

A sunset scene with a green banner at the top. The banner contains the text 'MARCH 2024' in large white letters and 'Is National Kidney Month' in smaller white letters below it.

MARCH 2024

Is National Kidney Month

While 33% of U.S. adults are at risk for kidney disease, most don't even know it. That's because kidney disease often has no symptoms until an advanced stage. Also, there are numerous physical signs of kidney disease, but most people attribute them to other conditions. That makes testing critical. Early treatment can also slow the progression of kidney disease and prevent other problems, like a heart attack, stroke or kidney failure.

March is National Kidney Month, making it a great time to take charge of your health to lower your chances of developing kidney disease. The kidneys filter blood to remove waste and extra water to create urine. They also make vital hormones that produce red blood cells, promote bone health and regulate blood pressure. Blood and urine tests are the best way to determine how well your kidneys work if you're at risk for disease.

Visit the National Kidney Foundation at <https://www.kidney.org/kidney-basics> for more information and resources.