

# Today we Celebrate Kidney Awareness!

## Do you know what Kidney Disease is?



Sometimes a child can be born with Kidney Disease. This means the Kidneys we were Born with must work harder than a normal kidney.

and that's okay because Doctors Help with Medicine and routine check-ups.



That means you get to go to the Doctors office and test how strong you are by Getting your blood drawn Or the Doctor looks at your Tummy with an Ultrasound machine. This doesn't hurt at all Sometimes it can tickle your tummy.



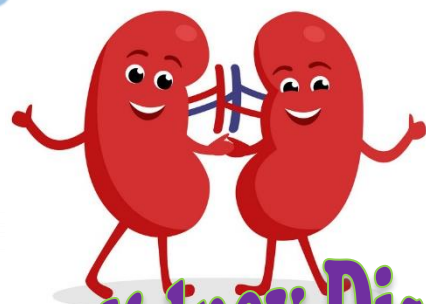
You can still Run, Jump, And play with all Your friends.

Kidney Disease is Not contagious like a cough or a cold.

It's important to not eat foods that can be bad for your kidneys Like high amounts of sugars, salts Or potassium. This can Make you feel sick with Kidney Disease.



### Take care of your kidneys



## For information on Kidney Disease

### Visit

# [www.davita.com](http://www.davita.com)

