Healthy Habits

WHY DOES KIDNEY HEALTH MATTER?

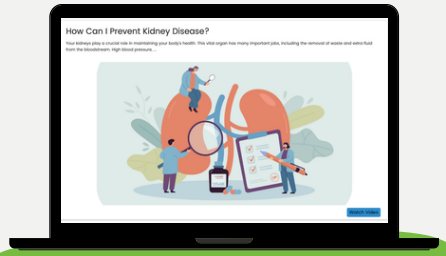
Your kidneys may be small, but they are also mighty multitaskers! Located below the rib cage, these two tiny organs work around the clock to remove toxins and waste from your blood, balance electrolytes, control blood sugar, regulate blood pressure, and assist in the production of red blood cells. Celebrate National Kidney Month by understanding why taking care of your kidneys promotes a healthier life.

With so many hats to wear, it's no surprise that healthy kidneys are vital in protecting against disease and chronic illness. When they aren't functioning properly, waste and fluids can build up in the body, affecting everything from energy and sleep to inflammation, appetite, and heart health. Those who have high blood pressure or diabetes are at a much higher risk of developing kidney-related issues since both conditions decrease the kidneys' ability to filter blood.

Unfortunately, many kidney related issues have no noticeable symptoms in the early stages. No matter your medical history, make routine screenings and physical exams a habit, as testing is one of the most important ways to monitor kidney function.

The good news? Consistent healthy habits can keep your kidneys working seamlessly and lower the risk of illness in the future! Keep these simple strategies in mind:

- Stay hydrated by drinking enough water every day
- Avoid smoking and using other tobacco products
- Exercise regularly to maintain a healthy blood pressure
- Monitor blood sugar levels, especially if you have diabetes
- Cut back on salt and sodium-heavy meals
- Assess kidney health with BUN, creatinine, phosphorus, and eGFR testing - all included in the EHS Panel C screening!



Discover the best ways to prevent chronic kidney disease with strategies from a Mayo Clinic expert.

If you completed a screening with Empower Health Services, explore additional health and wellness resources on empower.health!

Simply scan the QR code and click the download icon to install the app on your mobile device.

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HOW DOES SLEEP IMPACT YOUR EVERYDAY?

Sleep is a basic human need, yet nearly 1 in 3 adults isn't getting enough of it! If you often wake up feeling tired or low on energy, sleep deprivation may be the culprit. With National Sleep Awareness Month taking place in March, there's no better time to explore how much rest you should really be getting each night.

Most adults need roughly 7 to 9 hours of quality sleep to function at their best. The American Heart Association notes that healthy sleep habits support your mind, body, and emotions. A good night's rest can boost your mood and energy, help you think clearly, support your immune system, and allow your body to repair cells and tissues!

Getting regular rest is essential for reducing your risk of chronic conditions such as high blood pressure, diabetes, and depression. Poor or disrupted sleep can cause stress levels to rise, making it much harder to eat well, stay active, and maintain a healthy lifestyle.

Good sleep is the foundation of overall wellness. By limiting screen time before bed and keeping a consistent sleep schedule, you can build healthy habits that leave you feeling well-rested and improve your quality of life this month and beyond!

MARCH RECIPES

SLOW-COOKER ASPARAGUS-BARLEY RISOTTO

GET RECIPE

SQUASH AND SPINACH LASAGNA

GET RECIPE

SALMON KEBABS WITH HERB SAUCE

GET RECIPE

Connect with Empower Health Services!

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