



Broward County Government Newsletter

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Community Care Plan, “the health plan with a heart”

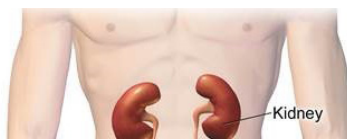
Chronic Kidney Disease

What Is Chronic Kidney Disease¹? More than one (1) in seven (7) US adults are estimated to have Chronic Kidney Disease (CKD). CKD is a disease where the kidneys are not working as well as they should. The kidneys filter toxins, wastes, and fluid out of the body to keep you healthy and strong. When you have CKD, the body cannot filter these materials as well, leaving them in the body. This can lead to other health problems including heart disease and stroke.

Risk Factors²

Health Conditions that are risk factors for CKD include:

- Diabetes
- High blood pressure
- Heart Disease
- Family history of CKD
- Obesity



¹<https://www.cdc.gov/kidneydisease/basics.html>

²https://www.cdc.gov/kidneydisease/pdf/kidney_factsheet.pdf

Who is at a Higher Risk?



- CKD is more common in women than men
- CKD is more common in non-Hispanic blacks than non-Hispanic whites
- 1 in 3 adults with Diabetes may have CKD
- 1 in 5 adults with high blood pressure may have CKD

How do I keep my kidneys healthy³?

1. Maintain a healthy weight.
2. Stay active.
3. Get regular well exams from your doctor.
4. Take medications as told by your doctor.
5. Keep your blood pressure at the target set by your doctor.
6. Keep your sugars in range if your diabetic.
7. Keep your cholesterol in range.
8. Eat fruits and vegetables.
9. Eat foods with lower salt .
10. Quit Smoking.



³<https://www.cdc.gov/kidneydisease/prevention-risk.html>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Krevol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi iiska Vandredi de 8:00am a 7:00pm EST.