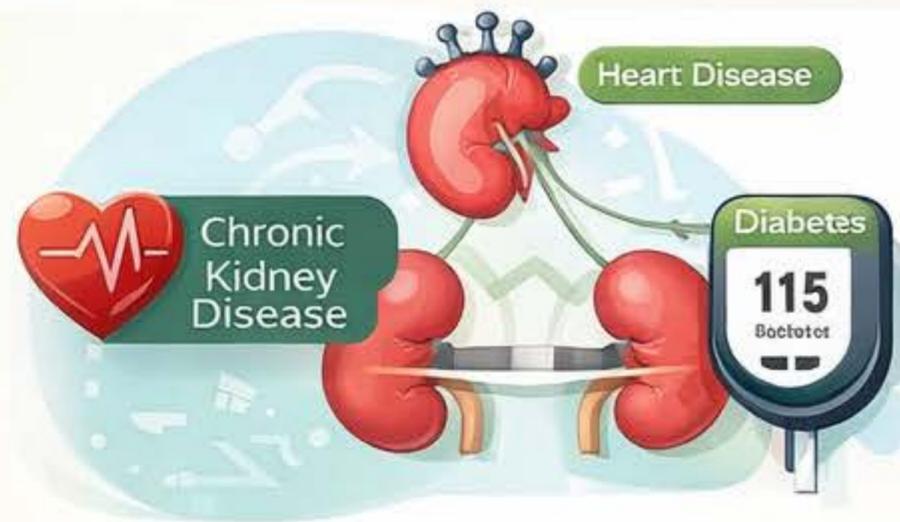
March is Kidney Health Month!

Join the **Bethel Health Ministry** in learning how to care for your kidneys and prevent kidney disease.

💡 Did You Know?

Heart Disease, Diabetes, and Chronic Kidney Disease are closely connected. Managing one can help prevent the others.

CDC Find out more: [cdc.gov/diabetes](https://www.cdc.gov/diabetes)



🧠 What Do Your Kidneys Do?

Your kidneys:

- ✔ **Filter waste and toxins** from your blood
- ✔ **Balance fluids and minerals** in your body
- ✔ **Help control blood pressure**
- ✔ **Support healthy blood and bones**

Your kidneys filter about half a cup of blood every minute to keep your body clean and balanced.



⚠️ Warning Signs of Kidney Problems

Early kidney disease often has no symptoms, but watch for:

- ✔ **Foamy / dark urine**
- ✔ **Swelling in ankles or feet**
- ✔ **Frequent urination**
- ✔ **Muscle cramps**
- ✔ **Fatigue or lack of appetite**
- ✔ **Itchy skin**



❤️ Simple Ways to Protect Your Kidneys

- ✔ **Control blood pressure**
- ✔ **Manage diabetes**
- ✔ **Reduce salt intake**
- ✔ **Stay physically active**
- ✔ **Drink enough water**
- ✔ **Maintain a healthy weight**
- ✔ **Get regular blood and urine tests**

