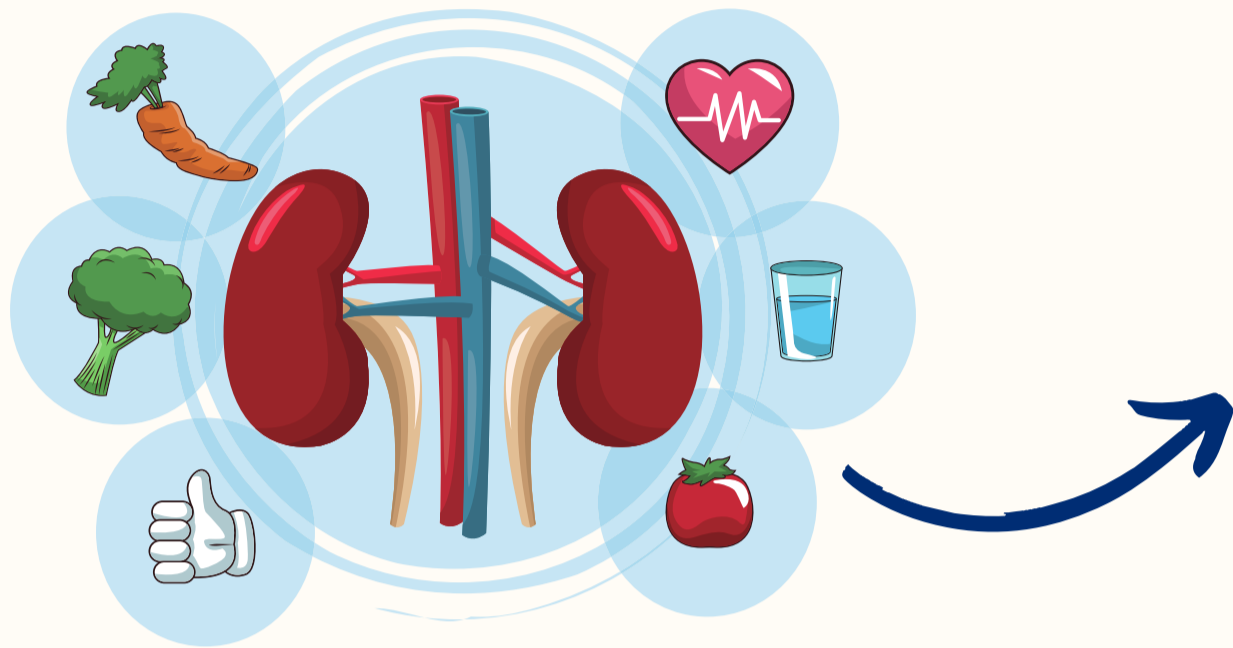


# Celebrate World Kidney Day

with the Johns Hopkins Division of Nephrology

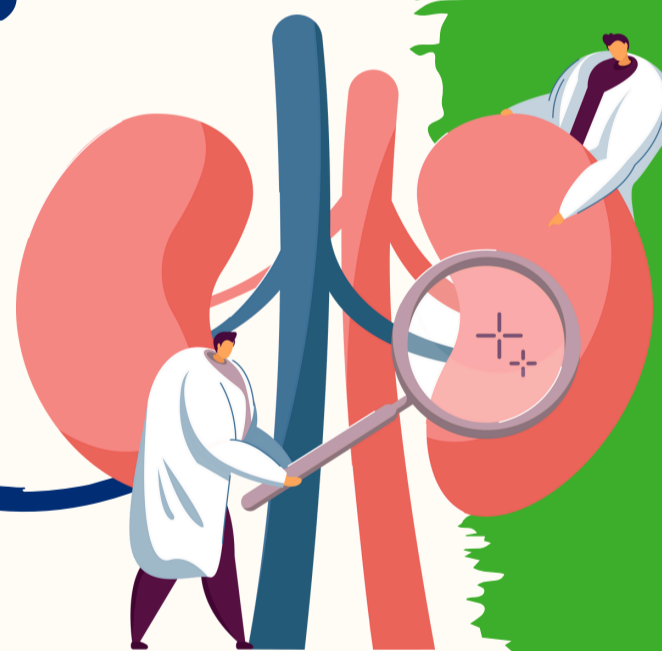
## Did You Know?



- Kidneys remove toxins and excess water from blood.
- Kidneys help to control blood pressure, produce red blood cells, and keep bones healthy.
- Chronic Kidney Disease (CKD) is extremely common.
- 1 in 10 adults live with some form of kidney damage.
- Millions of deaths from CKD could be prevented each year through early detection and treatment.

**"Are your kidneys ok? Detect early, protect kidney health."**

FOLLOW US AT:



Learn how to detect risks, access treatment options, protect your kidney health, discover life-saving research, and contribute to patient education, emergency support and research by using our QR Code below.

## How Can You Join in the Celebration?

- **Visit our clinics** March 13 & 14 to celebrate and receive swag
- **Take control** of your kidney health through regular doctor visits
- **Access helpful resources** and share them with friends and family
- **Donate** to patient education, emergency support and research
- **Start a personal fundraiser** on social media using our QR code
- **Spread the word** by posting **#WorldKidneyDayatJohnsHopkins**



**Thanks for your support of World Kidney Day at Johns Hopkins!**