



“KIDNEY HEALTH FOR ALL –
CARING FOR PEOPLE,
PROTECTING THE PLANET”

FACTS ABOUT OUR KIDNEYS

- **EVERY HUMAN BEING HAS TWO KIDNEYS.**
- **EACH KIDNEY IS ABOUT THE SIZE OF YOUR FIST.**
- **THE KIDNEYS ARE LOCATED NEAR THE MIDDLE OF YOUR BACK, JUST BELOW THE RIB CAGE.**
- **UNCONTROLLED PERSISTENT *HIGH BLOOD PRESSURE* DESTROYS THE KIDNEYS OVER TIME.**
- **TOXICITY FROM UNWHOLESOME & CONTAMINATED HERBAL PREPARATIONS AND CONCOCTIONS IS A LEADING CAUSE OF KIDNEY FAILURE.**

WHAT ARE HEALTHY KIDNEYS FOR??

- ✓ **REMOVAL OF WASTE PRODUCTS AND EXCESS WATER FROM THE BODY THROUGH URINE.**
- ✓ **ASSIST IN CONTROLLING *BLOOD PRESSURE.***

- ✓ **MAKING RED BLOOD CELLS.**
- ✓ **KEEPING BONES STRONG AND HEALTHY.**

WHAT ARE THE THREE (3) MAIN CAUSES OF KIDNEY FAILURE IN GHANA TODAY?

- **UNCONTROLLED HIGH BLOOD PRESSURE**
- **UNCONTROLLED LONG STANDING DIABETES MELLITUS**
- **CHRONIC CONSUMPTION OF UNWHOLESOME HERBAL PREPARATIONS**

LET US;

- ✓ **TAKE OUR ORTHODOX MEDICATION RELIGIOUSLY!!**
- ✓ **NOT MISS OUR REVIEW APPOINTMENTS WITH THE DOCTOR!!**
- ✓ **BE MINDFUL OF WHAT WE CONSUME AS MEDICINE!!**