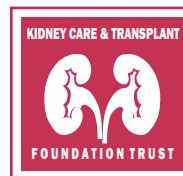


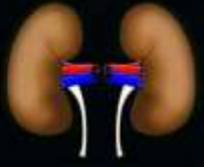

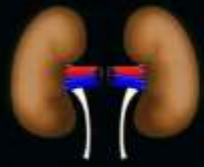



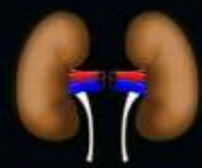

Kidney Damaging Habits



Kidney Care and Transplant Foundation Trust
Needs your support

Gidan Baba Danbappa, No. 11- Flat 3, Zaria Road, Kano, Tel: 08163772805,
Email: info@kidneycaretrust.org www.kidneycaretrust.org

<p>Not drinking enough water</p>  <p>The main function of kidneys are detoxification. If we do not drink enough water, the blood will be concentrated and the blood flow to the kidney will not be adequate, thus the function of eliminating toxins in from blood will be impaired.</p>	<p>Painkiller abuse</p>  <p>The use of analgesics for a prolonged duration may reduce the flow blood and greatly affect kidney function. These pills gradually deteriorate the kidney and liver.</p>
<p>Eating too much meat</p>  <p>Eating too much meat and protein can increase the metabolic load of the kidney. In particular, regular consumption of red meat can cause dysfunction or failure.</p>	<p>Not emptying your bladder early</p>  <p>Controlling yourself from urinating for a long time can cause the bacteria breeding in urine to multiply quickly. Once the urine refluxes back to ureter and kidneys, the bacteria can result in kidney infections, then urinary tract infection, and then nephritis, even Uremia. So be sure to urinate without any delay.</p>
<p>Drinking too much alcohol</p>  <p>Drinking alcohol without limitation may cause the deposition of uric acid in renal tubules, causing tubular obstruction and increasing risks of kidney failure.</p>	<p>Not eating enough</p>  <p>This is equally as dangerous as eating too much, both of them will lead damages to your digestive organs where is full of mucosal tissues. Mucosal tissues relates closely to your immune system. This is why many kidney failure patients are diagnosed with "autoimmune kidney damages".</p>

<p>Excess Sugar</p>  <p>High sugar foods increase the protein content in your system which in turn exerts pressure on your kidneys. Protein in urine (proteinuria) is an early sign of kidney damage</p>	<p>Taking too much salt</p>  <p>Excess salt intake will make the kidneys work harder to excrete the excess salt and can lead to decreased kidney function. This excess sodium will cause water retention, causing edema. Edema usually elevates blood pressure and increases the risk of developing kidney disease. Limit the salt intake around 5 grams a day.</p>
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How You CAN HELP

Kidney Care and Transplant Foundation Trust helps indigent (Poor) patients to provide free dialysis and transplant to those who cannot afford and subsidize those who cannot fully afford the treatment.

Your donation will help the Foundation provides this vital service to all Nigerians.

Bank Accounts: Aminu Kano Kidney Foundation Trust
Jaiz Bank 0003593297, First Bank 2033494748

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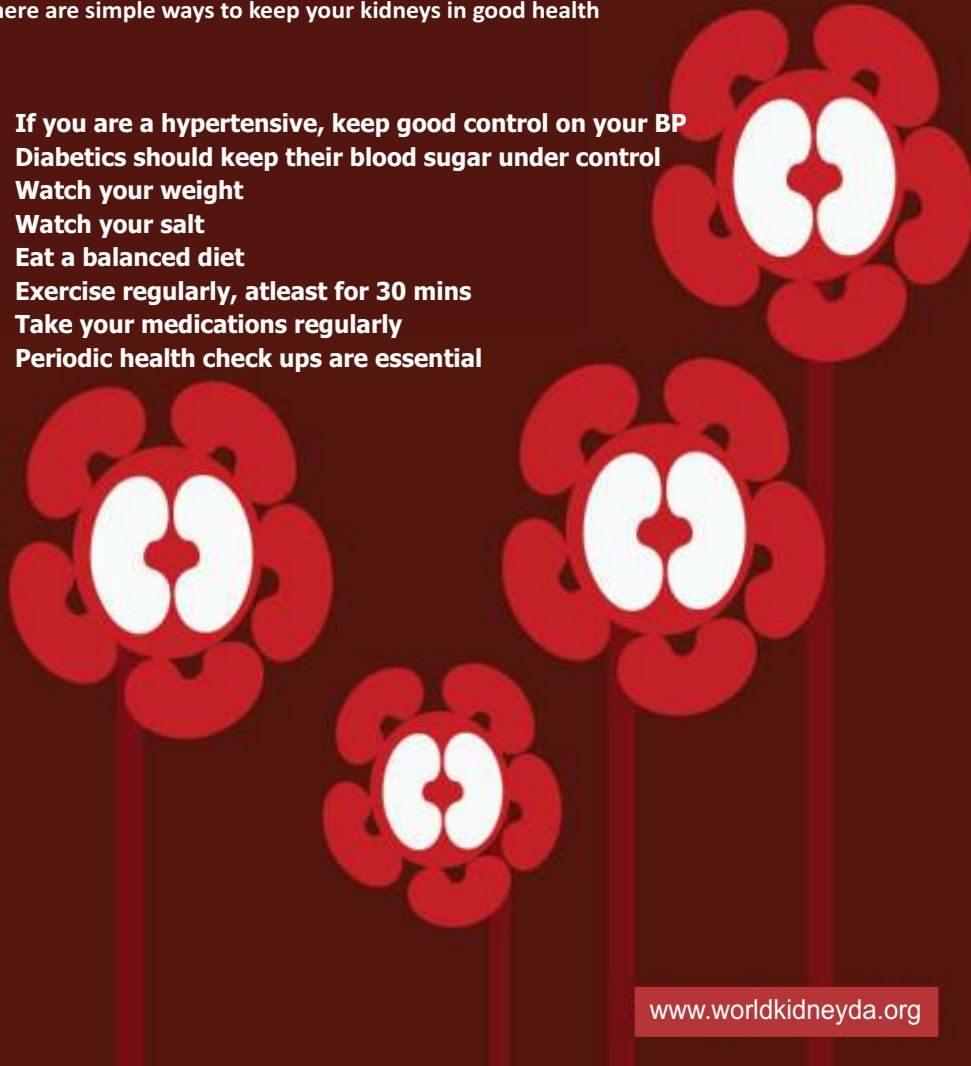
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With healthy kidneys flourishes a good life.

if you just know the science...

There are simple ways to keep your kidneys in good health

1. If you are a hypertensive, keep good control on your BP
2. Diabetics should keep their blood sugar under control
3. Watch your weight
4. Watch your salt
5. Eat a balanced diet
6. Exercise regularly, atleast for 30 mins
7. Take your medications regularly
8. Periodic health check ups are essential



www.worldkidneyda.org



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