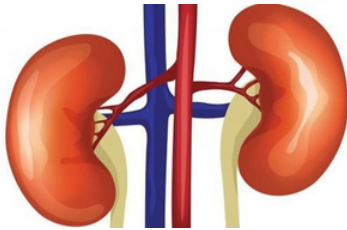


SUNDAY MORNING Health Corner

Healthy Kidneys, Healthy Life!

Did you know each of your kidneys is about the size of a computer mouse? Your kidneys work around the clock to filter your blood so your body can remove wastes, toxins and excess fluid. Healthy kidneys are essential to maintaining good health overall.



African Americans are almost four times as likely to develop kidney failure. If you have diabetes, high blood pressure, heart disease, or a family history of kidney failure, you are at higher risk.

Protect your kidneys by making healthy lifestyle choices. If you are at higher risk, consider adding a kidney doctor (called a "nephrologist") to your healthcare team.

Keep your Kidneys Happy!

- Maintain healthy blood pressure
- Don't smoke
- Increase physical activity
- Lose weight, if you are overweight
- Eat foods low in salt
- Eat more fruits and vegetables



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INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256