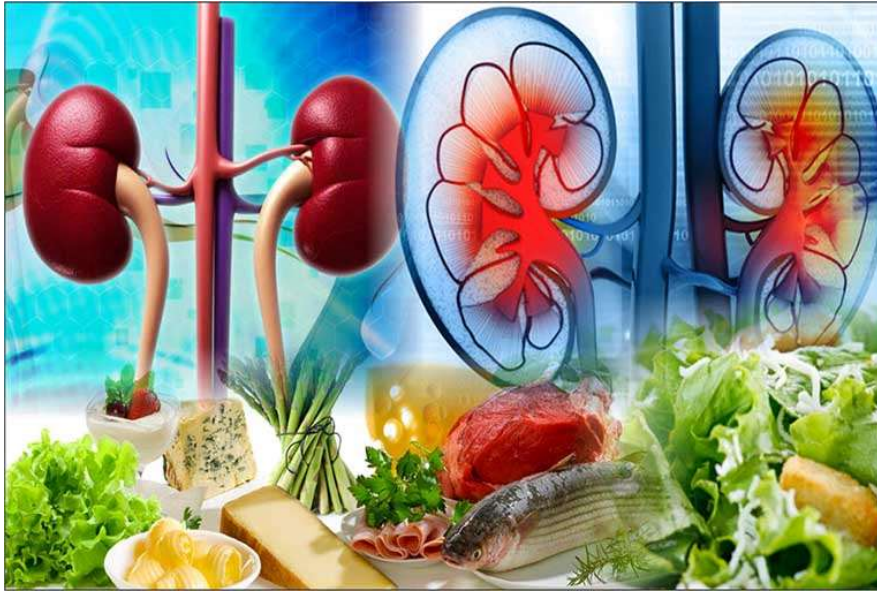


# NEWSLETTER



**DATE** March, 2025

Written By: National Kidney Foundation

## Kidney Health

Understanding what can affect the health of our kidneys is extremely important. Like the other organs in our body, our kidneys are working 24/7 to remove toxins, extra fluid, and to regulate our blood pressure. In many cases the damage we do to our internal organs are irreversible and yet we do not always know what is doing the damage to our most vital organs.

March is National Kidney Health month so our goal is to help provide some insight to the different ways we may be causing harm to our kidneys.

1. Did you know that over-the-counter painkillers also known as NSAIDs cause 3-5% of all new cases of chronic kidney failure every year? This is due in part to overuse of these painkillers and high dose utilization, as long-term use can be harmful on the kidney structure and tissues themselves. In many instances, these particular drugs will reduce the blood flow to the kidneys as well.
2. Cigarette smoking: Smokers tend to have protein in their urine and this is a sign of kidney damage. There is a higher trend of smokers needing dialysis or kidney transplants as well.
3. Contrast dye exposure from x-ray procedures as used in angiograms and CT scans can sometimes cause health issues with our kidneys. The condition is referred to as "contrast induced nephropathy (CIN)." This condition is rare and preventable but always discuss any concerns with your provider before any procedure.



- 4. The intake of large quantities of salt. A diet that is high in sodium will increase blood pressure levels. High blood pressure does damage to the kidneys and is the leading cause of kidney failure.
- 5. Soda's in high quantities is another factor that is linked to chronic kidney disease. The National Kidney Foundation shares that studies are showing that drinking two or more cola-based soda's per day and this includes both diet and regular sodas you pose a high risk of developing this disease.

References: <https://www.kidney.org/kidney-topics/five-surprising-ways-you-could-be-damaging-your-kidneys>, retrieved 03/6/2025, National Kidney Foundation.

<https://www.kidney.org/kidney-topics/risk-factors-chronic-kidney-disease>

Resources:

<https://www.kidney.org/nutrition/recipes>

Know Your Risk of KD

<https://www.kidney.org/kidney-quiz/>

Kidney Healthy recipes

<https://www.kidney.org/nutrition/recipes?f%5B0%5D=language%3Aen>



## In Network Urgent Cares

*Read More on our website*

## In Network Urgent Care Facilities

**Texas MedClinic**  
URGENT CARE

24 hour locations:  
1. Loop 1604 N/Culebra  
2. IH 10 W/Wurzbach  
3. IH 35 N/Loop 1603

For life threatening issues please call 911

**LITTLE SPURS**  
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Urgent Care

**Fast Aid**  
URGENT CARE

**MAIN STREET**  
Urgent Care  
A Minor Emergency Clinic

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**nextlevel**  
URGENT CARE

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URGENT CARE  
CLINIC

**Concentra**  
urgent care

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**QUALITY**  
URGENT CARE

**NextCare**  
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**RAPID**  
URGENT CARE

**Hopscotch**

**Alsace**  
Urgent Care and Family Practice

**dispatch**health

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Quality Partners In Care

A healthcare partnership between  
**HEALTH TEXAS** & **BAPTIST HEALTH SYSTEM**

POWERED BY: **aetna**

# Healthy Recipe

## Caribbean: Sorrel (Hibiscus) Tea

Written By: National Kidney Foundation

Prep: 5 min, Cook 45 min, Total: 50 min

### Ingredients:

2 cups dried sorrel (hibiscus) flowers  
1 cinnamon stick  
3-4 slices fresh ginger  
4 cups of water  
¼ cup honey or alternative sweetener  
1 tbsp. lime juice (optional)  
Ice cups (for serving)



### Directions:

1. Rinse the dried sorrel flowers under cold water to remove any dust or impurities
2. Boil water and add rinsed sorrel flowers, cinnamon stick, and ginger slices
3. Reduce the heat to medium and let simmer for about 10-15 minutes
4. Remove the pot from the heat and let it steep for additional 30 minutes to an hour
5. Strain the mixture to remove the sorrel flowers, ginger slices, and cinnamon stick
6. Stir the honey while the tea is still warm
7. Add lime juice if desired
8. Let the tea cool to room temperature.
9. Serve over ice for a refreshing beverage

### Nutritional Information:

1 serving: 1 cup | Calories: 80 cal | Protein: 0 g | Sodium 5mg | Potassium: 95mg | Calcium: 10mg | Phosphorus: 15mg

<https://qpicsa.com/cook-books/>

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