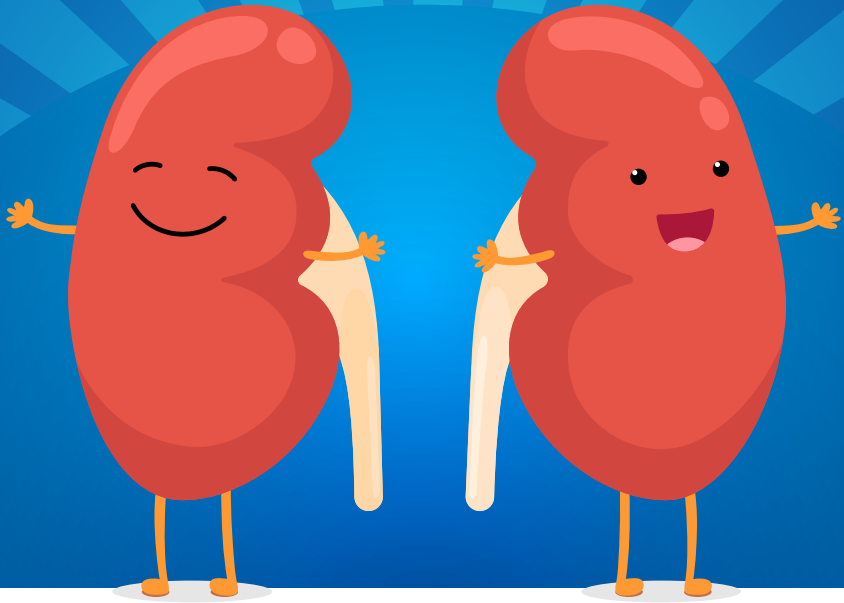


**12TH MARCH 2026**

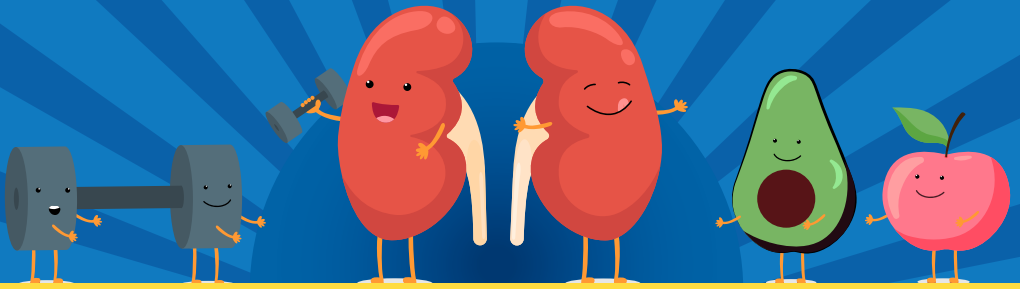
# WORLD KIDNEY DAY

KIDNEY HEALTH FOR ALL - CARING FOR PEOPLE,  
PROTECTING THE PLANET



*Celebrating*  
**YEARS**

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## **KIDNEY HEALTH FOR ALL - CARING FOR PEOPLE, PROTECTING THE PLANET™**

Today is World Kidney Day, every year on March 12 we highlight the importance of this vital organ, and the impact kidney disease has on communities globally. Currently over 850 million people are affected by chronic kidney disease globally. When left untreated it can lead to kidney failure, unfortunately there is no cure, and treatment can only slow its progression. Early diagnosis is crucial which is why regular kidney function tests are recommended. More education is needed across the county to improve kidney health and awareness on simple kidney function tests which could save your life.

The PNG Kidney Foundation provides support to over 100 patients each year which can include consultations, counselling, and treatments. This is a vital service for those affected by kidney disease in our communities. The Sir Brian Bell Foundation supported the PNG Kidney Foundation with K20,000 in 2023 to assist with operations and upkeep of equipment. Additionally, these funds were used in the sponsorship of a PNG national doctor to attend further study to be a certified Nephrologist and the recruitment of a Nephrologist and Training Specialist which assisted with patient care.

“Regular health checks can detect issues before they become serious. Talk to a medical professional if you notice any changes in your health no matter how small it may be. It may just save your life. At your next check-up, ask about a kidney check” commented Sir Brian Bell Foundation CEO Bronwyn Wright.

Thank you to the PNG Kidney Foundation for all the work you do to raise awareness on the burden of kidney disease nationally and provide treatment for those in need.

## **INTERNATIONAL SOCIETY OF NEPHROLOGY**

Chronic kidney disease (CKD) is a major and growing global health challenge, affecting 1 in 10 people worldwide. Often silent in its early stages, CKD can progress unnoticed until it causes severe health consequences, profoundly impacting individuals, families, and communities. The disease

significantly increases the risk of cardiovascular complications, reduces quality of life, and may advance to kidney failure, where survival depends on life-sustaining kidney replacement therapies such as dialysis or transplantation. Its burden is unevenly distributed, disproportionately affecting disadvantaged populations and exacerbating existing health inequities. Early detection can save lives. Simple, non-invasive, and cost-effective testing through blood and urine tests can identify kidney dysfunction, enabling timely interventions that slow disease progression. Targeting high-risk populations – people with diabetes, hypertension, cardiovascular disease, obesity, or a family history of kidney disease – is highly effective. Community-based programs can expand access in underserved populations. Detecting CKD early not only preserves kidney function but also reduces the need for resource-intensive treatments and improves long-term outcomes.

**Learn more:** <https://www.worldkidneyday.org>

World Kidney Day, March 12th, 2026 “Kidney Health For All - Caring for People, Protecting the Planet™”. – Health information on your Kidney’s Part 1 of 2.

## **WHY ARE KIDNEYS IMPORTANT?**

Kidneys are vital organs, each kidney is roughly the size of your fist, located deep in the abdomen, beneath the rib cage and do many essential tasks to keep us healthy, including:

- Making urine
- Removing wastes and extra fluid from your blood
- Control your body’s chemical balance
- Helping to control your blood pressure
- Help keep bones healthy
- Help make red blood cells

## **WHAT IS KIDNEY DISEASE**

Kidney disease is called a ‘silent disease’ as there are often no warnings, and it is not uncommon for people to lose up to 90% of kidney function before experiencing symptoms, according to the International Society of Nephrology. Between 8 and 10% of the adult population have some form of kidney damage and every year millions of people

The Sir Brian Bell Foundation is proud to support health and education initiatives in Papua New Guinea. Stay up to date with all the latest news from the Foundation and the programs and individuals it supports via our Facebook page:

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die due to complications related to chronic kidney disease (CKD). Most people have no symptoms until CKD is advanced; however, signs of advancing CKD can include swollen ankles, fatigue, difficulty concentrating, and decreased appetite. Simple blood and urine tests can be performed by your doctor to determine kidney function. If you notice any changes in your health, it is important to see a doctor. If CKD is detected early and managed appropriately, the deterioration in kidney function can be slowed or even stopped, and the risk of associated cardiovascular complications can be reduced.

### **RISK FACTORS FOR KIDNEY DISEASE**

Be aware of the risk factors and ask your doctor for regular kidney checks if you have diabetes, high blood pressure, have heart issues (heart failure or heart attack), have had a stroke, a family history of kidney disease or kidney failure, being obese, have smoked, are over the age of 60 or have an acute kidney injury.

### **8 TIPS FOR KIDNEY HEALTH**

There are several ways to reduce the risk of developing kidney disease, including:

- 1. Keeping fit and active:** this can help to maintain an ideal body weight, reduce your blood pressure as well as reduce your risk of chronic kidney disease. Harvard Medical School recommends completing 150 minutes of moderate-intensity aerobic activity per week for optimal health, which can be broken down to 30 minutes 5 days a week.
- 2. Eat a healthy, well-balanced diet:** Eating well can assist in maintaining healthy body weight, reducing blood pressure, preventing diabetes, heart disease, and other conditions associated with chronic kidney disease. It is important to also reduce your salt intake, which can be done by limiting the number of processed foods consumed and not adding salt to your food. Prepare meals/snacks yourself with fresh ingredients when you can.

- 3. Check and control your blood sugar:** roughly half of the people who have diabetes do not know it, which is why your blood sugar levels need to be checked annually. The better a person keeps diabetes under control, the lower the chance of getting kidney disease. Talk to your doctor.

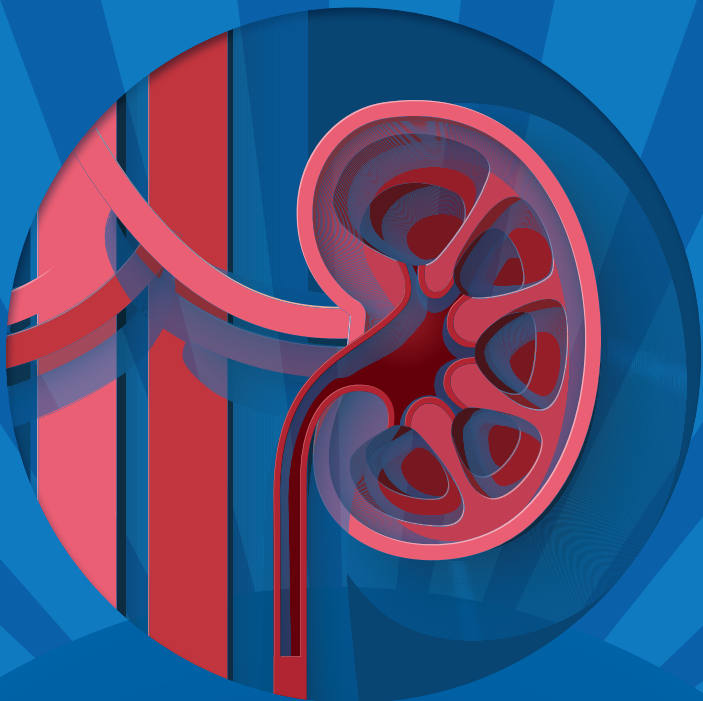
- 4. Check and control your blood pressure:** high blood pressure can cause damage to your kidneys, which is especially likely when associated with other factors like diabetes, high cholesterol, and cardiovascular diseases. Roughly half of the people with high blood pressure are unaware of it, which is why it is important to be checked regularly, especially when approaching middle age or older. Talk to your doctor.

- 5. Drink enough water:** The right level of fluid intake for any individual varies depending on exercise, climate, health conditions, pregnancy, and breastfeeding. While normally, this means 8 cups, approximately 2 litres per day, which may need to be adjusted, especially if you have kidney, heart, or liver disease. Talk to your doctor about the right fluid intake for your individual needs.

- 6. Quit smoking:** Smoking slows the flow of blood to the kidneys, which can decrease their ability to function normally. Smoking also increases the risk of kidney cancer by about 50%. If you are having trouble quitting smoking talk to your doctor.

- 7. Don't take unnecessary medication:** Taking over-the-counter anti-inflammatory/ painkillers regularly can cause kidney damage. If you have kidney disease or decreased kidney function, taking just a few doses can do harm to your kidneys. If you require pain management on a regular basis, talk to your doctor.

- 8. Get your kidney function checked:** Talk to your doctor if you have one or more of the high-risk factors such as diabetes, hypertension, are obese, or a family history of kidney disease. Kidney Function tests are easy, painless, and could save your life.



**Talk to your doctor about a  
kidney function test, it's quick,  
easy, painless and may just  
save your life.**

