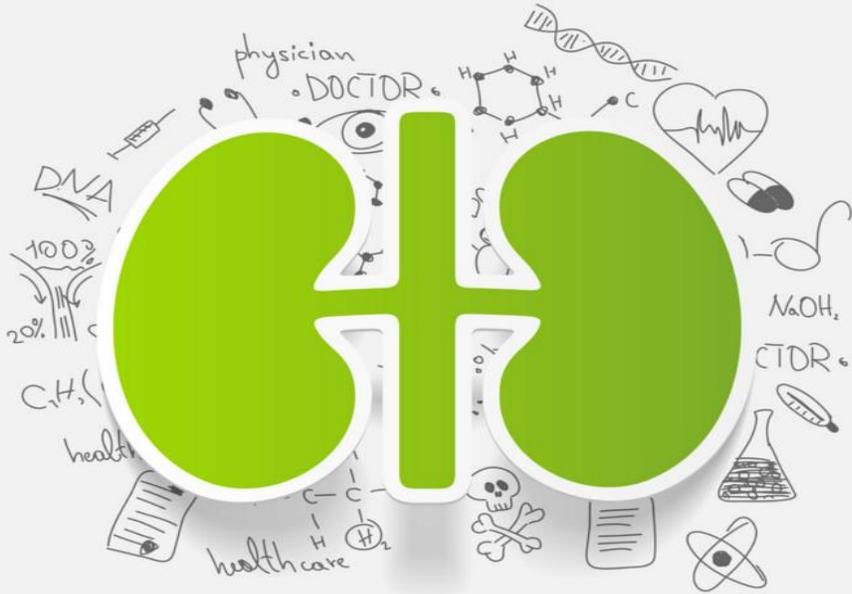




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Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Kidney Awareness.

Prevention

One in three American adults is at risk for kidney disease. What puts you at risk for kidney disease? Major risk factors include diabetes, high blood pressure, a family history of kidney failure and being age 50 or older.

Kidney disease often has no symptoms, and it can go undetected until very advanced. But a simple urine test can tell you if you have kidney disease. Remember, it's important to get tested because early detection and treatment can slow or prevent the progression of kidney disease.

Two Simple Tests To Check For Kidney Disease

- Urine Test, you could help save your kidneys with a simple urine test. Ask your doctor about Albumin Creatinine Ratio (ACR) which estimates the amount of a type of protein, albumin, that is in your urine.
- Blood Test, the Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Over 90 is good, 60-89 should be monitored, less than 60 for 3 months indicated kidney disease.

How Your Kidneys Work

You have two kidneys, each about the size of an adult fist, located on either side of the spine just below the rib cage. Although they are small, your kidneys perform many complex and vital functions that keep the rest of the body in balance. For example, kidneys:

- Help remove waste and excess fluid
- Filter the blood, keeping some compounds while removing others
- Control the production of red blood cells
- Make vitamins that control growth
- Release hormones that help regulate blood pressure
- Help regulate blood pressure, red blood cells, and the amount of certain nutrients in the body, such as calcium and potassium.

Here's how kidneys perform their important work:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through urethra.



The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.

Source: <https://www.kidney.org/atoz/content/howkidneyswork>

Symptoms of Kidney Failure

Usually someone with kidney failure will have a few symptoms of the disease. Sometimes no symptoms are present. Possible symptoms include:

- A reduced amount of urine
- Swelling of your legs, ankles, and feet from retention of fluids caused by the failure of the kidneys to eliminate water waste
- Unexplained shortness of breathe
- Excessive drowsiness or fatigue
- Persistent nausea
- Confusion
- Pain or pressure in your chest
- Seizures
- Coma

Source: <https://www.healthline.com/health/kidney-failure#symptoms>

The Heart and Kidney Connection



Your heart and kidneys are two important organs in your body. They work together to keep you healthy. When one is affected, the other is too. In other words, your heart can affect the health of your kidneys, and your kidneys can affect the health of your heart.

What does the heart do?

The heart is a muscle that pumps blood filled with oxygen to all parts of your body. This job keeps every cell, organ, and system alive within your body. To move blood to each part of your body, your heart relies on your blood vessels. Together, the heart, blood and blood vessels make up a system called “the cardiovascular system.” Think of it as a delivery system. The delivery system moves blood from the heart carrying oxygen and nutrients throughout your body and also picks up waste products so that your body can get rid of them.

What do the kidneys do?

Your kidneys are two bean-shaped organs and are usually about the size of your fist. They are located a little below your rib cage and to the left and right of your spine. Your kidneys are powerful chemical factories and have the following jobs:

- Clean your blood of waste products and extra water
- Help control blood pressure
- Keep bones healthy and strong
- Help make red blood cells
- Keep the balance of minerals in your blood (like sodium, phosphorous, and potassium)

How do the kidneys and heart work together?

The heart pumps blood filled with oxygen through all parts of your body, including the kidneys. The kidneys clean the blood, removing waste products and extra water. Without the kidneys, your blood would have too much waste and water.

Without the heart, your kidneys would not have the oxygen filled blood needed to do its many important jobs. Without the help of your kidneys, the heart would be working too hard or would not function at all. A healthy functioning cardiovascular system is important for your kidneys to their job.

What is the connection between heart disease and kidney disease?

Researchers have been working to understand the clear relationship between kidney disease and heart disease. When your heart or kidneys cannot function normally, it can lead to cardiovascular disease (heart disease) or kidney disease. It is important to know that having kidney disease can directly affect your chances of developing heart disease. Having heart disease can directly affect your chances of developing kidney disease. In fact, kidney disease and heart disease share many of the same risk factors, such as diabetes and high blood pressure.

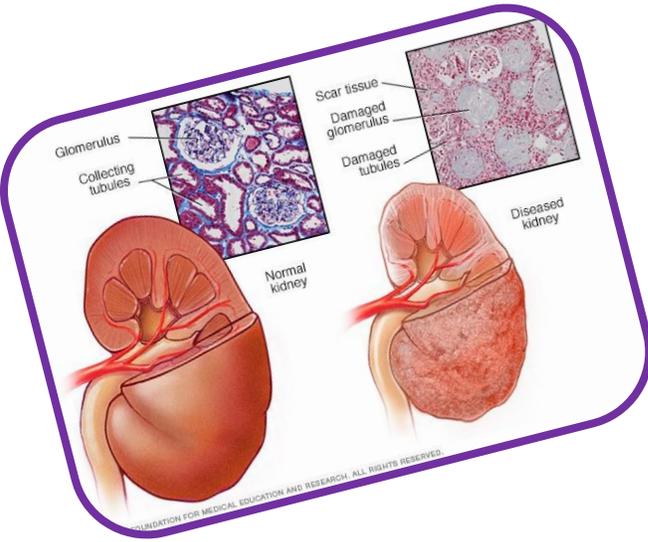
How can I keep my heart and kidneys healthy?

These tips can help keep your kidney and heart health on track. You should always speak with your healthcare provider before making any changes to your diet and lifestyle.

- Regular physical activity
- Lose weight, if you need to
- Eat less fat
- Keep your blood pressure, blood sugar, and blood fats under control
- Stop smoking
- Reduce stress

A good way to keep the heart and kidney connection in mind is to remember, what is good for your kidneys is good for your heart. Keeping up the health of your heart is good for the health of your kidneys.

What Is Chronic Kidney Disease (CKD)?

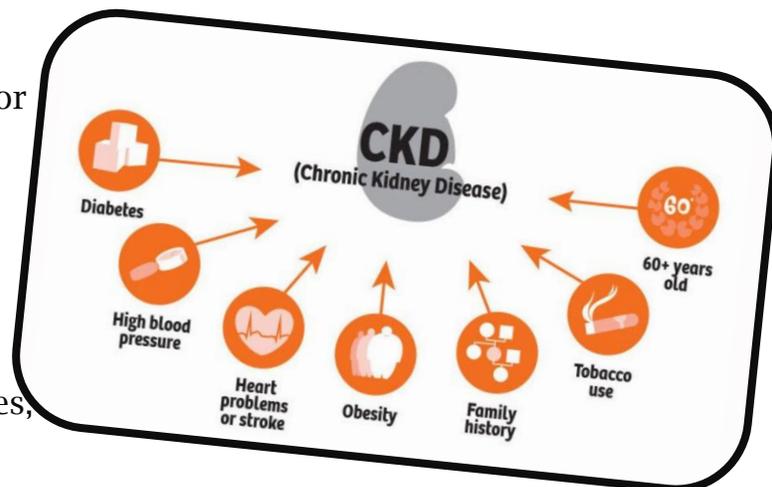


Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy by doing the jobs listed. If kidney disease gets worse, wastes can build to high levels in your blood and make you feel sick. You may develop complications like high blood pressure, anemia, weak bones, poor nutritional health and nerve damage. Also, kidney disease increases your risk of having heart and blood vessel disease. These problems may happen slowly over a long period of time. Chronic kidney disease may be caused by diabetes, high blood pressure and other disorders. Early detection and treatment can often keep chronic kidney disease from getting worse. When kidney disease progress, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

Sources: <https://www.kidney.org/atoz/content/about-chronic-kidney-disease>

The Facts About Chronic Kidney Disease (CKD)

- 37 million American adults have CKD and millions of others are at increased risk
- Early detection can help prevent the progression of kidney disease to kidney failure
- Heart disease is the major cause of death for all people with CKD
- Glomerular filtration (GFR) is the best estimate of kidney function
- Hypertension causes CKD and CKD cause hypertension
- Persistent proteinuria (protein in the urine) means CKD is present
- High risk groups include those with diabetes, hypertension and family history of kidney failure
- African Americans, Hispanics, Pacific Islanders, American Indians and Seniors are at increased risk
- Two simple tests can detect CKD: blood pressure, urine albumin and serum creatinine





REMINDER

Deadline is March 31, 2020 Mandatory Physical



1

Physical Required

A medical physical is required to be taken during the first six (6) months of the plan year. You must visit a physician for a physical between October 1, 2019 and March 31, 2020.

2

Physical Documentation

You must submit the required Physical Screening Form (or a Dr.'s Note) no later than March 31, 2020.

3

Physical Covered 100% - No Copay

Physicals are covered once per plan year (October – September).

4

Physical Penalty Fee

If you do not take a physical by March 31, 2020 you will be assessed a \$50 monthly penalty fee from April 2020 through September 2020.

Let's Get Moving!

Move of the Month

I'm **WORKING**
on **MYSELF**
for **MYSELF**
by **MYSELF**

March Daily Challenge

#ATMarchchallenge #IgnitedNation

- Day 1 - 20 crunches & 20 squats
- Day 2 - 20 sec plank & 20 alternating lunges
- Day 3 - 60 sec jumping jacks & 10 pushups
- Day 4 - 25 crunches & 25 squats
- Day 5 - 30 sec plank & 26 alternating lunges
- Day 7 - Rest & Stretch for 5 minutes
- Day 8 - 30 crunches & 30 squats
- Day 9 - 40 sec plank & 30 alt lunges
- Day 10 - 60 sec jumping jacks & 14 pushups
- Day 11 - 35 crunches & 35 squats
- Day 12 - 50 sec plank & 36 alternating lunges
- Day 13 - 70 sec of burpees & 16 pushups
- Day 14 - Rest & Stretch for 5 min
- Day 15 - 40 crunches & 40 squats
- Day 16 - 60 sec plank & 40 alt lunges
- Day 17 - 70 sec jumping jacks & 18 pushups
- Day 18 - 45 crunches & 45 squats
- Day 19 - 70 sec plank & 46 alt lunges
- Day 20 - 80 sec of burpees & 20 pushups
- Day 21 - Rest & Stretch 5 min
- Day 22 - 50 crunches & 50 squats
- Day 23 - 80 sec plank & 50 alt lunges
- Day 24 - 80 sec plank & 50 alt lunges
- Day 25 - 55 crunches & 55 squats
- Day 26 - 90 sec plank & 56 alt lunges
- Day 27 - 90 sec of burpees & 26 pushups
- Day 28 - Rest and Stretch 5 min
- Day 29 - 60 crunches & 60 squats
- Day 30 - 100 sec plank & 60 alt lunges
- Day 31 - 100 sec jumping jacks & 28 pushups

Last Month's Events:

Door Prize Winners:

February 6, 2020
"Healthy Heart"

Jaime Cervantes - City of Mission Mug

February 13, 2020

"Back Pain & Spine Surgery Prevention"

Juan Ozuna - City of Mission Mug



Upcoming Events:

Thursday, March 10, 2020

DHR "Kidney Awareness"

Time: 12:00PM – 1:00PM

Location: City Hall Community Room

Thursday, March 26, 2020

Airrosti "Tech Neck"

Time: 12:00PM – 1:00PM

Location: City Hall Community Room