



Health & Wellness Training Series

Kidney Disease

Thursday, March 22, 2012 from 2:30pm—3:30pm

City Hall—Council Chambers

Speaker: Dr. Angel Claudio, MD

Specializing in Internal Medicine

Kidney Disease Awareness Month

How Much Do You Know?

When we see people wearing green in the month of March, your first thought may be St. Patrick's Day. Green, however, is also the color for Kidney Disease Awareness, and March is the month where organizations work on spreading the word about screening and testing for kidney disease.

So how much do you know about kidney disease?

According to an article by Science Daily in August 2009, 80,000 people in the USA are waiting for kidney transplants and 4,000 people die while waiting for a new kidney. The National Kidney Foundation says that 1 in 9 Americans has chronic kidney disease.

Both the National Kidney Foundation and the National Kidney Disease Education Program recommend that if you have high blood pressure, diabetes, or a family history of either condition that you talk to your doctor about getting screened for kidney disease.

What is Kidney Disease?

Chronic kidney failure describes the gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood which are then excreted in your urine. When chronic kidney failure damages your kidneys, dangerous levels of fluid and waste can accumulate in your body.

In the early stages of chronic kidney failure, you may have few signs or symptoms. Chronic kidney failure may not become apparent until your kidney function is significantly impaired.

Treatment for chronic kidney failure, also called chronic kidney disease, focuses on slowing the progression of the kidney damage, usually by controlling the underlying cause. Chronic kidney failure can progress to end-stage kidney disease, which is fatal without artificial filtering (dialysis) or a kidney transplant.

By Mayo Clinic staff

The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing rpalomo@missiontexas.us.

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.

