The keys to kidney health

March is National Kidney Month. Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 26 million Americans who already have kidney disease, and most don’t know it because there are often no symptoms until the disease has progressed.

Chronic Kidney Disease (CKD) affects 26 million Americans. One of the main causes of CKD is diabetes. The most common forms of diabetes are type 1 and type 2.

**Type 1 Diabetes**

It is usually diagnosed in children, teenagers or young adults. With this form of diabetes the body is no longer producing insulin. Treatment for type 1 diabetes includes taking insulin, making wise food choices, being physically active, and controlling blood pressure and cholesterol.

**Type 2 Diabetes**

This is the most common form of diabetes. People can develop type 2 diabetes at any age. With this form of diabetes your body does not use insulin properly, it is called insulin resistance. At first your pancreas keeps up with the added demand for insulin, but over time it isn’t able to sustain it. Treatment for type 2 diabetes is the same as for type 1 diabetes, except that in place of insulin you will be prescribed diabetic medication.

**Symptoms of Diabetes**

Early detection and treatment of diabetes can decrease the risk of developing complications. The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

**Diabetes Super Foods**

- Beans
- Dark Green Leafy Vegetables
- Fat-free Milk and Yogurt
- Citrus Fruit
- Sweet Potatoes
- Berries
- Tomatoes
- Fish High in Omega-3 Fatty Acids
- Whole Grains
- Nuts

Are you at risk for diabetes??

Check out this link to find out:

March 2nd–9th is the National Sleep Foundation’s annual week-long campaign to celebrate the health benefits of sleep. Not sleeping enough and not sleeping well is not OK. As a matter of fact, there is quite a price to pay. It may surprise you to learn that chronic sleep deprivation, for whatever reason, significantly affects your health, performance, safety, and pocketbook. Sleep is not merely a “time out” from our busy routines; it is essential for good health, mental and emotional functioning and safety.

That said, let’s look at the consequences of sleep deprivation.

<table>
<thead>
<tr>
<th>In the short term:</th>
<th>In the long term:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Decreased Performance and Alertness:</strong> Sleep deprivation induces significant reductions in performance and alertness.</td>
<td>Heart Attack or Heart Failure</td>
</tr>
<tr>
<td><strong>Memory and Cognitive Impairment:</strong> Your ability to think and process information decreases.</td>
<td>Stroke</td>
</tr>
<tr>
<td><strong>Stress your Relationships:</strong> Moodiness and conflicts can stress your family dynamics.</td>
<td>Obesity or Weight gain, which can translate into high blood pressure and cholesterol</td>
</tr>
<tr>
<td><strong>Poor Quality of Life:</strong> You may be unable to participate in certain activities that require sustained attention.</td>
<td>Psychiatric problems, including depression and other mood disorders</td>
</tr>
<tr>
<td><strong>Occupational Injury:</strong> Excessive sleepiness also contributes to a greater than twofold higher risk of sustaining an occupational injury.</td>
<td>Attention Deficit Disorder (ADD) or Mental Impairment</td>
</tr>
<tr>
<td><strong>Automobile Injury:</strong> It is estimated that drowsy driving is responsible for at least 100,000 automobile crashes.</td>
<td>Injury from accidents</td>
</tr>
</tbody>
</table>

Sleep needs vary. In general, most healthy adults need seven to nine hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can’t perform at their peak unless they’ve slept ten hours.

It is important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep. So, how do you measure how much sleep you truly need? If you have trouble staying alert during boring or monotonous situations when fatigue is often “unmasked” you probably aren’t getting enough good-quality sleep. Other signs are a tendency to be unreasonably irritable with co-workers, family or friends, and difficulty concentrating or remembering facts.

What are the biggest “sleep stealers”?

<table>
<thead>
<tr>
<th>Caffeine or Alcohol</th>
<th>Stress</th>
<th>Shift Work</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Environmental (too cold, too hot, too noisy)</strong></td>
<td>Jet Lag</td>
<td>Medications</td>
</tr>
<tr>
<td><strong>Physical (pain, snoring, RLS, pregnancy)</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If your sleep problems persist for longer than a week and are bothersome, or if sleepiness interferes with the way you feel or function during the day, a doctor’s help may be needed. To get the most out of your doctor’s visit, you’ll find that it is often helpful to keep a diary of your sleep habits for about ten days to identify just how much sleep you’re getting over a period of time and what you may be doing to interfere with it. It can help you document your problem in a way that your physician can best understand.

While many individuals will try an over-the-counter medicine to help them sleep, these should be taken with caution. Your physician or pharmacist can help inform you about the different types of medications available and which would be most effective for you. Alcohol should not be used as a sleep aid.

The bottom line is this: Adequate sleep is as essential to health and peak performance as exercise and good nutrition. If you aren’t getting enough, talk to your physician. You deserve it!