

Information for Healthy Living

A newsletter to keep you healthy and informed.

April, 2016

Recipe Corner Stuffed Green Peppers

Try this recipe from the National Kidney Foundation cookbook for a tasty meal high in protein and low in phosphorus, potassium, and sodium.

Ingredients

- 2 Tbs. Vegetable Oil
- 1/2 lb. Ground Lean Beef, Turkey or Chicken
- 1/4 C. Onion, chopped
- 1/4 C. Celery, chopped
- 2 Tbs. Lemon Juice
- 1 Tbs. Celery Seed
- 2 Tbs. Italian Seasoning
- 1 tsp. Black Pepper
- 1/2 tsp. Sugar
- 1-1/2 C. Rice, cooked
- 6 Small Green Peppers, seeded with tops removed
- Paprika

Directions

1. Preheat oven to 325oF.
2. Heat oil in saucepan.
3. Add ground meat, onions and celery, cook until meat is browned.
4. Add all ingredients except green peppers and paprika to sauce pan.
5. Stir together, remove from heat.
6. Stuff peppers with mixture. Wrap with foil or place in a dish and cover.
7. Bake for 30 minutes. Remove and sprinkle with paprika.

Yield: 6 servings.

Serving Size: one stuffed pepper

Nutritional Information Per Serving

Calories: 131; Protein: 9 g; Saturated Fat: 1 g; Sodium: 36 mg; Cholesterol: 28 mg; Carbohydrates: 15g; Calcium: 38 milligrams; Fiber: 1 g; Potassium: 160 mg; Phosphorous: 83 mg.

Taking Control of Your Health

Manage Your Health, Lower Your Health Risk

Chronic Kidney Disease: The Quiet Killer

There is a dangerous health problem on the rise in the United States, affecting an estimated 26 million adults – 25 percent more than a decade ago. It's more common than diabetes and twice as common as cancer. More alarming: new evidence shows that the majority of those stricken by the condition don't even know they have it. What is this harmful condition? Chronic kidney disease.

Your kidneys function to filter extra water and wastes from your blood and make urine. Chronic kidney disease (CKD) occurs when the organs' tiny filters are damaged over the course of several months to years. Eventually the damage leads to a dangerous buildup of waste in your blood, which can cause inflammation in the blood vessels, setting you up for heart attack, stroke, even brain damage. Without treatment to help slow down the progress of the disease, many patients will require either dialysis or a kidney transplant.

Your kidneys are bean-shaped organs; each about the size of your fist, located near the middle of your back, just below the rib cage. Every day, your kidneys process and re-process your blood to sift out waste products and extra water, which exits your body in the form of urine.

The two main causes of chronic kidney disease are **diabetes** and **high blood pressure**, which are responsible for up to two-thirds of the cases. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. If not controlled, high blood pressure can lead to heart attack, stroke and chronic kidney disease.

While symptoms of CKD may include itching, muscle cramps, nausea and vomiting, loss of appetite and swelling of feet and ankles, they generally do not show up until your kidney disease is very advanced. For this reason, **it is very important to have an annual physical exam that includes blood and urine tests** so that kidney disease may be identified early.

If you have questions about kidney health contact your Total Lifestyle Counselor (TLC) at 1-800-432-8421 or visit the National Kidney Foundation website at: www.kidney.org.

What You Can Do to Prevent Kidney Disease

Now that you know about the dangers of CKD, here are some guidelines to help you prevent the onset of kidney disease:

Know the Risk Factors – Other common causes of kidney disease include: Heart (cardiovascular) disease, having a family member who had kidney disease, being African-American, Asian, Native American or Hispanic, and being over 60 years old.

Manage Your Condition – If you do have a chronic (long-term) condition such as diabetes or high blood pressure that could potentially cause CKD it is important that it is carefully managed. Follow the advice of your doctor and keep all appointments relating to your condition.

Watch for Warning Signs – Many symptoms of kidney disease are ignored because they don't seem serious. Keep an eye out for loss of appetite, nausea, fatigue, swollen ankles or feet, and difficulty sleeping and concentrating.

Get Screened – Even if you have no symptoms of CKD, you should still get screened by your doctor, particularly if you have any of the risk factors. Screening typically includes a urine test to check for protein, which can show up months to years before symptoms occur. Your doctor should also order a blood test to measure the buildup of waste products, as well as an ultrasound of your kidneys.

Maintain a Healthy Lifestyle – to combat diabetes and hypertension, the primary causes of CKD, maintain a healthy lifestyle by adhering to the following: Exercise regularly, quit smoking, monitor cholesterol levels, control weight, drink only in moderation, get an annual physical exam, follow a balanced diet, stay hydrated, know your family medical history.

Drink More Water

Drinking plenty of water is essential to good health. Good hydration improves digestion and the transport of nutrients, helps eliminate toxins from your blood, aids in calorie control, and maintains skin tone and good muscle performance. Here are some tips to help you increase your daily fluid intake and reap the health benefits of water:

- Have a beverage with every snack and meal.
- Eat water-rich foods such as fruits and vegetables
- Keep a bottle of water with you in your car, or at your desk
- Drink a glass after every bathroom break
- Choose water over soft drinks
- Keep water on your nightstand
- Infuse your water with fruit, vegetables or herbs
- Use an app to track your consumption
- Cut juice with sparkling water

Your Total Lifestyle Counselor (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 432-8421 for personalized tools and resources to help you maintain your good health.