

M a r c h 2 0 2 1

National Kidney Month

Tips for healthy kidneys

The kidneys are important organs that affect many other body parts, including the heart. Follow these tips to keep them working efficiently:

Avoid extra salt

Eating a lot of salty foods can disrupt the balance of minerals in the blood. This can make it harder for the kidneys to work properly. Try swapping out processed foods — which usually have a lot of added salt — for whole foods, such as:

- fresh fruits and vegetables
- lean cuts of meat
- nuts

Exercise

High blood pressure is a known risk factor for chronic kidney disease. Regular exercise, even for just 20 minutes a day, can help reduce blood pressure.

Stay hydrated

Drinking plenty of water helps the kidneys perform one of their most important functions: removing toxins. Learn more about how much water you should really be drinking every day.

Use medications with caution

Regularly taking certain over-the-counter medications, such as nonsteroidal anti-inflammatory drugs, can cause kidney damage over time. Occasionally taking them is fine, but work with your doctor to find alternatives if you have a condition that requires managing pain, such as arthritis.

Know the risk factors

Several things can increase your risk of developing a kidney condition. Make sure you regularly have your kidney function tested if you:

- have diabetes
- are obese
- have high blood pressure
- have a family history of kidney disease

How Can Home Care Help?

Caregivers prepare nutritious meals and snacks.
Medication reminders
Meal Time Reminders
Report Changes in well-being
Water Intake Reminders
Accompany to MD Appointments



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