



MARCH 2020

NATIONAL KIDNEY MONTH

WHAT YOU NEED TO KNOW

Your kidneys filter water and extra waste from your blood to make urine. You can have early kidney damage without any symptoms.

More than 20 million American adults may have CKD.

The best way to know if you have Chronic Kidney Disease (CKD) is to **get your kidneys checked with a blood or urine test**. Get tested to know your risk. You are at higher risk if you have **diabetes, high blood pressure, heart disease or a family history**.

Early treatment can prevent or delay other health problems. The sooner you know if you have CKD, the sooner you can make changes to protect your kidneys, **prevent kidney failure, and avoid treatments** like dialysis or a transplant.

If you have CKD, you are more likely to have a stroke or heart attack. **High blood pressure** can be both a cause and a result of kidney disease.

Symptoms of Kidney Problems

- Swelling in face, hands, abdomen, ankles and/or feet
- Blood in urine or foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

Prevent or Improve Kidney Problems by:

- Eating healthy
- Managing blood pressure
- Controlling blood sugar
- Being active
- Quitting smoking
- Getting enough sleep
- Taking prescribed medicines



DID YOU KNOW?

KIDNEY DISEASE CAN CAUSE:



Nerve Damage



Stroke



Weak Bones



Heart Attack



High Blood Pressure



Cardiovascular Disease



Kidney Failure



Low Red Blood Cell Count

Call: 877.834.4596

Visit: <https://wellnesstherightway.hmchealthworkscos.com>



6 WAYS YOUR KIDNEYS KEEP YOU HEALTHY



Directs Production of Red Blood Cells



Activates Vitamin D for Healthy Bones



Filters Water from the Blood



Regulate Fluid Levels



Regulates Blood Pressure



Keeps Blood Minerals in Balance



Rx for Healthy Kidneys

<https://www.nwkidney.org/recipe/burritos-rapidos/>

INGREDIENTS

1 1/2 teaspoons olive oil
1/2 of red bell pepper, diced
4 green onions (scallions), sliced thin
8 eggs, beaten
4 corn tortillas (6-inch)

DIRECTIONS

1. Heat oil in a medium frying pan on medium heat.
2. Add bell pepper and green onion and cook until softened, about 3 minutes.
3. Add eggs and scramble about 5 minutes or until eggs are cooked through.
4. Place tortillas between two damp paper towels, then place on a plate. Microwave tortillas for 2 minutes.
5. Spoon egg mixture into warm tortillas. Roll up the tortillas and enjoy.

Kidney Disease Notes:

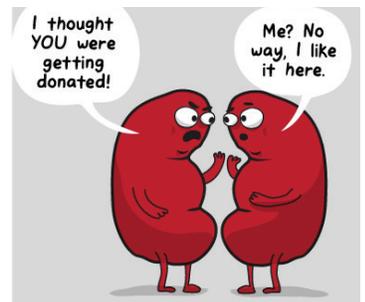
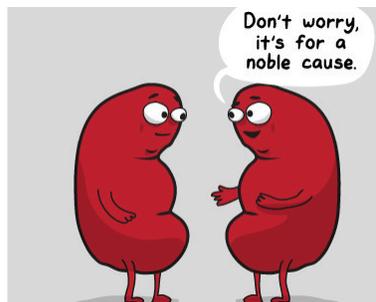
Sodium: Most people should limit sodium to 1,500 mgs/day.

Potassium: Limit potassium to 2,000 mgs/day if on hemodialysis, 3,500 mgs/day for peritoneal dialysis or short daily dialysis

Phosphorus: Limit phosphorus to about 1,000 mgs/day.

Protein: Check with a kidney doctor or dietitian for guidelines on protein intake

HEALTHY HUMOR



**MARCH
TIP SHEET**



Individuals with kidney disease are at high risk for vitamin D deficiency. An estimated 1 billion people worldwide have a vitamin D deficiency or insufficiency. Research links kidney problems to brain disorders. Vitamin D deficiency along (add with) reduced blood flow are some of the likely causes.



Also known as “the sunshine vitamin,” vitamin D has many benefits. These include keeping the cells that line the blood vessels healthy. **Deficiency of vitamin D has significant medical and psychological consequences.** Every tissue in the body has vitamin D receptors, including the brain, which means **vitamin D is needed for the brain to function.**

Vitamin D activates genes that release the “feel good” neurotransmitters (dopamine, serotonin) that affect brain function and development. **Researchers have found vitamin D receptors on a handful of regions in the brain that are linked with depression.**

Be sure to talk to your doctor about your kidney and mental health. If you are encountering mental health issues, ask if your vitamin D 25-hydroxy levels are healthy and between 50 and 75. Vitamin D is a small but critical part of mental health treatment. Vitamin D deficiency can impair and prolong recovery from depression.