

# Skeehchooash

*Pequot for Grasses, Herbs, Medicines*

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

## Chronic Kidney Disease

In the US, more than 1 in 7 adults may have chronic kidney disease (CKD). People in racial/ethnic and low-income minority groups have higher rates of CKD.



## Take 5 for Your Kidneys-

**\*\*Do these simple things to protect your kidneys\*\***

- 1. Get Tested** – If you have high blood pressure,  $\geq 60$  yrs. old, diabetes, or family history of kidney failure, ask your provider for a GFR blood test annually. Visit [www.kidney.org](http://www.kidney.org) to get a free screening.
- 2. Reduce NSAIDS-** Nonsteroidal anti-inflammatory drugs (NSAIDS) are OTC pain medications, but you should try to reduce your use of them because they may cause harm to the kidneys, especially if you already have kidney damage.
- 3. Cut out Processed Food** - Sodium, nitrates and phosphates are in processed foods and have been linked to kidney disease, heart disease and cancer. Try the DASH diet instead!
- 4. Exercise regularly-** Regular exercise will keep your blood vessels, heart, bones, muscles and kidneys healthy. Try for 30 minutes a day and it can also lower blood pressure and the sugar in your blood; both are vital to kidney health.
- 5. Stay Hydrated-** Being well hydrated helps your kidneys clear toxins, urea, and sodium from your body. Kidney failure patients may need to restrict their fluid intake, but for most people, a healthy target may be 1.5-2 liters of fluid daily.



<https://health.gov/healthypeople/objectives-and-data/browse-objectives/chronic-kidney-disease>  
<https://www.kidney.org/news/take-five-for-your-kidneys>

By: Amy Ricupero, PharmD, MEd



PEQUOT  
PHARMACEUTICAL  
NETWORK

PEQUOT  
PLUS  
Health Benefit Services

PRxN®  
Customer Service  
1-800-342-5779

PRxN® PBM  
Customer Service  
1-888-779-6638

Doctors' Line  
1-888-779-6362

Doctors' FAX Line  
1-800-779-6329

Website  
[www.prxn.com](http://www.prxn.com)

E-Mail  
[pharmacy@mpntn.org](mailto:pharmacy@mpntn.org)

PEQUOT  
HEALTH CARE  
Pequot Health Care  
1 Annie George Drive  
Mashantucket,  
CT 06338



Mashantucket Pequot  
Tribal Nation

At Pequot Health Care, we are dedicated to maintaining your good health!