



# Health and Wellness Tip of the Week Week 13 – March 25, 2019

## **Kidneys, Blood Pressure and Blood Sugar**

Our kidneys are small, but they are vital in keeping our bodies working the right way. Help keep them healthy by controlling your blood pressure, blood sugar and cholesterol.

Kidney diseases are the ninth leading cause of death in the U.S. Talk to your doctor about starting kidney exams and what makes the most sense for you. There's no time like the present to start caring for your kidneys!

*Source: Centers for Disease Control and Prevention*

### **City of Mission**

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

[www.missiontexas.us](http://www.missiontexas.us)

