



Road to **WELLfluent**TM

Embrace better health.

March is Kidney Disease Awareness Month

Chronic Kidney Disease (CKD) Basics

Kidney disease means the kidneys can't filter blood and make urine as they should. Chronic kidney Disease occurs slowly over many years and usually cannot be reversed. In addition, CKD may also have negative effects on the cardiovascular system.

How are cardiovascular disease (CVD) and kidney disease related?

People with CKD have an increased risk for cardiovascular disease mostly due to problems with the blood vessels. Most patients with CKD die as a result of cardiovascular complications rather than progress to kidney failure or End-Stage Renal Disease (ESRD).

Risks that are often associated with kidney disease are also associated with atherosclerosis (hardening of the arteries), and contribute to the risk of developing cardiovascular disease and stroke.

- High blood pressure (hypertension)
- Diabetes
- High LDL ("bad") cholesterol
- Low HDL ("good") cholesterol
- Smoking
- Lack of physical Activity
- Older age

How does diabetes increase the risk for kidney disease?

High levels of blood sugar make the kidneys work harder to do their job of filtering, which over time can damage them so that they start to leak small amounts of protein (albumin) into the urine. That's why detecting albumin in a urine test means that the kidneys are damaged. Not everyone with diabetes develops kidney disease. Factors that can influence kidney disease development include genetics, blood sugar control, and blood pressure. The better a person keeps diabetes and blood pressure under control, the lower the chance of getting kidney disease.

One of the more common long-term complications of diabetes is kidney damage. Also known as diabetic nephropathy or diabetic kidney disease (DKD), this condition is a result of vascular abnormalities that accompany diabetes and increases mortality risk. Furthermore, diabetes mellitus is a significant risk factor for ESRD, the most advanced stage of kidney disease.

What should I do if I have diabetes or CVD (cardiovascular disease)?

Many of the risk factors for kidney disease and CVD are treatable. If you have diabetes, take these steps:

- Keep your blood sugar levels in the normal range through diet, activity and medications, if needed.
- Control your blood pressure
- Manage your weight

Early kidney disease, sometimes called renal insufficiency, may have no signs or symptoms

You may not feel any different until the disease is advanced but the damage is still being done. Blood tests to check kidney filtration rate and urine tests to check for protein in your urine are the only ways to find out if you have kidney disease at this stage. It's important to be tested for kidney disease if you have diabetes so it can be detected early and treated to slow progression of the damage. Keeping your blood sugar and blood pressure under control in your target range is very important to slow kidney disease. Losing weight, getting regular exercise and not smoking are great ways to help control blood sugar and blood pressure.

Kidney failure, or End-stage renal disease (ESRD)

Kidney failure means damage to the kidneys has progressed to the point that they are not doing a good job of filtering wastes such as urea and creatinine from the blood so it can be excreted in the urine. If you have diabetes and it is not well controlled or the damage isn't identified early it can cause end stage kidney disease. Treatments for kidney failure may include: hemodialysis, peritoneal dialysis, or kidney transplant.

Work closely with your health care team to ensure your urine albumin levels are being monitored. (The American Diabetes Association suggests that people with type 2 diabetes should be screened for urine albumin levels at the time of diagnosis and once a year thereafter.)

Source: http://www.heart.org/HEARTORG/Conditions/More/Diabetes/WhyDiabetesMatters/Kidney-Disease-Diabetes_UCM_313867_Article.jsp#.Wnn1A0bxGU8

March Is National Colorectal Cancer Awareness Month



The good news is colorectal cancer rate has been decreasing in the past two decades. One big reason is because more people are getting screened for this disease. Screening can help find cancers early, when they are small and might be easier to treat and can also help find and remove polyps before they turn into cancer. Colorectal cancer almost always starts with a polyp – a small growth on the lining of the colon or rectum – but doesn't usually cause symptoms until it's more advanced.

Most colorectal cancers can be prevented through early screening tests and intervention. Men and women who are 50 or older should talk to their health care providers about getting screened for colon cancer, even if you have no symptoms. There are several screening options available some of which are very easy, fast and non-invasive. If you have a family history of colorectal cancer or polyps you may need to start getting tested sooner and you should talk to your doctor about which types of screenings are best for you.

To learn more about how to help prevent colorectal cancer or find it early, visit cancer.org/colon or call the American Cancer Society at 1-800-227-2345. We're here when you need us – 24 hours a day, 7 days a week.

PREVENTIVE CARE WE'VE GOT YOU COVERED

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit AvMed.org. (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center using the number on your AvMed Member ID Card.

MARCH EVENTS

Date	Time	Event	Location	Description
Saturday March 10, 2018	8:30 am	American Lung Association- Fight for Air Climb	One Biscayne Tower, Miami, FL 33131	When you participate in a Fight For Air Climb, you are stepping up to make a positive impact in the lives of those affected by lung disease. Participants raise funds to support the mission of the American Lung Association while training to climb the stairs of a skyscraper. http://action.lung.org/site/TR/Climb/ALASE_Southeast?pg=entry&fr_id=16368
Saturday March 17, 2018	7:30 am	Clint Lacinak/St. Patrick's 5K Run/Walk	St. Patrick's School and Church 550 NE 16th Avenue, Gainesville, FL 32601	Run, walk or roll (wheel chairs and strollers-no bikes please!) through Northeast Park and Gainesville's charming, historical Duckpond Neighborhood. Our course takes us past the Thomas Center and many of Gainesville's oldest homes, as well as by the house featured on "Extreme Makeover" a few years back. After-race celebration and awards ceremony will be held at St. Patrick's Church and School, right across NE 16th Ave, from the finish line, and this year it will be followed by the St. Patrick's "Pot o' Gold Festival," with plenty of food, activities, fun and fellowship for everyone who wants to stick around https://runsignup.com/Race/FL/Gainesville/ClintLacinakStPatricks5K?aft_token=vkmwDmweQ4iCYn8otS00nKQ3vC08bu0w
Sunday March 25, 2018	7:00 am	Run 13.1 and 5K	Confederate Park, 956 Hubbard Street, Jacksonville, FL 32206	You can register at any of our 1st Place Sports stores on our in store computers with no processing fees or online at: http://1stplacesports.com/races/run13point1/

A Wellness Newsletter for AvMed Members



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