

Department of Internal Medicine

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Title: WORLD KIDNEY DAY 2021 FILM IN ISFAHAN KIDNEY DISEASES RESEARCH CENTER, ISFAHAN UNIVERSITY OF MEDICAL SCIENCES ABOUT LIVING WELL WITH KIDNEY DISEASE

This year our mission for world kidney day is to raise public awareness about how to live well with damaged kidney.

In this health campaign the members of Isfahan kidney diseases research center encourage people to keep their kidney healthy by ISN recommendations:

1. Keep fit and be active.
2. Eat healthy diet.
3. Check and control your blood sugar.
4. Check and control your blood pressure.
5. Take appropriate fluid intake.
6. Do not smoke.
7. Don't take pain-killers regularly.
8. Check your kidney function regularly if you have risk factors.



