

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



Keeping your kidneys and bladder healthy

Our kidneys and bladder are like the cleaning crew that keeps our bodies healthy. They generally work without us even noticing, but when problems develop, they can cause discomfort and potentially lead to more-serious health issues.

[Read more ►](#)



Eating better can help prevent kidney stones

If you've ever had kidney stones, your care provider may have suggested a new eating plan to help prevent new stones. Making changes to your diet today can lower your chance of getting kidney stones tomorrow.

[Learn more ►](#)



Protecting your kidneys

Learn how you can help your kidneys stay healthy by adjusting your diet.

[Watch video ►](#)