



Health and Wellness Tip of the Week Week 11 – March 11, 2019

Screening Your Kidneys

Life can be busy. Our to-do lists are filled with things to do. However, this doesn't mean that kidney health is something you should ignore. About 30 million people in the U.S. have chronic kidney disease.

During your next checkup, talk to your doctor about screenings you can do to check on kidney health. There are two main tests to check kidney health, a urine or blood test.

Your doctor will be able to discuss your current health status with you and which tests might be right for you and when. Don't forget to take care of your kidneys.

Source: Centers for Disease Control and Prevention

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Our mission is to promote health awareness and encourage healthy lifestyles.

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