

“And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.” Matthew 4:23

March is National Kidney Month. Due to high rates of diabetes, high blood pressure and heart disease, **African Americans have an increased risk, 3 times more than Caucasians, of developing kidney failure. Diabetes is the leading cause of kidney failure in African Americans.** African Americans are twice as likely to be diagnosed with diabetes as Caucasians. **High blood pressure is the second leading cause of kidney failure among African Americans,** and remains the leading cause of death due to its link with heart attacks and strokes.

[What can you do for your kidneys? The 8 Golden Rules:](#)

1. Keep fit and active
2. Keep regular control of your blood sugar level
3. Monitor your blood pressure
4. Eat healthy and keep weight in check
5. Maintain a healthy fluid intake
6. Do not smoke
7. Do not take over-the-counter pills on a regular basis
8. Get you kidney function checked if you have one or more of the “high risk” factors:
 - You have diabetes
 - You have hypertension
 - You are obese
 - One of your parents or other family members suffer from kidney disease
 - You are of African, Asian, or Aboriginal origin

Jesus life on earth was devoted to healing - body, soul and spirit. He is the same yesterday, today and forever, therefore we know He still saves and He still heals. But, we must do our part and care for our bodies just as we do our soul and spirit. We were made to glorify God, so He cares about our entire being.

For more information:

www.worldkidneyday.org www.kidney.org