

MARCH

is National Kidney Month

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HeartYourKidneys

March 2022

Get to know your Kidneys

Kidney Health

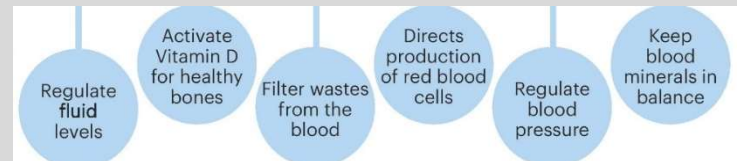
According to the national kidney foundation more than 37 million American adults have Chronic Kidney Disease and millions more are at increased risk. Early detection as with other health issues is key to helping prevent kidney disease progressing to kidney failure.

Our kidneys play many important functions if not vital functions in the health of our bodies. Some of those examples include:

1. Help remove waste and excess fluid
2. Filter the blood, keeping some compounds while removing others
3. Control the production of red blood cells
4. Make vitamins that control growth
5. Release hormones that help regulate blood pressure
6. Help regulate blood pressure, red blood cells, and the amount of certain nutrients in the body, such as calcium and potassium

<https://www.kidney.org/phi/form?version=health>

Check out the above link to test the health of your own kidneys.



Conditions that Affect the Health of our Kidneys

Kidney disease can be brought on for many reasons. Two of the main triggers for this major health concern are diabetes and high blood pressure. Individuals who have diabetes or high blood pressure are at a higher risk of kidney disease as their kidneys are over working.

Damage to different organs of a person's body can occur when an individual has uncontrolled blood sugar levels over a long period. The damage can occur in the kidneys, heart, blood vessels, nerves, and even the eyes.

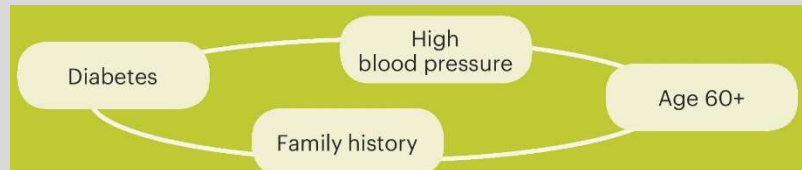
High blood pressure when left uncontrolled is the leading cause of heart attacks, strokes, and chronic kidney disease. Interestingly, enough chronic kidney disease can cause high blood pressure as well.

The third most common group of diseases which cause inflammation and damage to the kidneys is Glomerulonephritis. To look at other Kidney disease causes check out <https://www.kidney.org/atoz/content/about-chronic-kidney-disease#what-are-main-causes-chronic-kidney-disease>.

Risk Factors of Kidney Disease

While anyone from any background and age group can get chronic kidney disease there are some who will be more prone to the disease based on the following:

1. Have Diabetes
2. Have high blood pressure
3. Family history of kidney failure
4. Being older
5. Covid-19 has also been added to the risk factor list for Kidney Disease



Recognizing whether you may be at risk is an important first step. The second step would be recognizing the symptoms. Chronic kidney disease includes all conditions that damage your kidneys and decrease their ability to keep you and your body healthy by filtering wastes from your blood.

When Kidney disease is exacerbated you may develop complications such as:

1. High blood pressure
2. Anemia (low blood count)
3. Weak bones
4. Poor nutritional health
5. Nerve damage



According to the National Kidney Disease website 34 million Americans have diabetes, which is the leading cause of kidney disease. For more on Diabetes and Kidney disease check out this link. https://www.kidney.org/atoz/atozTopic_Diabetes

Since CKD is similar to other diseases and even cancers where you may not recognize the symptoms as they are manifesting it is important to recognize the symptoms.

1. More tired and less energy
2. Trouble concentrating
3. Poor appetite
4. Trouble sleeping
5. Muscle cramping at night
6. Swollen feet and ankles
7. Puffiness around your eyes, especially in the morning
8. Dry, itchy skin
9. Urinate more frequently, especially at night.



Should your doctor suspect chronic kidney disease they will want to run tests to confirm their suspicions which will help them determine the course of treatment?

Your primary care provider will run some blood and urine tests which will include an Albumin to creatinine ratio urine test and a blood test for creatinine. The Albumin is a protein that should not be found in urine and individuals kidney function problems

Resources:

<https://www.freseniuskidneycare.com/kidney-disease/ckd/symptoms>

<https://www.kidney.org/atoz/content/about-chronic-kidney-disease#what-are-main-causes-chronic-kidney-disease>

QPIC Corner

WEAR BLUE FOR
COLON CANCER AWARENESS
MARCH 4, 2022

KNOCK OUT COLON CANCER

SCREENING is the #1 way to prevent colon cancer, including colonoscopy - the gold standard screening test for colon cancer.



2

Second leading cause
of cancer deaths



Affects
1 in 23 women
& 1 in 25 men



Mostly affects people
over 45 but can
occur at any age



Screening is the
#1 way to prevent
colon cancer

www.gastroconsa.com | 210.614.1234

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Healthy Corner Recipe

Kidney Healthy Recipe

<https://www.davita.com/diet-nutrition/recipes/seafood/honey-spice-rubbed-salmon>

By: Davita Kidney Care

Honey Spiced Rubbed Salmon

4 Servings, 3-1/2 oz salmon, 3/4 c arugula

Ingredients:

3 tbsp. honey
3/4 tsp lemon peel
1/2 tsp black pepper
1/2 tsp garlic powder
1 tsp hot water
16 ounces salmon fillets
2 tbsp. olive oil
3 c arugula



Directions:

1. Place honey, grated lemon peel, ground pepper, garlic powder and hot water in a small bowl and whisk until blended. With gloved hands, rub mixture over salmon fillets.
2. Heat olive oil in a skillet over medium heat. Add spice-rubbed salmon fillets and cook 4 minutes. Carefully turn fillets with a spatula.
3. Reduce heat to medium-low and cook an additional 4 to 6 minutes, until fish turns opaque throughout and flakes easily when tested with a fork.
4. Arrange 1/2 cup arugula on each plate. Place salmon fillet on top of arugula and serve.

Per Serving: 260 calories, 24g protein, 14g carbohydrates, 12g fat, 89mg sodium, 472mg potassium, 305mg phosphorus, 27mg calcium, .4g fiber

Recipe provided by: DaVita dietitian LoraRose from New York.

Helpful hints: Purchase salmon fillets, 4 ounces each. Serve with Cucumber Dill Salsa. (See recipe at above website) Cook salmon fillets on an outdoor grill if desired and for a low-protein diet adjust portion according to your meal plan or consult with your dietitian.