



MARCH 2022

Is National Kidney Month

Thirty-three percent of U.S. adults are at risk for kidney disease, but most don't even know it. There are numerous physical signs of kidney disease, but most people attribute them to other conditions. It's even more critical to understand your kidney health during the pandemic, as kidney disease also puts you at an increased risk of developing life-threatening complications from COVID-19.

March is National Kidney Month, making it a great time to take charge of your health to lower your chances of developing kidney disease. Your kidneys filter your 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 your blood pressure. Kidney tests are the best way to determine how well your kidneys work if you're at risk for disease.

Contact us for more information about kidney health and warning signs.