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World KIDNEY Day

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ADVERTORIAL

ARE YOUR KIDNEYS OK?

Detect Early, Protect Kidney Health

Don't Let Your Blood Pressure Squeeze Your Kidneys: Hypertension and CKD



Dr. Saumil R. Patel
Consultant Physician, Mulund

High blood pressure can damage your kidneys, leading to chronic kidney disease (CKD). Uncontrolled high blood pressure puts strain on blood vessels, including those in your kidneys, making it harder for them to remove waste and excess fluid. This creates a vicious cycle where high blood pressure harms your kidneys, and failing kidneys struggle to control blood pressure.

To prevent and slow CKD progression, control your blood pressure through:

- Medications prescribed by your doctor
- Lifestyle changes like a healthy diet, regular exercise, stress management, and maintaining a healthy weight
- Regular check-ups to monitor blood pressure and kidney function

Early detection and management are key. Don't ignore high blood pressure – discuss your risk factors with your doctor.

Understanding Urinary Incontinence

Urinary incontinence, or bladder leaks, affects millions worldwide. Weakened pelvic floor muscles, overactive bladder, and blockages or damage can cause incontinence. However, there are ways to manage it. Strategies include:

- Pelvic floor exercises (Kegels) to strengthen muscles
- Bladder training to increase time between bathroom visits
- Lifestyle changes, such as



Dr. Rajiv Tungare
Consultant Physician, Goregaon Mumbai

reducing caffeine and alcohol, maintaining a healthy weight, and managing fluid intake

- Medical interventions, like medications, minimally invasive procedures, or surgery, depending on the severity and cause

Don't hesitate to talk to your doctor about incontinence. With the right approach, you can regain control and live a fulfilling life. Remember, you're not alone, and there is help available.

Taking Control of Diabetes to Protect Kidney Health



Dr. Badal Taori
Consultant Physician, Navi Mumbai (Kharghar)

Effective diabetes management is essential for preventing kidney disease. When left uncontrolled, diabetes can damage the kidneys and increase the risk of kidney disease.

To manage diabetes effectively:

- Work with your healthcare team to develop a personalized diabetes management plan
- Monitor your blood sugar levels regularly, aiming for target levels
- Adjust your treatment plan as needed, including medications and lifestyle changes

Lifestyle changes are a crucial part of diabetes management:

- Maintain a healthy diet, focusing on whole, unprocessed foods
- Exercise regularly, aiming for at least 150 minutes of moderate-intensity exercise per week
- Stay hydrated and manage stress levels

By taking control of diabetes, you can:

- Reduce your risk of kidney disease
- Lower your risk of complications, such as heart disease and nerve damage
- Improve overall health and well-being

Remember, effective diabetes management requires ongoing monitoring and adjustments to your treatment plan. By working closely with your healthcare team and making lifestyle changes, you can reduce your risk of kidney disease and maintain optimal kidney health.

Adopting Healthy Habits to Protect Kidney Health



Dr. Nihar Mhatre
Consultant Physician, Raigad (Pen)

Maintaining healthy habits is essential for preventing kidney disease. A well-balanced diet plays a crucial role in supporting kidney health. Focus on consuming foods rich in nutrients, such as fresh fruits, vegetables, whole grains, and lean proteins. Limit your intake of foods high in sugar, salt, and unhealthy fats.

Regular physical activity is also vital for maintaining healthy blood sugar and blood pressure levels. Aim for at least 150 minutes of moderate-intensity exercise per week. Additionally, stay hydrated by drinking at least 8 cups of water per day, and strive for 7-8 hours of sleep per night. By adopting these healthy habits, you can significantly reduce your risk of kidney disease and maintain optimal kidney health.

Save Your Kidneys from Alcohol's Impact



Dr. G Venkateshwar
Consultant Physician, Mumbai

Alcohol's impact on kidney health is significant. Excessive consumption can harm kidneys in several ways:

- Dehydration:** Alcohol flushes fluids out of the body, stressing kidneys and hindering their function.
- High blood pressure:** A major risk factor for kidney disease.
- Direct damage:** Heavy drinking can damage delicate kidney structures, leading to chronic kidney disease.
- Liver damage:** Can affect toxin processing, placing extra burden on kidneys.

Moderation is key. The National Institute on Alcohol Abuse and Alcoholism defines low-risk drinking as:

- For women:** No more than 3 drinks per day and 7 drinks per week.
- For men:** No more than 4 drinks per day and 14 drinks per week.

Consult your doctor for personalized advice to keep your kidneys functioning their best.

Smoking Isn't Just for Your Lungs: Cigarettes Harm Your Kidneys Too



Dr. Prashant Patil
Consultant Physician, Mira road

Smoking can wreak havoc on your kidneys, putting you at risk for serious problems. Cigarette smoke damages blood vessels, reducing blood flow and oxygen to your kidneys. This leads to inflammation, scarring, and high blood pressure, all of which can cause kidney damage. Smoking also increases your risk of kidney cancer and diabetic kidney disease. The consequences of smoking on your kidneys can be severe, including chronic kidney disease, kidney failure, and the need for dialysis or a transplant. Quitting smoking, at any age, can significantly improve your kidney health and reduce your risk of developing new problems. Talk to your doctor about resources to help you quit and live a healthier life.



A Public Awareness Initiative

Obesity – Silent Strain on Kidneys



Dr. Sonu Puri
Consultant Physician, Kandivali & Virar

Obesity has a significant impact on kidney health, increasing the risk of chronic kidney disease (CKD). Excess body weight, particularly visceral fat, leads to metabolic disturbances, insulin resistance, and inflammation, which contribute to CKD development and progression. Obesity-related conditions, such as type 2 diabetes and hypertension, further strain the kidneys, impairing their function over time. Adopting a healthy lifestyle through regular physical activity and a balanced diet can aid in weight management and support overall kidney function. Monitoring and managing conditions like diabetes and hypertension are crucial in mitigating the risk of obesity-related kidney complications. Proactive health management can help maintain optimal kidney function and prevent kidney disease progression.

Decoding Dark Urine

Urine color varies from pale yellow to dark amber, depending on the water-to-waste ratio. While most color changes are harmless, they can indicate health issues. Here are five common reasons for dark urine:

- Dehydration:** Increased fluid intake can resolve mild dehydration.
- Food, drink, or medication:** Certain substances can alter urine color.
- Urinary Tract Infections**



Dr. SV Deshpande
Consultant Physician, Ulhasnagar

(UTIs): Recognizing symptoms like painful urination and cloudy urine is crucial for timely treatment.

Hepatitis C: This liver infection can impact waste processing, leading to dark urine.

Hemolytic Anemia: This condition occurs when the body destroys too many red blood cells, causing fatigue, jaundice, and dark urine.

Understanding these potential causes empowers individuals to identify issues early and take action for kidney health.

Get Rid of Kidney Stones Naturally

Preventing kidney stones can be achieved through simple dietary adjustments. To maintain kidney health and minimize the risk of developing painful kidney stones, follow these steps:

- Limit oxalate-rich foods like spinach, chocolate, and peanuts.
- Stay hydrated by drinking at least eight glasses of fluids daily
- Avoid high doses of vitamin C supplements
- Include calcium-rich foods



Dr. Ravindra Utage
Consultant Physician, Thane

like low-fat milk, cheese, and yogurt in your diet

- Reduce sodium intake to lower urine calcium levels
- Limit animal protein consumption to minimize urine acid
- Consider herbal remedies like Chanca Piedra, but exercise caution due to lack of regulation and research.

By following these steps, you can reduce your risk of developing kidney stones and maintain overall kidney health.

Nourishing Your Kidneys with Kidney-Friendly Foods



Dr. Saurabh Vijay Kothari
Consultant Physician, Navi Mumbai (Seawood)

Eating a balanced diet rich in kidney-friendly foods is essential for maintaining healthy kidneys. Focus on consuming foods that support kidney health, such as:

- Fresh fruits and vegetables
 - Whole grains, like brown rice and quinoa
 - Lean proteins, including poultry, fish, and legumes
- Avoid foods that can harm kidney health, including:
- Foods high in sugar, salt, and unhealthy fats
 - Processed and packaged foods
 - Foods high in sodium, phosphorus, and potassium
- Drinking plenty of water is also crucial for staying hydrated and supporting kidney function. Aim to drink at least 8 cups of water per day. By making informed food choices and staying hydrated, you can reduce your risk of kidney disease and maintain optimal kidney health.

Cracking the Low-Sodium Renal Diet



Dr. Jagdish N. Bedekar
Consultant Physician, Raigad (Mangaow)

If you're on a renal diet, understanding sodium and salt is crucial for managing kidney health. While salt adds flavor to meals, reducing it is essential for kidney disease patients. Here are some easy-to-follow tips:

- Avoid using salt while cooking
- Don't add salt at the table
- Choose low-sodium alternatives
- Read food labels carefully, avoiding items with high sodium content
- Limit processed meats and opt for reduced-sodium soups
- Select canned vegetables with "no salt added" labels
- Be mindful of meat choices, avoiding those with added solutions or seasonings

By following these tips, you'll take control of your kidney health and make a positive impact on your overall well-being.

Sugar Blues for Your Kidneys: Understanding the Link Between Diabetes and CKD

For people with diabetes, high blood sugar can damage the kidneys, leading to Chronic Kidney Disease (CKD). CKD often progresses silently, with no early symptoms, making regular check-ups crucial. If you have diabetes, you're at higher risk for CKD, but it's not inevitable. Key strategies to prevent or slow CKD progression include:

- Keeping blood sugar under



Dr. Basant Kumar Yadav
Consultant Physician, Mira road

- control
- Managing blood pressure
- Eating a healthy diet low in salt, protein, and processed foods
- Staying active
- Quitting smoking

Early detection and good management are key. Talk to your doctor about your risk and work together to keep your kidneys healthy and live a fulfilling life with diabetes.

Understanding Urinary Tract Infections (UTIs)

Urinary tract infections (UTIs) occur when bacteria, usually E. coli, enter the urinary tract. Symptoms include burning, frequent urination, and a constant urge to go. Some people are more prone to UTIs due to factors like anatomy, sexual activity, birth control, menopause, and holding urine. Fortunately, UTIs are highly treatable with antibiotics. To prevent UTIs, follow these tips:



Dr. Kishore C Mehta
Consultant Physician, Malad Mumbai

- Drink plenty of water
- Pee after sexual activity
- Wipe front to back
- Consider cranberry juice
- Wear loose-fitting cotton underwear

If you suspect a UTI, seek medical attention early to prevent complications. Consult a healthcare professional for proper diagnosis and treatment tailored to your needs.

Kidney Disease in India: A Silent Epidemic and the Need for Early Screening



Dr. Venkatesh Yatakarla
Consultant Physician, Navi Mumbai (Seawood)

Kidney disease is a rising public health crisis in India, affecting millions and contributing to morbidity and mortality. Lifestyle changes, increasing diabetes and hypertension cases, and limited awareness about kidney health are major factors.

Chronic Kidney Disease (CKD) affects 10-15% of India's adult population. Late diagnosis, limited treatment options, and environmental factors exacerbate the issue.

Prioritizing kidney health is crucial. Early screening, especially for high-risk groups, can prevent complications and improve quality of life. Adopting healthy lifestyle choices, such as maintaining good blood sugar and blood pressure control, staying hydrated, and exercising regularly, can significantly reduce the risk of developing kidney disease.