



Living Well North Tyneside

Supporting Health and Wellbeing

Raising Awareness for Kidney Health

World Kidney Day, observed annually on the **second Thursday of March**, is a global campaign aimed at raising awareness of the importance of kidney health and reducing the impact of kidney disease worldwide. On **13 March 2025**, the campaign continues to educate people on how their kidneys function, risk factors for kidney disease, and practical steps to maintain kidney health.

Why Are Your Kidneys Important?

The kidneys are two bean-shaped organs, each about the size of a fist, located on either side of the spine. They perform essential functions, including:

- Filtering waste and excess fluids from the blood, which are then excreted as urine.
- Regulating blood pressure by balancing fluids and producing hormones.
- Controlling red blood cell production by releasing a hormone called erythropoietin.
- Maintaining electrolyte balance, ensuring the body has the right levels of sodium, potassium, and calcium.

Without properly functioning kidneys, toxins and excess fluids build up in the body, leading to serious health problems.

Kidney Disease: A Global Health Concern

Chronic Kidney Disease (CKD) is a silent epidemic, affecting one in ten adults worldwide. Many people are unaware they have kidney disease until it reaches an advanced stage because symptoms often do not appear early on.

Risk Factors for Kidney Disease

Certain conditions and lifestyle choices increase the risk of developing kidney disease, including:

- ✓ **Diabetes** – The leading cause of CKD, high blood sugar levels damage kidney function over time.
- ✓ **High Blood Pressure** – Uncontrolled hypertension puts extra strain on the kidneys.
- ✓ **Obesity** – Being overweight increases the likelihood of diabetes and high blood pressure.
- ✓ **Smoking** – Smoking reduces blood flow to the kidneys, impairing their function.
- ✓ **Excessive Alcohol Consumption** – Drinking heavily can raise blood pressure and harm kidney health.
- ✓ **Family History of Kidney Disease** – Genetics can play a role in kidney health.

Detecting kidney disease early through regular check-ups can help slow its progression and prevent complications.

How to Keep Your Kidneys Healthy

Maintaining good kidney health is possible through simple lifestyle changes:

- **Stay Hydrated** – Drinking plenty of water helps the kidneys flush out toxins.
- **Eat a Balanced Diet** – A diet rich in fruits, vegetables, whole grains, and lean protein supports kidney function.
- **Monitor Blood Pressure and Blood Sugar Levels** – Keeping these under control reduces kidney strain.
- **Exercise Regularly** – Staying active helps maintain a healthy weight and lower blood pressure.
- **Limit Salt and Processed Foods** – High sodium intake can raise blood pressure and damage kidneys.
- **Avoid Overuse of Painkillers** – Long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen can harm the kidneys.
- **Quit Smoking and Reduce Alcohol Consumption** – These habits significantly lower the risk of kidney disease.

How to Get Involved in World Kidney Day

1. Spread Awareness

- Share information about kidney health on social media using **#WorldKidneyDay**.
- **Talk to friends, family, and colleagues** about the importance of kidney health.
- Encourage regular kidney **health check-ups**, especially for those at risk.

2. Participate in Local Events

- Many organisations and healthcare providers hold free screenings, educational workshops, and awareness campaigns to mark World Kidney Day. Check with local hospitals, health centres, and community organisations for events in your area.

3. Support Kidney Charities

- Consider donating to or volunteering with organisations dedicated to kidney disease research, patient support, and education.

Support and Resources in North Tyneside

If you are concerned about your kidney health or at risk of kidney disease, there are local services that can help:

Renal Services Centre at Newcastle's Freeman Hospital — provides comprehensive kidney care for people who live in Newcastle and Gateshead, North Tyneside and Northumberland.

Take Action for Your Kidney Health

World Kidney Day 2025 is an opportunity to take control of your health and encourage others to do the same. By understanding how to care for your kidneys, you can reduce the risk of kidney disease and promote overall wellbeing.

Your kidneys work hard every day—give them the care they deserve!

Related Links

- [Kidney Research UK](#)
- [British Kidney Patient Association](#)
- [Renal Services Centre at Newcastle's Freeman Hospital](#)



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