March is National Kidney Month

How to keep kidneys healthy:



Choose healthy foods



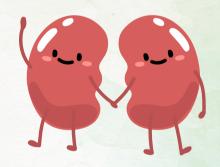
Take medication as directed



Monitor blood glucose



Manage blood pressure





Quit smoking commercial tobacco



Reduce stress (exercise, practice deep breathing)



Aim for 7-8 hours of sleep

