

March is National Kidney Month

The National Kidney Foundation urges Americans every March to get to know their kidneys. To help raise awareness for the vital functions the kidneys perform, the National Kidney Foundation encourages everyone to learn more about kidney health and take the needed steps to preserve kidney health. **March 12 is National Kidney Day.**

What are the risks for kidney disease?

- Having diabetes
- Having high blood pressure
- Family history of chronic kidney disease
- Being 60 years of age or older
- Ethnic background of African-American, Hispanic, Asian or Pacific Islander

Functions of a Healthy Kidney

- Balance your body's fluids by filtering and releasing wastes and excess fluids from the body as urine
- Regulate your body's fluid levels and important minerals in your blood
- Remove drugs and toxins from your body
- Release hormones into your blood that control blood pressure, makes red blood cells, and keeps bones healthy.

Chronic Kidney Disease is when the kidneys can no longer perform the normal functions needed to stay healthy.

For more information on chronic kidney disease, or if you think you may be at risk, talk to your Healthstat clinician or Primary Care Physician.

Facts on Kidney Disease

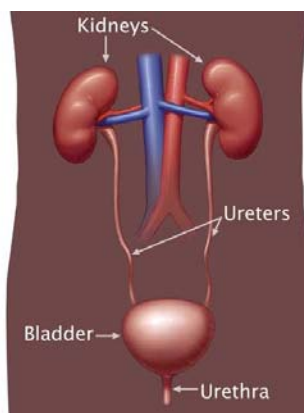
- 26 million American adults have kidney disease and millions of others are at an increased risk
- Early detection can help prevent the progression of kidney disease and kidney failure
- Heart disease is the major cause of death for all people with kidney disease
- Three simple tests can detect chronic kidney disease: blood pressure, urine albumin, and serum creatinine

Treating kidney disease with dialysis

- Dialysis performs the functions of healthy kidneys when your kidneys can no longer function on their own
- Dialysis is needed by the time 85 to 90 percent of kidney function is lost
- Dialysis does not cure kidney disease
- Once kidney failure begins, you will need dialysis treatment for the remainder of your life unless a kidney transplant is available

Kidney Failure

- Kidney failure is not always permanent. Some acute kidney failure can get better after treatment
- With chronic kidney failure, the kidneys will not get better and will always need dialysis for the remainder of the lifetime
- Your doctor will decide if you are an appropriate candidate for a kidney transplant



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