

Healthy kidneys for a healthy you!

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Everybody likes to reap the benefits of leading an active and healthy life! The only way to do it is by adapting a healthy lifestyle and following a balanced diet on a regular basis. This year, India is celebrating World Health Day on 7th April by spreading a strong message about the need to follow a healthy food regime.

In this day and age where individuals battle with time due to their busy schedules, many of them tend to overlook their health. This has led to an intense escalation of non-communicable and lifestyle related diseases like obesity, type 2 diabetes and has accounted for half of the deaths in recent times.

Chronic kidney disease also adds to this alarming issue. World Health Organization projected a prevalence of chronic kidney disease worldwide, among 8-16% of adults above 30 years of age and has considered it to be one of the major reasons for a rise in mortality rate.

A survey done by US National Library of Medicine National Institutes of Health reveals that, 17% of the population in India is affected by chronic kidney diseases primarily due to unhealthy eating habits and stressful lifestyles. A balanced, healthy diet plays an important role in fighting factors that trigger chronic kidney disease. Consuming the right food in right proportions can certainly help prevent the onset of kidney disease.

It is always the preferred option to prevent the occurrence of kidney disease and work towards attaining a healthy lifestyle. **Dr. P. Rahul, Nephrologist at Sindhu Hospitals** suggests a few healthy lifestyle tips that can reduce and control the risk of developing kidney disease:



1. Diet: It is important to consume protein rich food and include it in your daily meals. Meals which balance your glucose level in the blood stream and stabilize your blood pressure are beneficial.



2. **Checkups** – Keep an eye on blood pressure and diabetes as an imbalanced health condition can cause sever kidney damage.

3. **Fresh water consumption** – Consistent water intake is highly recommended by the doctors. Water helps the kidney to remove all the waste from the blood in the form of urine. It also helps in keeping the blood vessels open to ensure blood travels easily to your kidney and provides essential nutrients to the organ.



Apart from these impactful steps, physical activity helps avoid gaining excessive weight and also ensure you attain a sound sleep.

Below are few healthy consumption choices that can be incorporated in your diet for a healthy kidney:

1. **It is always good to go green:** include more of fruits and vegetables in your diet as it is one of the best ways to protect your kidneys
2. **Get real:** Dropping the high-salt, trans-fat takeaways and convenience foods like hot cakes and fast food items. Develop an actual interest and enjoy cooking from scratch with fresh, healthy ingredients. It is indeed delicious and good for your kidneys.
3. **Be conscious about fats:** Select the right cooking oil to protect the blood vessels in your kidneys
4. **Go nuts** – Boost your intake of nuts and legumes. They are delightful and also provide healthy fat and fiber

5. **Reduce consumption of sugar-** Sugar can be harmful for your overall health and kidneys if consumed beyond required. Avoid sweetened drinks and treats, fast foods, processed food and red meat

6. **Right grains** - Explore the wide range of legumes, grains, and nuts that are readily available in the market and make them part of your daily eating

Healthy kidneys promise you a clean and fresh body! So take that small step today and work towards a healthier you!