

International World Kidney Day

This year International World Kidney Day will take place on March 11th 2021 with the theme “*Kidney Health for Everyone Everywhere – Living Well with Kidney Disease*”.



In Ireland, 400,000 people are at risk of kidney disease. It is projected to become the 5th leading cause of premature death globally by 2040.

1 in 8 people aged over 50 in Ireland have Chronic Kidney disease by blood testing. Chronic Kidney disease is often preventable with interventions that include early check-ups, blood pressure and blood sugar control as well as management of associated diseases e.g. heart disease.

In 2020, 314,184 haemodialysis treatments were recorded to 2014 adult and paediatric patients in Ireland with an additional 108,040 dialysis treatments were carried out by patients in their own homes. 123 people successfully received a kidney transplant in 2020 adding to the total of 2621 people living with a successful kidney transplant.

Celebrate World Kidney Day and Follow the 8 Golden Rules!

On February 8, WKD launched **#MyGr8Rule** challenge as a symbolic gesture to remember that kidneys are vital organs and that they should be taken care of.

This action urges everyone around the globe, from all cultures and ages, to look after their kidneys and prevent kidney disease.

How to participate in the **#MyGr8Rule** challenge:

- Complete one or more of the [8 golden rules](#) of keeping kidneys healthy and preventing kidney disease such as keeping active, quitting smoking, eating a healthy diet etc.

The **8 Golden Rules**:

1. Keep fit, be active
2. Eat a healthy diet
3. Check and control your blood sugar
4. Check and control your blood pressure
5. Take appropriate fluid intake
6. Don't smoke
7. Don't take over-the-counter anti-inflammatory/pain-killer pills regularly
8. Get your kidney function checked if you have any 'high risk' factors
 - you have diabetes
 - you have hypertension
 - you are obese
 - you have a family history of kidney disease

Further information regarding World Kidney day is available at <https://www.worldkidneyday.org/2021-campaign/2021-wkd-theme/>