

## AWARENESS PROGRAMME ON 13.03.2025

At our Hospital, **Dr.Dhivakar B, M.B.B.S., M.D.,D.M.(Nephrology)**, shared his valuable insights with public on preventing Kidney diseases, in observance of the **World Kidney Day 2025**. Here are some key tips for the public shared by him during his awareness talk at our Hospital.

- Follow a Balanced Diet
- Reduce salt intake to prevent high blood pressure.
- Drink enough water daily to support kidney function.
- Avoid excessive sugary and carbonated drinks.
- Advised to monitor the blood sugar and blood pressure levels regularly.
- Engaging in physical activities helps maintain overall health.
- If you have a family history of kidney disease, consult a nephrologist regularly.
- He advised that everyone should manage conditions like diabetes and hypertension effectively and undergo regular health check-ups to maintain kidney health.

By following these simple steps, everyone can protect their kidneys and lead a healthy life!



**Awareness Talk to the Public by  
Dr.Dhivakar B, M.B.B.S., M.D.,D.M.(Nephrology)  
on March 13<sup>th</sup>, 2025**