



Diabetes and Chronic Kidney Disease

One in seven adult Americans has Chronic Kidney Disease (CKD) and most do not know it.

The two main causes of CKD are diabetes and high blood pressure. High blood sugars cause damage to your kidneys, heart, blood vessels, eyes and nerves. High blood pressure can cause CKD, heart attacks and strokes. CKD can also cause high blood pressure. Therefore, having CKD also increases your risk of having heart or blood vessel disease.

You may be at risk for CKD if you:

- Have diabetes, high blood pressure or a family history of kidney disease
- Are over 60 years old
- Are African American, Asian, Pacific Islander, Hispanic, or Native American

If you have any of these risk factors ask your provider about having the following screening tests:

- Blood pressure measurement
- Urine test to check for protein in the urine
- Blood test to measure creatinine. The results of this blood test will be used to estimate your glomerular filtration rate (GFR) which tells how much kidney function you have.

If you are at higher risk, here are some things you can do for your kidney health:

- Get regular checkups
- Keep your diabetes and/or high blood pressure under control
- Lose extra weight
- Stop smoking
- Do not take large amounts of over-the-counter pain medication such as Advil
- Learn how to eat a healthy diet. Eat less salt, protein, and fat.
- Limit the amount of beer, wine and alcohol you drink

Getting screened for kidney disease is a great way to protect your health.

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Need Help Quitting Smoking?

If you need help quitting, Molina Healthcare has a stop smoking program called **Free and Clear**[®]. Call the Washington Tobacco Quit Line at 1-800-784-8669. Quit for life.

You are receiving this newsletter as part of a disease management program. If you do not want to receive this newsletter or participate in any disease management program please let us know. Please call the Health Education Line at 1-800-423-9899, extension 141428.

All material in this publication is for information only. This does not replace your provider's advice.

What is a GFR or an eGFR?

Your kidneys filter your blood and help control blood pressure. They remove waste and water and make urine. Your provider uses a blood test to measure how much blood your kidneys are filtering. This test is called an estimated glomerular filtration rate (eGFR).

It is important to know your eGFR because you may not be able to feel if your kidneys have been damaged.

Your provider will test your blood for creatinine. Creatinine is a waste that comes from your muscles. This test is NOT for you if you are:

- Younger than 18 years old
- Over 70 years old
- Very over weight
- Very muscular
- Pregnant
- Have another serious illness

An eGFR result may mean:

- 30 – 59 = Moderate Kidney Damage
- 15 – 29 = Severe Kidney Damage
- Less than 15 = Kidney Failure (Dialysis or transplant may be needed soon)

If your eGFR is 60 or higher, your provider will check other things to make sure you do not have early-stage kidney disease; such as:

- Your urine for protein or blood
- Your health history
- Your blood for wastes and toxins
- Your family's health history
- Your blood pressure

Take care of your kidneys and they will take care of you.

Heart Friendly Foods to Buy

Busy lives make us change our eating habits. We are more likely to get those easy grab-and-go processed foods. However, these pre-made meals are often high in fat, salt, and sugar. They are also low in heart healthy things like calcium, omega-3 fatty acids, and fiber.

We can eat healthier if we just do a little pre-planning. A diet rich in fruits, vegetables, whole grains, and good fats can help lower cholesterol and high blood pressure. These foods can also protect against heart disease, heart attack, stroke, and some cancers.

Here are a few tips to help you shop for heart healthy foods.

Produce: Look for berries, oranges, apples, yams, broccoli, spinach, and bell peppers. Farmer's Markets are a great place to find the freshest fruits and vegetables.

Whole Grains: Look for breads, pastas, and cereals made with whole grains. Be sure to read the

label to make sure the products are also low in fat, sugar, and salt.

Meat and Beans: Look for lean protein such as chicken or turkey breasts, pork tenderloin, or beef sirloin or tenderloin. The label should read 96% to 98% fat free. Buy protein rich beans such as black, soy, kidney or garbanzo beans.

Dairy/Calcium: Look for low fat dairy products such as low fat yogurt, reduced fat milk, and cheese.

Omega-3-rich foods: These fats are found in cold water fish such as salmon, tuna, halibut, herring, and mackerel. You can also find omega-3 fatty acids in walnuts and flaxseeds. Health food stores will also carry Omega-3 fish oil capsules.

Start with small steps. You do not have to change your diet over night. When you are happy with one change, make another.

What Happens to Your Body When You Quit Smoking?

Within 20 minutes of your last cigarette:

- Blood pressure returns to normal
- Pulse rate returns to normal
- Body temperature of your hands and feet returns to normal

8 hours:

- The carbon dioxide level in your blood returns to normal
- Oxygen level in blood increases to normal

24 hours:

- Your chance of having a heart attack decreases

48 hours:

- Your nerve endings start re-growing
- Smell and taste senses start to improve

72 hours:

- Airways relax making it easier to breathe
- Lung volume increases

2 weeks to 3 months:

- Circulation improves
- Walking becomes easier

3 to 9 months:

- Coughing, sinus blockage, fatigue, and shortness of breathe decrease
- Lung function is increased by 5-10 percent
- Cilia (tiny hairs in the airways) regrow in lungs- help to remove mucus, clean lungs, and reduce infection
- Your energy level increases

5 years:

- Risk of heart attack reduced to half that of a smoker
- Stroke risk is almost the same as a non-smoker
- Lung cancer death rate for the average smoker (one pack a day) decreases from 137 per 100,000 people to 72 per 100,000

10 years:

- Pre-cancerous cells are replaced
- Risk of lung cancer is almost the same as a non-smoker
- Risk of cancers such as lung, mouth, larynx, esophagus, bladder, kidney, and pancreas decrease

All of these benefits are lost when you smoke just 1 cigarette a day





P.O. Box 4004
Bothell, WA 98041

5439DM0509



Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish