

the Telehealth Times

NATIONAL
KIDNEY AWARENESS
MONTH
MARCH



KC KAMRYN'S CORNER

This month is "National Kidney Awareness Month." Our kidneys are bean-shaped organs located on each side of our spine in the middle of the back. The kidneys filter the blood in the body and excrete the wastes and extra fluid. Other important jobs the kidneys perform include: regulating electrolytes, producing red blood cells, and controlling blood pressure levels. Maintaining a healthy lifestyle is a key factor in keeping your kidneys healthy.



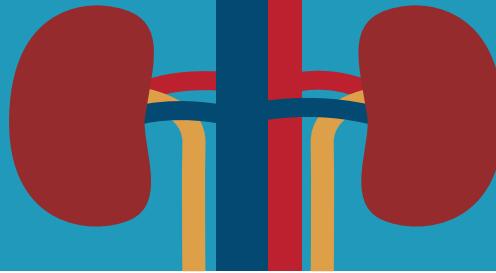
Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Yours Truly,
Kamryn

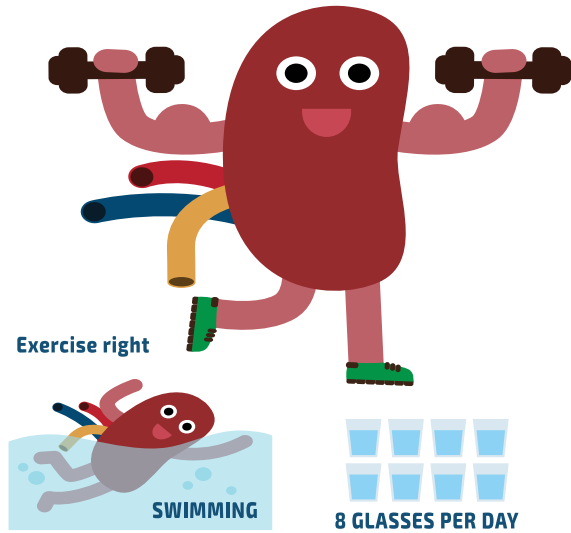
Kidney Health

KIDNEY HEALTH CARE

INFOGRAPHIC : ELEMENTS



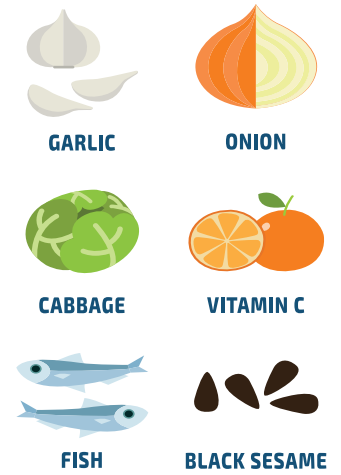
How to care for kidney



Avoid

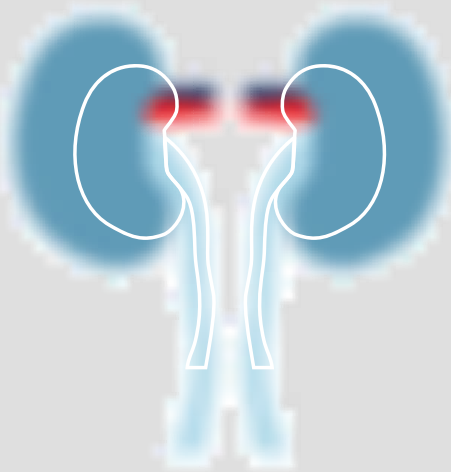


Good food for Kidney



KIDNEY

Medical Infographic
Internal organ set



KIDNEY

FUNCTION

Excretion of wastes



Osmolarity regulation



Reabsorption nutrients



Blood pressure regulation



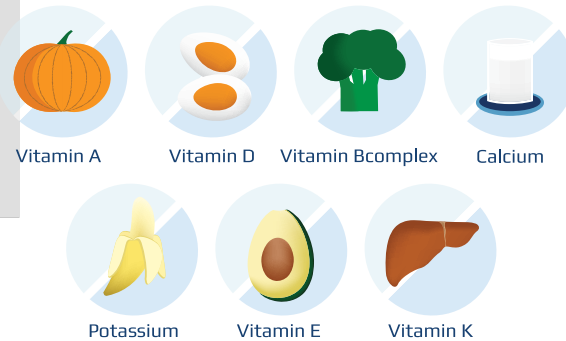
Acid-base homeostasis



Hormone secretion



Nutrients for kidney

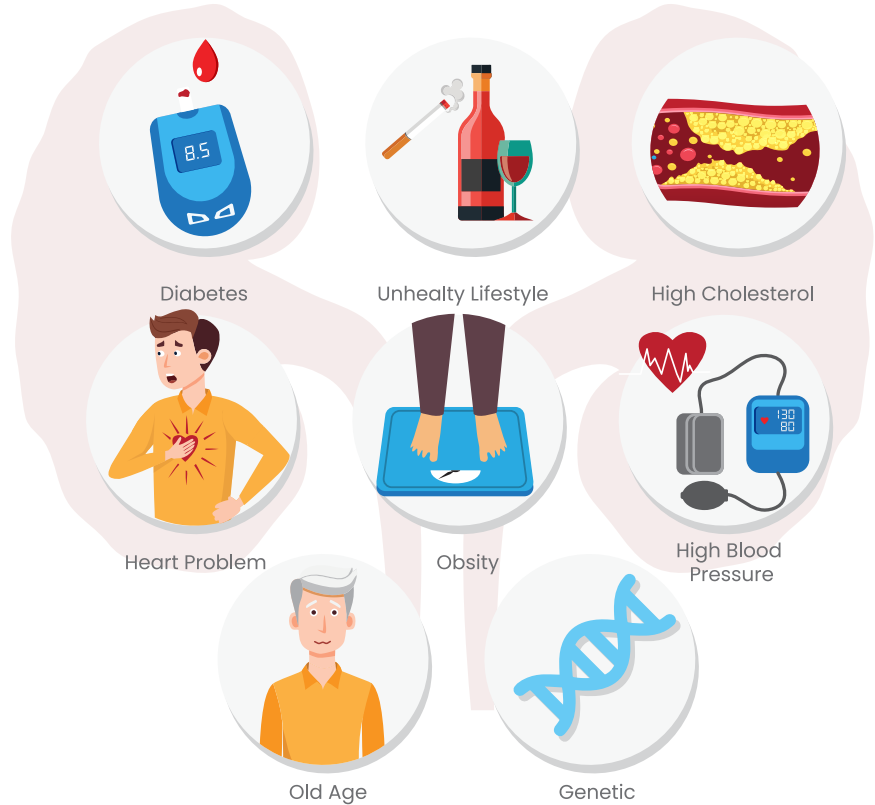
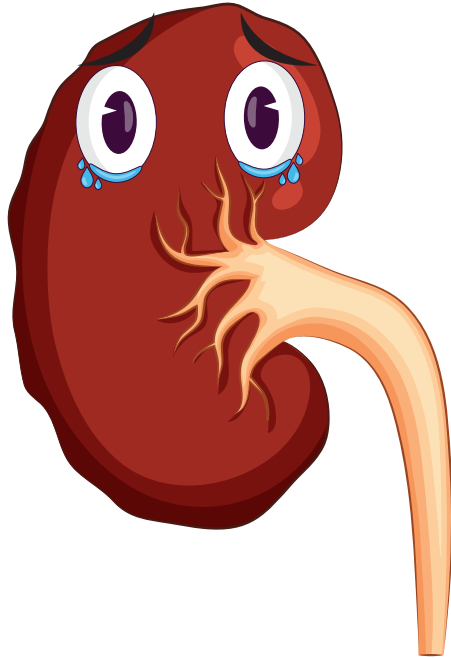


Kidney Health

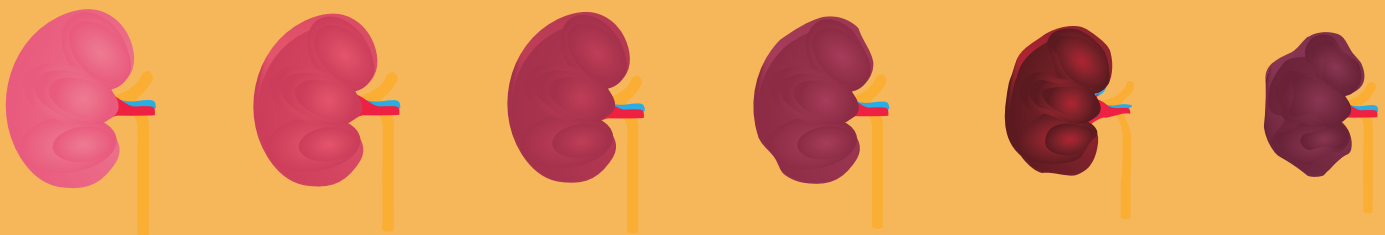
STAGES OF CHRONIC KIDNEY DISEASE



RISK FACTORS



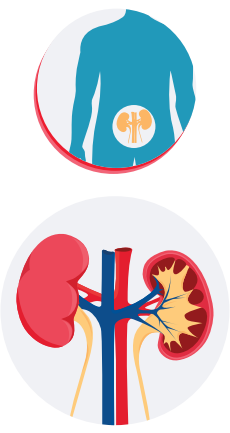
Stages Of Chronic Kidney Diseases (CKD)



normal	stage 1	stage 2	stage 3	stage 4	stage 5
100	90 or higher	60-89	45-30	15-29	less than 15
- Working normally	- Mild kidney damage - Kidneys work as well as normal	- Mild kidney damage - Kidneys still work well	- Mild to moderate kidney damage - working affected	- Severe kidney damage - Kidneys are close to not working at all	- Most severe kidney damage - Kidneys are close to stop working or failure

Kidney Health

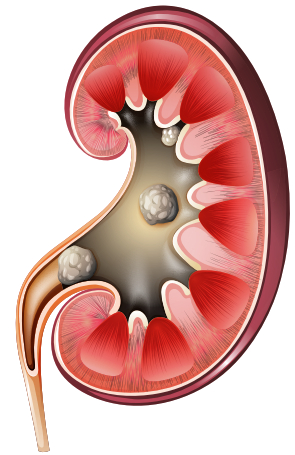
Kidney Disease



Symptoms

- Headache and feeling sick
- Tiredness and shortness of breath
- Insomnia
- Oedema
- Itchy skin
- Muscle cramps
- Erectile dysfunction in men
- Blood in your pee
- Weight loss
- Poor appetite

Kidney Stones Symptoms



Fever



Stomach pain



Vomiting



Dizziness

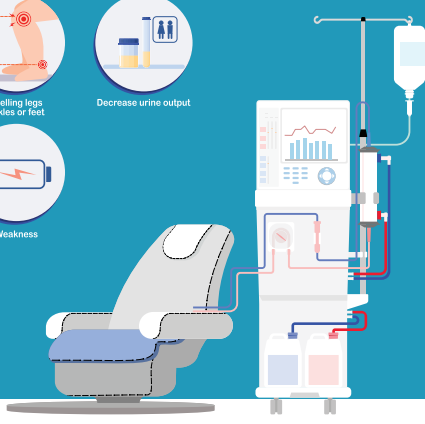


Blood in the urine



Backache

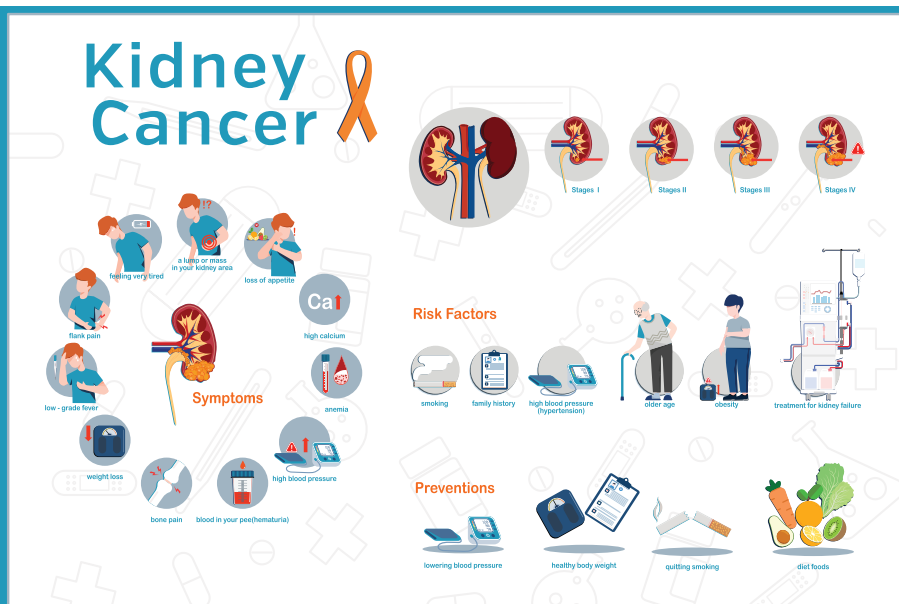
Kidney Failure



Symptoms

- Confusion
- Nausea
- shortness of breath
- Swelling legs ankles or feet
- Decrease urine output
- Irregular heartbeat
- Chest pain or pressure
- Weakness

Kidney Cancer



Symptoms

- feeling very tired
- flank pain
- low-grade fever
- weight loss
- bone pain
- blood in your pee (hematuria)
- high blood pressure
- anemia
- high calcium
- loss of appetite
- itches or sores in your kidney area

Risk Factors

- smoking
- family history
- high blood pressure (hypertension)
- older age
- obesity
- treatment for kidney failure

Preventions

- lowering blood pressure
- healthy body weight
- quitting smoking
- diel foods

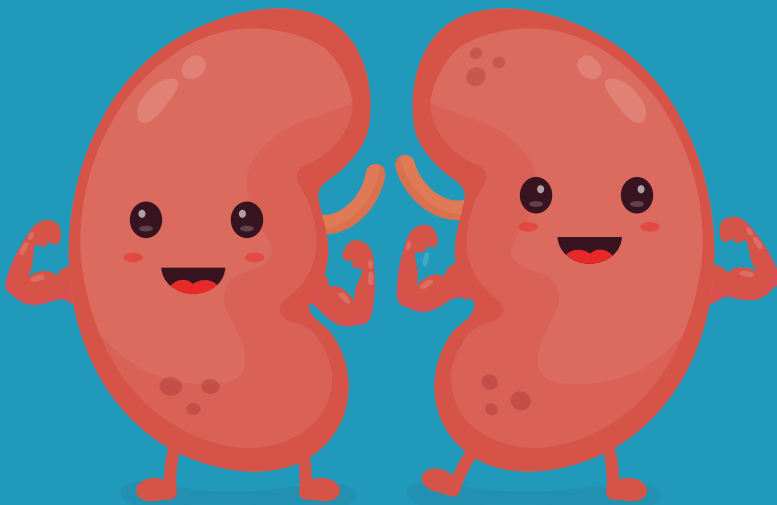
Stages

- Stages I
- Stages II
- Stages III
- Stages IV

Healthy Foods for Your Kidneys

Your diet and lifestyle are significant contributors to your kidneys and overall health. It is important to choose the right foods to nourish your body and its organs. A diet consisting of lean meats and proteins, whole grains, healthy fats, and plenty of fresh fruits and vegetables is a good start. Staying well hydrated and limiting excess sugar and salt are also important for maintaining kidney health.

BEST FOOD FOR HEALTHY KIDNEYS



CARROT



RED FISH



BLUEBERRY



DOGROSE



POTHERB



PUMPKIN



KALE



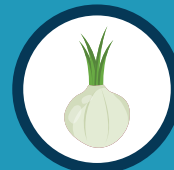
WATERMELON



APPLES



SPINACH



BOW



CRANBERRY

FACTS AND STATS

Kidney disease is in the top 10 causes of death in the United States.

It is considered a silent killer because signs and symptoms do not always present until the late stages.

1 in 5 adults with high blood pressure may have kidney disease.

It is estimated that there are nearly 815,000 Americans living with kidney failure.

Chronic Kidney Disease is more common among adults age 65 and older.

WAYS TO KEEP YOUR Kidneys Healthy

- Drink 6–8 glasses of water daily. ✓
- Keep Active and Fit. ✓
- Control Your Blood Sugar. ✓
- Monitor Blood Pressure & Weight. ✓
- Eat a Healthy Diet. ✓
- Don't Smoke. ✓
- Have Your Kidney Function Tested if You're High Risk. ✓
- Avoid self-medication. ✓
- Control your blood sugar if you have diabetes. ✓
- Eat fresh fruits and vegetables. ✓
- Get regular health checkups. ✓

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

**The provided content is intended solely for educational purposes and should not be treated as medical advice*

