

THE ADVOCATE

Health tips and resources for MCG employees and their families

KIDNEYS NEED CARE TOO



YOUR KIDNEYS: 101

You have two kidneys, each about the size of an adult fist, located on either side of the spine just below the rib cage. Your kidneys are amazing organs! Although they are small, your kidneys perform many complex and vital functions that keep the rest of the body in balance. Inside of them are millions of tiny blood vessels that act as filters. Their job is to remove waste products from the blood. They also maintain blood pressure in the body and water balance.

PROTECT YOUR KIDNEYS!



Drink Enough Water

Staying well hydrated helps your kidneys clear sodium and toxins from the body. Drinking plenty of water is also one of the best ways to avoid painful kidney stones. For most people 1.5-2 liters per day is a healthy target.

Don't Smoke

People who smoke are more likely to have protein in the urine – a sign of kidney damage.



Get Enough Sleep

Kidney function is regulated by the sleep-wake cycle which helps coordinate the kidneys' workload over 24 hours.

Cut Back on Alcohol

Regular heavy drinking – more than four drinks a day – has been found to double the risk of chronic kidney disease.



Don't Eat Too Much Meat

Animal protein generates high amounts of acid in the blood that can be harmful to the kidneys and cause acidosis – a condition in which kidneys cannot eliminate acid fast enough.



Get Moving

Although researchers don't know yet why or how physical activity directly impact kidney health, it is known that greater physical activity is associated with improved blood pressure and glucose metabolism, both important factors in kidney health.



NSAIDS AND KIDNEY HEALTH

Everyone suffers from occasional aches, pains, or fevers. Our first resort is reaching for an over-the-counter pain or fever relief agent like nonsteroidal anti-inflammatory drugs (NSAIDs).

NSAIDs, which include ibuprofen (Advil, Motrin) and naproxen (Aleve) are the most commonly used over the counter (OTC) medications that can cause kidney damage. NSAIDs can increase fluid retention, blood pressure and reduce the amount of blood that reaches the kidneys.

In general, OTC medications are safe to use for short periods of time at the lowest effective dose, however, caution must be taken with these agents. Higher strength NSAIDs are available with a prescription and require monitoring in order to avoid complications.

If you have questions about how any of your medications may interact with your kidneys, contact Pharmacy Advocate Vanessa Rene, at x6418.



THINK YOU DON'T EAT TOO MUCH SALT? THINK AGAIN!

Why should you care about salt? Because a diet even moderately high in sodium can cause kidney damage. And because the majority of salt in anyone's diet does NOT come from the salt shaker.

Sodium comes from:

- Restaurant or take out meals
- Deli meats, hot dogs, bacon
- Cheese, pizza, macaroni and cheese
- Canned vegetables, soup, baked beans
- Snack foods such as potato chips, corn chips, tortilla chips, Doritos, Cheetos, salted nuts, pretzels etc.
- Packaged foods like rice mixes, noodles with sauce, hamburger helper



How much is too much? The World Health Organization recommends under 2000 mg of sodium per day. The average intake in America is 3,500 mg each day.

DIABETES AND KIDNEY HEALTH

The American Diabetes Association's standards of care recommend a urine test each year to check for presence of protein in the urine (microalbumin). This can indicate if kidneys are not able to filter adequately. It is important to have a urine microalbumin test every year because there are mainly no symptoms until CKD is far advanced.

Not everyone with diabetes gets kidney disease. Right now, the statistic is one in three people with diabetes have CKD. The better diabetes and blood pressure are kept under control, the lower the chance of developing CKD.

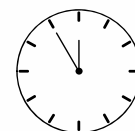
Do you have questions about your microalbumin test results? Reach out to Florey Miller, your Nutrition and Diabetes Advocate at x6410.

GLAZED CARROTS

A low sodium recipe to bring to your Thanksgiving table.

Ingredients

- 1 pound carrots
- 1 Tablespoon unsalted butter
- ¼ cup brown sugar
- ⅛ teaspoon pepper



Prep: 15 min
Cook: 25 min
Total: 40 min

Directions

- Wash and peel carrots.
- Boil for about 15-20 minutes or until fork tender.
- Drain carrots.
- Melt butter and sugar to form a sauce.
- Pour sauce and pepper over carrots.
- Toss and serve.
- Enjoy!



KIDNEY DISEASE RISK FACTORS AND HOW TO MANAGE THEM

Acidic Diet: Some foods can increase the acid levels in the body while others can get rid of extra acid.

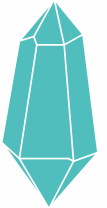
How to treat it with food and lifestyle? High acid foods include animal proteins and cheddar cheese. Base foods include lentils, walnut, and all fruits and vegetables. Eat the right kind of proteins in the proper amount, while including as many base producing foods as possible.



High Blood Pressure: With time, high blood pressure can damage the artery tissues in the kidneys.

How to treat it with food and lifestyle? Managing blood pressure is a life long commitment, so the best prevention are periodical check ups and impactful lifestyle changes such as limiting the amount of salt and alcohol intake, and eating foods high in potassium and magnesium - such as salmon, carrots and citrus fruits.

Oxalates: High oxalate foods are often thought of as healthy, such as kale, beets, almonds and berries. Combined with a diet high in calcium, oxalates combine into a form of oxalate crystals that can't be absorbed into the body and must be filtered by the kidneys where they might block urine flow and cause severe pain.



How to treat it with food and lifestyle? Take into account that a daily adult oxalate intake is usually 80-120 mg/d, so a green smoothie loaded with leafy greens and berries might contain up to 1,500mg of oxalates.



Kidney Stones: Research suggests that diet and lifestyle factors are the main or sole contributors for kidney stones.

How to treat it with food and lifestyle? Studies suggest that a diet with moderate levels of calcium, low salt and low animal protein provide the best protection against kidney stones.

Natalia Garcia, Registered Dietician



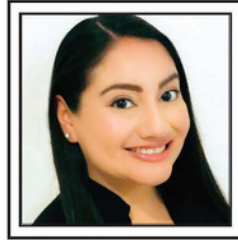
We invest in a holistic wellbeing approach and offer programs and services in the areas of physical, emotional, financial, community, and career health. When each of these areas are well, our employees are able to bring their best selves to work and help us make Manatee County a premier place in which to live and work and play.

WOW YourChoice Advocates Are Available to Help!



ALLISON MINARDI
 Worksite Wellness Manager
 aminardi@manateeyourchoice.com
 x3667

- Ergonomics & Desk Station set up
- Posture Assessments
- Pre-Work Stretch program



ALMA LEON, PHARM D, RPH
 Pharmacy Advocate
 aleon@manateeyourchoice.com
 x6406

- Consultations
- Prior Authorizations
- Cost Saving Opportunities
- Compound Prescription Reimbursement
- Pharmacy or medication related questions



CLARIBEL GILL, MS
 LAMP Counselor & Psychiatric Clinic Coordinator
 cgill@manateeyourchoice.com
 x6408

- Individual, couples, and family counseling.
- Schedules appointments for in-house counseling, Psychiatric ARNP, and assists with medication management calls.



DEBBIE MISKELL, RN
 Nurse Advocate
 dmiskell@manateeyourchoice.com
 x6407

- Pre-authorizations
- Proper sleep, bone health, & heart health
- Healthy Pregnancy
- Provider Referrals
- Nurse Related Questions



FLOREY MILLER, CDE, RD
 Nutrition & Diabetes Advocate
 fmiller@manateeyourchoice.com
 x6410

- Help managing diabetes
- Discuss nutrition and diet
- Assess risk for diabetes



JENNIFER RUIZ, RN
 Nurse Advocate & Health First Coord.
 jruiz@manateeyourchoice.com
 x6409

- Nurse Advocacy
- Health First
- Bariatric Program Coordinator
- Healthy Weight Resources
- General Health Guidance
- Community Physician Referrals



JULIE DRACKETT
 Fitness Coordinator
 jdrackett@manateeyourchoice.com
 x3966

- Learn stretches and strengthening moves to support mobility and decrease discomfort
- workspace ergonomic assessments
- Fitness Programs



RANDI MCDOWALL, LCSW
 LAMP Supervisor/Care Coordinator
 rmcdowall@manateeyourchoice.com
 x6469

- Worksite programing regarding Behavioral Health Topics
- Help finding in-network Therapists/ Psychiatrists
- Coaching sessions for members participating in certain wellbeing programs



VANESSA RENE, CPHT, RPHT
 Pharmacy & Tobacco Advocate
 vrene@manateeyourchoice.com
 x6418

- Tobacco Cessation Aids
- Prior Authorizations
- Vaccination Questions
- Compound Reimbursements
- Pharmacy Related Questions



Visit us at manateeyourchoice.com