

Kidney care essentials: Simple & smart tips to protect your filters

Urine infections – Early action matters



UTIs (Urinary Tract Infections) can silently damage kidneys if untreated: spot symptoms early.



Smart Tips:

- Stay hydrated to flush bacteria regularly.
- Practice good hygiene: wipe front to back, avoid harsh soaps.
- Empty bladder fully and frequently, especially after intercourse.
- Include cranberry juice or supplements (as per doctors prescription) to reduce infection risk.
- Seek prompt medical care if you notice burning, urgency, or cloudy urine.