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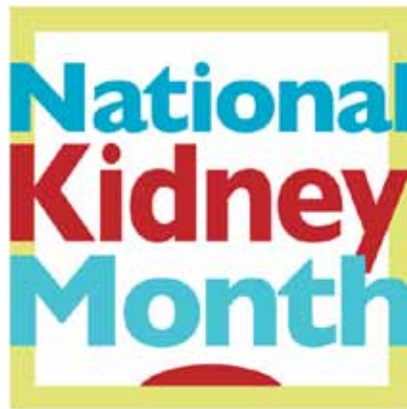
COMMUNITY RESOURCE BULLETIN

March is National Kidney Month

Kidney Disease is the 9th Leading Cause of Death in the U.S.

A majority of people who have moderately decreased kidney function may not know they have it

Your kidneys' main function is to filter extra water and wastes from your blood, resulting in healthy urine production. Kidneys also help control your blood pressure. When you have kidney disease—which may happen as you age—the wastes build up and can cause other health-harming issues. Kidney disease typically occurs slowly over several years.



SYMPTOMS:

- Typically, there are no symptoms in the early stages—symptoms don't usually appear until the disease has progressed; after that, you may experience:
- Feeling nauseous
- Feeling dizzy or fatigued
- Swelling in hands, face, or feet

CAUSES OF KIDNEY DISEASE:

- Diabetes is the most common cause of kidney failure, accounting for around 44% of new cases
- High blood pressure is the second cause of kidney failure, accounting for around 28% of new cases

YOU MAY HAVE A HIGHER RISK OF KIDNEY FAILURE IF YOU:

- Have cardiovascular disease
- Have a family history of kidney failure
- Are over the age of 60
- Are African-American, Hispanic, Native American, or Asian

- Pain in the back
- High blood pressure
- Dark, bloody, or foamy urine
- Change in frequency of urination

GET TESTED TO CATCH IT EARLY:

- Urine test
- Blood pressure test
- Blood glucose test
- Blood creatinine test



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Kidney Disease: What Do I Need to Know?



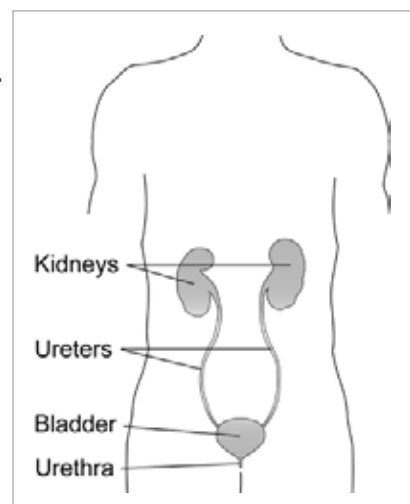
What do my kidneys do?

Your kidneys clean waste and extra fluid from your blood. This makes up your urine (pee). They also do many other jobs that you need in order to live. Your kidneys:

- Control chemicals in the body
- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells

Most people have two kidneys. Your kidneys are located on either side of your spine, just below your rib cage. Each kidney is about the size of a fist.

Your kidneys connect to your bladder by thin tubes called ureters.



The Urinary Tract

What is kidney disease?

The term “chronic kidney disease” (CKD) can refer to many types of kidney disease. CKD is lasting damage to the kidneys that can get worse over time. If the damage is very bad, your kidneys may stop working. If this happens, you will need dialysis or a transplant in order to live.

CKD can be caused by many different things. The most common causes of CKD are diabetes and high blood pressure. Some infections, inherited diseases and injuries can also cause CKD.

Am I at risk for kidney disease?

Anyone can develop kidney problems, but you are at more risk if you:

- Have diabetes
- Have high blood pressure
- Are African-American, Hispanic, Native American or Asian
- Have a family member with kidney disease
- Are over 60 years old
- Have HIV/AIDS

If you think you might be at risk, talk to your doctor about having your kidneys tested. Being tested is easy and could help save your life.

Continued on reverse →

What are the signs of kidney disease?

Kidney disease often has no symptoms until it is very far along. The only way to be sure how your kidneys are working is to get tested. If you do have symptoms, they might include:

- Feeling sick to your stomach often
- Feeling tired or dizzy often
- Swelling in your feet, hands or face
- Back pain
- Bloody, foamy or dark-colored urine
- High blood pressure
- A change in how often you go to the bathroom (pee more or less often)

What are the tests for kidney disease?

Being tested for kidney disease is simple. Ask your doctor about these tests:

Blood creatinine (estimated glomerular filtration rate—eGFR)

- This test tells your doctor how well your kidneys clean your blood.
- Your doctor tests your blood for a kind of waste called creatinine. Healthy kidneys filter creatinine out of your blood. Your doctor will then use your creatinine test result to figure out your eGFR.
- An eGFR less than 60 for three months or more may be a sign of kidney disease.

Urine test

- This test tells your doctor if there is blood or protein in your urine.
- Your doctor may test your urine in the office or ask you to collect your urine at home.
- Protein (called albumin) or blood in your urine may be a sign of kidney disease.

Blood pressure

- This test tells your doctor how hard your heart is working to pump your blood.
- High blood pressure (HBP) can cause kidney disease, but kidney disease can also cause you to have HBP.
- For most people, a normal blood pressure is less than 120/80 (120 over 80). Ask your doctor what your blood pressure should be.

Blood glucose (sugar) test

- This test tells your doctor how much glucose (sugar) is in your blood.
- Your doctor will test your blood, usually after you have fasted (not had anything to eat or drink) for 8 hours.
- For most people, a normal fasting blood glucose is less than 100. Ask your doctor what your blood glucose should be.

Take charge! Protect your kidneys!

If kidney disease is caught early, it can be treated! To learn more, call the American Kidney Fund's toll-free HelpLine at 1.866.300.2900 or email us at helpline@kidneyfund.org.

Diagram courtesy of the National Institute of Diabetes and Digestive and Kidney Diseases, www.niddk.nih.gov.

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Kidney Stones

► What is a kidney stone?

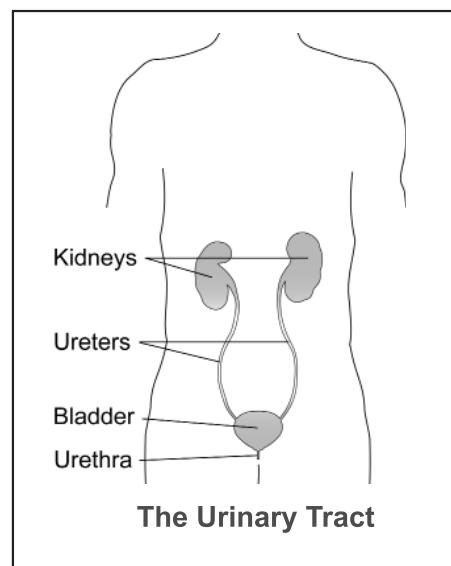
A kidney stone is like a small rock that forms in the kidney. Stones form when certain chemicals in the body clump together. A stone can either stay in the kidney or travel through the urinary system (see picture).

► Who gets kidney stones?

Anyone can have a kidney stone, but it may be more likely if you:

- Are male
- Are Caucasian
- Are very overweight
- Have had kidney infections
- Have a family member with kidney stones
- Have had kidney stones before
- Eat a lot of animal protein (such as meat and eggs)
- Do not drink enough liquids

Other conditions and medicines can also put you at greater risk for kidney stones.



► What are the symptoms?

Very small stones might pass through the urinary system without causing much pain. Larger stones can block the flow of urine if they get stuck in the ureters or urethra. Kidney stones do not usually cause any symptoms until they start to pass. Some symptoms might include:

- Extreme pain in your back or side that will not go away
- Throwing up
- Blood in your urine
- Fever and chills

► How are kidney stones treated?

Treatment depends on the location and size of the kidney stone. Drinking plenty of water and taking some medicines can help a small stone to pass more easily. For problem stones, there may be a few options:

- **ESWL (Extracorporeal Shock Wave Lithotripsy)** uses shock waves to break a large stone into smaller pieces that can pass.
- **Ureteroscopic Stone Removal** uses a small tool to get and remove stones stuck in the ureters.
- **Percutaneous Nephrolithotomy** uses surgery to remove large stones from the kidneys.

To learn more about any of these treatments, talk to your doctor.



► Are there different types of kidney stones?

Yes. There are four main kinds of kidney stones. Each type has a different cause. Each may need a different kind of treatment or prevention. The four types are:

- **Calcium-Oxalate:** These are the most common kidney stones. They can be caused by eating too much calcium or vitamin D, some medicines, genetics and other kidney problems. Talk to your doctor about ways to stop these stones from forming. Do NOT limit calcium unless your doctor tells you to.
- **Struvite:** These stones affect women more than men. They can grow very large and may harm the kidneys more than other stones. Having kidney infections often may cause struvite stones.
- **Uric Acid:** These stones may be caused by eating too much animal protein or by genetics. To stop uric acid stones, try eating less red meat.
- **Cystine:** These stones are very rare. They are caused by cystinuria, a genetic kidney disease.

Ask your doctor about what kind of kidney stones you have.

► How can I prevent future kidney stones?

If you have had kidney stones before, you are more likely to have kidney stones again. To help keep stones from forming, try to:

- Drink 6 to 8 glasses of water each day
- Eat less salt (sodium), meat and eggs
- Find out what type of stone you have
- Ask your doctor for a urine test
- Talk to your doctor about your medicines and other tests for kidney stones



Do NOT reduce the calcium in your diet without talking to your doctor first! Studies show that limiting calcium in your diet may not stop kidney stones from forming and may harm your bones.

► Where can I learn more?

For more information about kidney stones and chronic kidney disease, talk to your doctor. You can also call our toll-free HelpLine at 866.300.2900 or visit our website at www.kidneyfund.org.

KIDNEY DISEASE STATISTICS

Kidney disease is the **9TH leading cause of death** in the United States.¹ An estimated **31 million people** in the United States (10% of the adult population) have chronic kidney disease (CKD).

9 out of 10 people who have stage 3 CKD (moderately decreased kidney function) do not know it.³

CKD is more common among women, but **men with CKD are 50% more likely** than women to have their CKD turn into kidney failure (also called end-stage renal disease or ESRD).⁴

Some **racial and ethnic groups are at greater risk** for kidney failure. Compared to whites, the risk for **African Americans** is almost 4 times higher, **Native Americans** is 1.5 times higher, **Asians** is 1.4 times higher. Compared to non-Hispanics, **Hispanics** are almost 1.5 times as likely to be diagnosed with kidney failure.⁵

Leading Causes of Kidney Failure

1 Diabetes is the leading cause of kidney failure.

Diabetes causes 44% of all new cases of kidney failure. In 2012 it was the primary cause for **239,837** kidney failure patients.²

An estimated **29.1 million** people have diabetes; **8.1 million** of them don't know they have it.⁸ About **40%** of people with diabetes will get CKD.⁷

African Americans with diabetes are **3.5 times more likely** than whites to get kidney disease.²

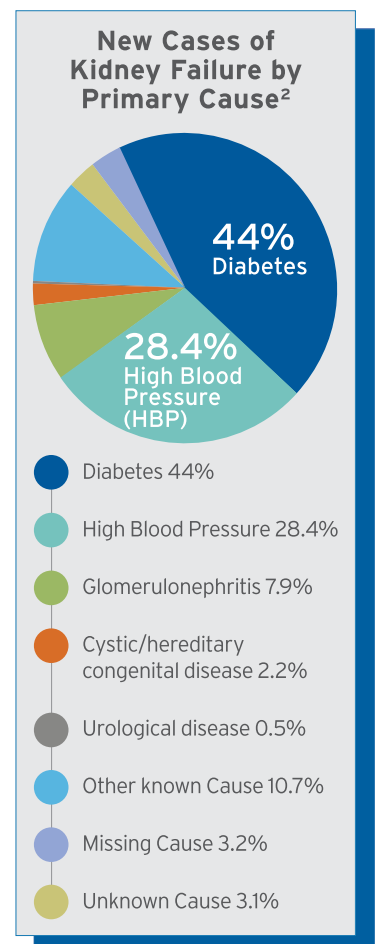
Most people (**69%**) participating in a 2011 nationwide survey by the American Kidney Fund could not name diabetes as a leading cause of kidney disease, despite the fact that over half (**55%**) had a loved one with diabetes.⁹

2 High Blood Pressure is the 2ND leading cause of kidney failure.

High blood pressure (HBP) causes 28.4% of all new cases of kidney failure. In 2012 it was the primary cause for **159,049** kidney failure patients.²

An estimated **70 million (29%)** people have HBP – that is every 1 in 3 American Adults.¹⁰

Most people (**85%**) participating in a 2011 nationwide survey by the American Kidney Fund could not name high blood pressure as a leading cause of kidney disease, yet most of them (**75%**) had a loved one with high blood pressure.⁹



National Kidney Month Word Search

Find these words:

AGE

BLOOD

BLOODPRESSURE

CHRONIC

CREATININE

DIABETES

DIALYSIS

DISEASE

FAILURE

FILTER

INFECTIONS

KIDNEY

PAIN

SYMPTOMS

TRANSPLANT

URINARY

URINE

WATER

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