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On the occasion of world kidney day 2025; the significance of early kidney disease prevention

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ABSTRACT

World Kidney Day 2025 represents an essential opportunity to address urgent issues surrounding kidney health. Its aims focus on educating the public and healthcare professionals about the significance of kidney disease prevention, promoting early detection through screening, and advocating for equitable access to healthcare resources.

Keywords: World kidney day, Kidney health, Chronic kidney disease, Kidney disease

Implication for health policy/practice/research/medical education:

World kidney day is an annual global awareness campaign aimed at raising the profile of kidney health and highlighting the importance of maintaining normal kidney function.

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Introduction

World kidney day (WKD) is an annual global awareness initiative aimed at highlighting the importance of kidney health and the need to prevent kidney disease. In 2025, WKD will adopt the theme “Are Your Kidneys, OK? – Detect Early, Protect Kidney Health,” focusing on the vital significance of early detection and preventative measures to safeguard kidney function and overall health(1). This awareness day, celebrated around the world on March 13, serves as a foundational platform for spreading knowledge about kidney diseases, their risk factors, and the importance of timely medical intervention(1).

Aims of world kidney day 2025

The primary aim of WKD 2025 is to equip individuals with the knowledge necessary to recognize symptoms and risk factors associated with chronic kidney disease (CKD). This condition is estimated to affect approximately 850 million people globally, making it a critical public health issue that demands urgent attention (2). This alarming trend highlights the urgent need for comprehensive strategies to address the increasing prevalence and impact of CKD on global health (3). The economic burden of this disease is indeed substantial and rapidly growing. In high-income countries, end-stage kidney disease treatment

currently consumes 2%-3% of the annual healthcare budget, despite affecting less than 0.03% of the total population, highlighting the urgent need for preventive strategies and early intervention (4). By fostering awareness of kidney health, WKD seeks to empower the public to engage in proactive health behaviors, leading to a significant reduction in kidney disease prevalence(5). Early identification of kidney disease presents a crucial opportunity to prevent or delay progression to more severe stages; therefore, another noteworthy aim is promoting routine screening and testing for kidney disease (6). The WKD campaign emphasizes the need for screening and monitoring of high-risk individuals, particularly those with diabetes, hypertension, or a family history of renal disease, to undergo regular kidney function assessments (6). Early detection through screenings can lead to timely interventions that prevent the progression of renal diseases and mitigate serious complications, such as cardiovascular issues and kidney failure (7). Likewise, education plays a pivotal role in the objectives of WKD 2025, since healthcare systems throughout the worldwide must adapt to meet the growing challenge of kidney disease prevention. This facilities include developing integrated care models that focus on early detection and prevention rather than just treatment of advanced disease (8). The WKD campaign

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also aims to educate both healthcare professionals and the public about the risk factors associated with kidney disease, such as diabetes, hypertension, and obesity (1,9). Meanwhile, preventive strategies must emphasize lifestyle modifications and proper management of risk factors. Enhanced health literacy regarding healthy lifestyle choices and self-care management including a healthy diet low in sodium, regular physical activity, and appropriate weight management, complements this educational objective, promoting a well-informed population capable of making healthier decisions concerning their kidney health (6,10). On the other hand, advocacy for improved access to care and resources for kidney health is another cornerstone of WKD 2025. Additionally, WKD 2025 recognizes the importance of collaboration among various stakeholders, including healthcare providers, policy-makers, and community organizations for a successful prevention strategy (11). Through joint efforts, the campaign intends to create a multi-faceted approach to raising awareness and improving kidney health initiatives on a global scale. This modality includes implementing systematic screening programs, improving access to preventive care, and developing targeted interventions for high-risk populations. It should remember that, healthcare systems should shift their focus from treating advanced kidney disease to preventing its onset and progression through early detection and intervention (12). The use of new technologies and artificial intelligence may also help clinicians better recognize CKD and implement preventive measures more effectively (13). The emphasis on community involvement is also crucial, as local organizations can contribute significantly to educating the populace and creating meaningful impacts through outreach programs and events (14).

Conclusion

The WKD 2025 theme serves as a crucial reminder of the importance of early detection and prevention in addressing the global burden of kidney disease. By uniting communities in the effort to protect kidney health, WKD strives to create a world where everyone understands the importance of their kidneys and takes proactive steps to care for them. The evidence clearly shows that early intervention not only improves patient outcomes but also reduces the economic burden on healthcare systems. As we move forward, it is essential to maintain this focus on prevention and early detection, ensuring that kidney health remains a priority in global healthcare initiatives. The activation of awareness through the 2025 campaign theme, “Are Your Kidneys, OK? – Detect Early, Protect Kidney Health,” underscores that kidney health can be preserved with prevention, education, and advocacy.

Declaration of generative AI and AI-assisted technologies in the writing process

During the preparation of this work, the authors utilized Perplexity to refine grammar points and language style in writing. Subsequently, the authors thoroughly reviewed and edited the content as necessary, assuming full responsibility for the publication's content.

Conflicts of interest

The author declares that she has no competing interests.

Ethical issues

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