



PPHA Newsletter

March Is Kidney Month

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St. Patrick's Day



St. Patrick's Day isn't just about wearing green. It's the holiday when many Americans make an extra effort to eat like the Irish. It may be the one time a year when we sit down to a corned beef and cabbage dinner.

When we think of "Irish food," we often think of the irrepressible potato. But the potato actually wasn't brought to Ireland from the New World until about 300 years ago. Besides potatoes, beef and dairy farming are strong in Ireland. But

National Kidney Month

March/2010



High Blood Pressure and Kidney Disease

High blood pressure is a major cause of kidney disease and kidney failure (end-stage renal disease). Hypertension can cause damage to the blood vessels and filters in the kidney, making removal of waste from the body difficult.



What Are the Symptoms of Kidney Disease?

The symptoms of kidney disease include:

- High blood pressure.
- Decrease in amount of urine or difficulty urinating.
- Edema (fluid retention), especially in the lower legs.
- A need to urinate more often, especially at night.

How Is Kidney Disease Diagnosed?

As with high blood pressure, you may not realize that you have kidney disease. Certain laboratory tests can indicate whether your kidneys are eliminating waste products properly. These tests include serum creatinine and blood urea nitrogen (BUN); elevated levels of either can indicate kidney damage. Proteinuria, an excess of protein in the urine, is also a sign of kidney disease.

the most popular meat to serve at the big Sunday meal is (drumroll, please) ? pork!

Wheat and barley crops have been growing in Ireland for about 5,000 years, and oats and rye became staple cereals about 1,500 years ago. You'll find these smart carbohydrate-rich cereals in many an Irish recipe.

Speaking of, I thought you might be in the mood for a few fun Irish dishes. These are lighter renditions of the original Irish recipes, and each includes journaling suggestions.

Irish Chicken & Dumplings

I've been told Chicken and Dumplings is Irish comfort food at its best. Here is the "Recipe Doctored" version -- lighter in calories and fat grams, but still comforting.

2 cans (10.75 oz. each) Healthy Request reduced-fat cream of chicken soup, condensed
3 cups water
1 cup sliced or chopped celery
2 medium onions, coarsely chopped
1/2 teaspoon salt (optional)
1/2 teaspoon poultry seasoning

Who Is At Risk for Kidney Disease due to High Blood Pressure?

Kidney disease caused by high blood pressure affects every group and race. However, certain groups are at higher risk, including:

- African-Americans.
- Hispanic-Americans.
- Native Americans.
- Natives of Alaska.
- People who have diabetes.
- People with a family history of high blood pressure and kidney disease.

How Can I Prevent Kidney Disease?

To prevent kidney damage from high blood pressure:

- Try to keep your blood pressure controlled.
- Make sure you get your blood pressure checked on a regular basis.
- Eat a proper diet.
- Take the medication your doctor prescribes.

How Is Kidney Disease Treated?

For patients who have high blood pressure and kidney disease, the most important treatment is to control your blood pressure. [ACE inhibitor](#) and [angiotensin II receptor blocker](#) (ARB) drugs lower blood pressure and protect the kidneys from further damage.

Article Headline

Type 2 Diabetes Screening



Type 2 diabetes is a common and serious disease in the United States and worldwide. However, it's thought that one-third of those with type 2 diabetes are unaware that they have this serious illness. Because often there are no symptoms with type 2 diabetes, early screening may help people avoid the more serious complications of this disease, including chronic hyperglycemia that's associated with long-term damage of the eyes, kidneys, nerves, heart, and blood vessels. Persons with undiagnosed type 2 diabetes have a significantly higher risk for stroke, coronary heart disease, and peripheral vascular disease. Individuals with diabetes also have a greater likelihood of abnormal cholesterol. high

1/2 teaspoon ground black pepper
4 skinless, boneless chicken breast halves
4 whole carrots, sliced (about 4 cups)
1/2 cup frozen green peas
2 large potatoes, cut into 1/2-inch slices, then quartered
1 1/2 cups reduced-fat Bisquick baking mix
1/3 cup low-fat buttermilk
1/3 cup fat-free half-and-half or low-fat milk

- In large saucepan, add condensed soup, water, celery, salt if desired, onions, poultry seasoning, pepper, chicken breasts, potatoes, and carrots. Bring to boil, reduce heat to simmer, and cover pan. Simmer over low heat about 30 minutes.
- Remove chicken from the saucepan, shred it into bite-sized pieces (or break up into pieces in saucepan using a spatula), return to saucepan, and stir in the peas.
- Add Bisquick, buttermilk, and fat free half-and-half to medium-sized

blood pressure, and obesity.

Who Should Be Screened for Diabetes?

According to the American Diabetes Association, all patients should be screened for diabetes at three-year intervals beginning at age 45, especially in people who are overweight or obese. If multiple risk factors are present, screening should be done at an earlier age and more frequently. The U.S. Preventive Services Task Force recommends that adults with high blood pressure or high cholesterol be screened for type 2 diabetes (insulin-resistant diabetes) in an effort to reduce cardiovascular disease.

What Are the Diabetes Risk Factors?

Common risk factors for diabetes include:

- Family history of diabetes (parents or siblings with diabetes)
- Overweight (a body mass index equal to or greater than 25)
- Habitual physical inactivity
- Race/ethnicity (including African-Americans, Hispanic-Americans, Native Americans, Asian-Americans, and Pacific Islanders)
- History of impaired fasting glucose (IFG) or impaired glucose tolerance (IGT)
- High blood pressure (equal to or greater than 140/90 in adults)
- Abnormal lipids: HDL cholesterol equal to or less than 35 mg/dL and/or a triglyceride level equal to or greater than 250 mg/dL
- History of gestational diabetes or delivery of a baby weighing more than nine pounds
- Polycystic ovary syndrome

bowl and blend to make a soft dough. Drop dough by tablespoonfuls into the simmering stew. Cover pan and simmer about 20 minutes. Uncover pan and simmer 10 minutes more. Serve hot!

Makes 6 servings

Per serving: 347 calories, 24.5 g protein, 51.5 g carbohydrate, 4.5 g fat (1.2 g saturated fat, 0.8 g monounsaturated fat, 1.6 g polyunsaturated fat), 50 mg cholesterol, 5 g fiber, 465 mg sodium. Calories from fat: 12%.

What Test Is Used to Screen for Diabetes?

The fasting plasma glucose test (FPG) is the preferred method of diagnosing diabetes because it's easy to do, convenient, and less expensive than other tests.

What if the Diabetes Screening Test Is Negative?

If the screening test for diabetes is negative, continue to have follow-up screening tests every three years or as recommended by your doctor. However, your doctor may do further screening tests for diabetes if he suspects that you have diabetes or prediabetes and your initial FPG is negative.

In addition, you can lower your chances of getting diabetes by losing weight, keeping your blood pressure and lipids at normal levels, and exercising regularly.

What if the Diabetes Screening Test Is Positive?

If the screening test for diabetes is positive, you may need further testing to ensure an accurate diagnosis. Your doctor may prescribe medication, along with a diet, regular exercise regimen, and lifestyle program, to help you manage your blood sugar and prevent serious problems.

Sincerely,



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CASE MANAGEMENT
DISEASE MANAGEMENT
HEALTH UTILIZATION MANAGEMENT

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