



March 2017

Kidney Health

March is National Kidney Disease Month. Did you know one in three Americans is at increased risk of developing kidney disease?

- Most people have two kidneys. Each is about the size of your fist. They are located on either side of the spine at the bottom most level of the ribcage.
- The main purpose of our kidneys is to filter out and remove waste and extra fluid from our bodies in the form of urine.
- The kidneys also:
 - ◊ control the levels of minerals such as salt, potassium, and phosphorus in the blood
 - ◊ remove drugs from the body
 - ◊ make the hormones that control blood pressure and trigger the production of red blood cells



Your kidneys filter and return about 200 quarts of fluid to your bloodstream every day!

What Can Damage the Kidneys?

- Chances of getting kidney disease is increased if you have any of the following:
 - ◊ high blood pressure
 - ◊ diabetes
 - ◊ heart and blood vessel disease
 - ◊ a family history of kidney problems
- Other risk factors include:
 - ◊ Age (60 years of age or older)
 - ◊ Ethnicity (Hispanic and African Americans, Pacific Islanders, Asians and Native Americans)
 - ◊ using certain drugs or medications
 - ◊ heavy drinking
 - ◊ chronic urinary tract infections (UTI)
 - ◊ kidney stones

Diagnosing Chronic Kidney Disease (CKD)

- CKD is diagnosed when someone has abnormal kidney function test results and other signs such as protein in their urine that lasts for longer than three months.
- Often there are no symptoms at the early stages. That's why it is important to have regular check-ups with your doctor!

Steps to Help Prevent Kidney Disease

- ◆ **Blood pressure** – work to keep your blood pressure at the level your doctor sets for you.
- ◆ **Diabetes** – if you are diabetic, work to control your blood glucose level.
- ◆ **Cholesterol** – keep your cholesterol level at the appropriate level.
- ◆ **Eat a healthy, well balanced diet** (including low salt) – this helps with weight and blood pressure.
- ◆ **Exercise regularly**
- ◆ **Stay hydrated** – drinking enough water helps your kidneys do their job, but don't drink too much – you can get over-hydrated.
- ◆ **Stop smoking** – it damages your blood vessels, which in turn hurts the kidneys.
- ◆ **Be cautious with supplements** – some can be harmful to the kidneys.
- ◆ **Limit alcohol** – ask your doctor if it is safe for you to consume alcohol. Even if it is okay, be sure to only drink in moderation (1-2 drinks per day for men and 1 drink per day for women.)

Tech Corner

- ◆ The webPOISONCONTROL® mobile app provides expert help with a possible poisoning.
- ◆ It helps users determine if an exposure is poisonous and requires medical attention.



<https://itunes.apple.com/us/app/webpoisoncontrol-poison-app/id959075009?mt=8>

<https://play.google.com/store/apps/details?id=com.navigationarts.mobile.ncpc>

National Poison Prevention Week – March 19th - 25th

Did you know there are over 2 million potential exposures to poison in the U.S. each year? Ninety percent of these happen in the home, with the majority of the victims being 5 years of age or younger.

Do you know how to poison-proof your home or what to do if a family member is exposed to poison? Want to learn more? Here are some tips and resources:

- In the event of a possible poisoning:
 - ◊ ***If the person is not breathing, call 911, then***
 - ◊ If the person inhaled poison, get him or her fresh air right away.
 - ◊ If the person has poison on the skin, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.
 - ◊ If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes.
- **Do not use activated charcoal when you think someone may have been poisoned.**
- **Do not wait** for signs of poisoning before calling Poison Help (1-800-222-1222), which connects you to your local poison center.



Check out www.PoisonHelp.hrsa.gov to learn about poisoning prevention, how to talk with your kids about poisons, seasonal tips, and much more!

Southwestern Quinoa and Egg Breakfast Bowl

Liven up the breakfast routine with this Southwestern quinoa bowl. Quinoa contains a hefty amount of protein, making this a great morning option. The eggs can be cooked however you prefer—over-easy, poached, or even scrambled.

Makes 4 Servings | Calories 244 | Sat. Fat 2.3 g | Sodium 154 mg | Sugar 4.8 g | Protein 11.7 g

Ingredients:

- ◆ 1/4 cup raw quinoa
- ◆ 1/2 avocado, pitted and diced
- ◆ 2 medium tomatoes, chopped (about 2 cups)
- ◆ 1 cup no-salt-added, frozen corn (thawed)
- ◆ 1/4 cup chopped green onions
- ◆ 1/2 cup cilantro (optional)
- ◆ 4 eggs
- ◆ 1/8 tsp. salt
- ◆ 1/4 tsp. ground black pepper
- ◆ hot sauce (optional)



Directions:

1) Cook quinoa according to the package directions. Remove from heat and let sit. **2)** Prepare the remaining ingredients: pit and dice the avocado half; chop the tomatoes; rinse the canned corn; chop the scallions and chop the cilantro. **3)** Divide quinoa between 4 bowls. Arrange the avocado, tomatoes, corn, scallions, and cilantro (optional) between each bowl. **4)** Meanwhile, coat a large nonstick skillet with cooking spray and warm over medium-high heat. Crack each egg into the skillet and season with salt and pepper. Cover with a lid and cook until egg whites are set but yolk is still runny (or until desired doneness), about 3 to 4 minutes. **5)** Use a spatula to carefully transfer each egg into each bowl. **6)** Garnish with hot sauce and serve.

Source: <https://recipes.heart.org/recipes/2008/southwestern-quinoa-and-egg-breakfast-bowl>



A New Take on Weight Lifting

How many of you have heard that to get stronger and bigger muscles you need to lift heavy weights? One new study shows this may not be the case.

- One group lifted weights following a traditional strengthening program (lifting 75-90% of the greatest weight they could lift one time). They did 8-12 repetitions—the typical number of reps before the person could do no more lifts.

- The other group lifted lighter weights (only 30-50% of their one lift maximum) as many times as they could—typically 20-25 reps.
- Each group lifted 4 times per week for three months.
- At the end of the study both groups showed equal increases in muscle size and strength!

This study points to muscle exhaustion being the key. It seems that exhaustion triggers muscle growth. While not yet seen in a study, one possible benefit of lifting lighter weights is a lower risk for injury.