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

- Get Tested If you have high blood pressure, ≥ 60 yrs. old, diabetes, or family history of kidney failure, ask your provider for a GFR blood test annually. Visit www.kidney.org to get a free screening.
- 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/obj ectives-and-data/browseobjectives/chronic-kidney-disease https://www.kidney.org/news/takefive-for-your-kidneys

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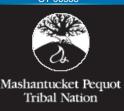
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At Pequot Health Care, we are dedicated to maintaining your good health!