

Employee Wellness Counts!

Newsletter: March 2021



National Kidney Month

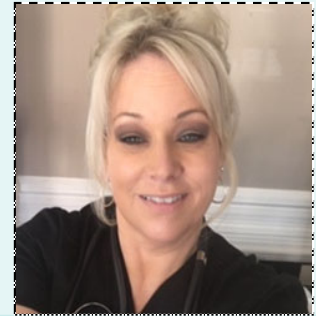
Healthy kidneys remove waste from your body, balance fluids, balance chemicals, produce hormones, control blood pressure and keep bones strong. Chronic kidney disease (CKD) is a condition of gradual loss of kidney function. Many people have CKD and do not have any signs or symptoms until later stages of the disease process. High blood pressure and high blood sugar are two major risk factors for chronic kidney disease. Simple tests can detect CKD: blood pressure, urine albumin and serum creatinine. Annual physicals with a primary care doctor is extremely important.

Sign and symptoms of Chronic Kidney Disease

- * Fatigue
- * Decrease urine output
- * Swelling in feet, ankles and puffiness around your eyes
- * Shortness of breath
- * Metallic taste
- * Anemia
- * Dry, itchy skin
- * Poor appetite
- * Trouble with concentration
- * Insomnia
- * High blood pressure



If you have one or more of these symptoms, schedule an appointment with your doctor. Early detection can help prevent or slow progression that leads to kidney failure.



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Upcoming Events

March 2021: Free blood pressure screening/drawing at employee wellness clinic



Glomerular Filtration Rate (GFR) is the best test to measure your level of kidney function and determine your stage of kidney disease. Your doctor or nephrologist can calculate it from the results of your blood creatinine test, your age, race, gender and other factors. Your GFR tells your doctor your stage of kidney disease and helps them plan your treatment.



STAGES OF CHRONIC KIDNEY DISEASE		GFR*	% OF KIDNEY FUNCTION
Stage 1	Kidney damage with normal kidney function	90 or higher	 90-100%
Stage 2	Kidney damage with mild loss of kidney function	89 to 60	 89-60%
Stage 3a	Mild to moderate loss of kidney function	59 to 45	 59-45%
Stage 3b	Moderate to severe loss of kidney function	44 to 30	 44-30%
Stage 4	Severe loss of kidney function	29 to 15	 29-15%
Stage 5	Kidney failure	Less than 15	 Less than 15%

* Your GFR number tells you how much kidney function you have. As kidney disease gets worse, the GFR number goes down.