

# WORLD KIDNEY DAY

12th March 2026



**CARING FOR PEOPLE,  
PROTECTING THE PLANET**



**KIDNEY DISEASE IS THE 9<sup>TH</sup> BIGGEST KILLER WORLDWIDE**

- ✓ 1 in 10 adults has some form of chronic kidney disease (CKD)
- ✓ CKD can be silent — no symptoms until severe
- ✓ Early detection can slow or prevent progression

## 8 Golden steps to Protect Your Kidneys

- 1 Keep blood pressure under control
- 2 Manage blood sugar (especially if diabetic)
- 3 Stay active & keep a healthy weight
- 4 Eat less salt & more fresh foods
- 5 Drink adequate water daily
- 6 Avoid overuse of painkillers (NSAIDs)
- 7 Don't smoke
- 8 Regular kidney checkups if you're high-risk

These simple steps can reduce your risk of CKD

### Who Should Get Tested?

- ✓ People with diabetes
- ✓ Age 60 years and above
- ✓ People with high blood pressure
- ✓ Family history of kidney disease

Ref: Mark PB, Stafford LK, Grams ME, Aalruz H, et al. Global, regional, and national burden of chronic kidney disease in adults, 1990–2023, and its attributable risk factors: a systematic analysis for the Global Burden of Disease Study 2023. The Lancet. 2025 Nov 22;406(10518):2461–82. <https://www.worldkidneyday.org/2026-campaign/> Accessed on 16<sup>th</sup> Feb 2026

**MEDITROL**  
Calcitriol BP 0.25 micrograms

Makers of  
**Less-K**  
Calcium Polystyrene Sulfonate Powder 5 g

**SEVMEG**  
Sevelamer carbonate Tablets 800 mg

Disclaimer: This information is for educational purposes only and does not replace medical advice. Consult a healthcare professional for medical decisions.

**MEGA** We care