



The Maryland State Medical Society

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Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

MARCH IS NATIONAL KIDNEY MONTH

BALTIMORE, March 12, 2021 — March is dedicated to National Kidney Month and MedChi, The Maryland State Medical Society, wants to help bring awareness to kidney health and encourage people to keep their kidneys safe and healthy.

Kidneys filter blood, make urine, and produce the red blood cells that carry oxygen through your body. These vital organs also control blood pressure and produce vitamin D to help keep bones strong.

MedChi President, Dr. Shannon Pryor, states ““kidney disorders can lead to painful kidney stones or infections and some, if left untreated, could require a transplant. Some conditions, such as high blood pressure and diabetes, put people at increased risk for kidney disease so it is important to maintain regular checkups with your doctor.”

Helpful steps to try and prevent kidney disease include managing high blood pressure, making healthy food and drink choices, and reducing stress.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.