

# Diabetes News

## Diabetes And Your Kidneys

Nephropathy, which is diabetes related kidney disease is the leading cause of end-stage renal disease, the eighth leading cause of death in the United States and a major risk factor for cardiovascular disease. An estimated 26 million American adults have chronic kidney disease, often requiring dialysis or a kidney transplant. When your kidneys are damaged, waste products and fluid can build up in your body, causing swelling in your ankles, vomiting, weakness, poor sleep, shortness of breath, fatigue, and confusion. When kidney disease progresses and the individual is no longer able to remove potassium, abnormal heart rhythms and sudden death may occur. Initially no symptoms may be present and it is important to have regular checkups to determine kidney function if you are at increased risk. The leading risk factors are diabetes (type 1 and 2) and high blood pressure. Kidney function tests can be done through blood tests by checking creatinine and BUN levels, urine tests to check protein levels, and ultrasound or biopsy. In this state of impaired kidney function, the kidneys cannot easily perform their normal functions. This may cause a need for a change in diet. If the kidneys are unable to eliminate and maintain appropriate water and mineral levels, a low sodium, low potassium, and low phosphorus diet may be advised. This would lead to eliminating some foods in the diet such as: bananas, oranges, apricots, cantaloupe, yogurt, avocado, spinach, milk, sardines, beans, and whole grain products. To help combat kidney disease or renal failure make sure to consume a

healthy diet, exercise and to get enough water. Dehydration can be a burden on the kidneys even in a healthy individual. It is also important to focus on controlling your blood glucose and blood pressure. They're two of the biggest threats to your kidneys. Two other threats you might not be aware of is using

painkillers for a long duration of time and smoking cigarettes.

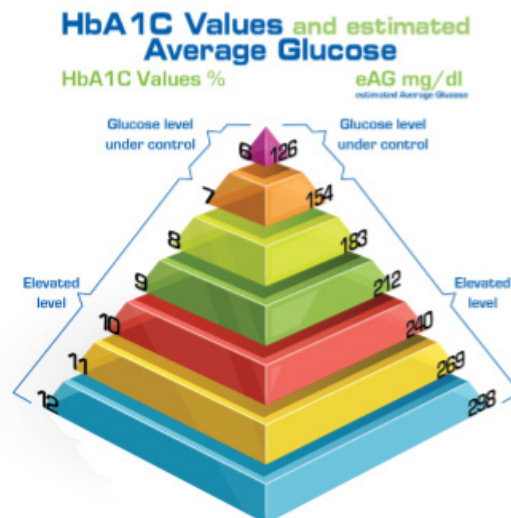
**Painkillers.** Long-term use of certain pain medications, especially at high doses, has a harmful effect on kidney tissue and structures. Both over-the-counter and prescription pain medications can damage and reduce blood flow to the kidneys. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are a main culprit.

Check out the new website for the Coastal Bend Food Bank

<https://coastalbendfoodbank.com>

## Taking Care Recommendations

- Daily feet check.
- Glucose checks as recommended.
- Brush and floss daily.
- A1c every 3 months.
- Blood pressure every doctor visit.
- Dental exam every 6 months.
- Eye exam (retinal) yearly.
- Cholesterol at least yearly.
- Urine test for microalbumin yearly.



As many as 1 to 3 percent of new cases of chronic kidney failure each year may be caused by pain medication overuse.

**Smoking cigarettes.** The effects of smoking on the lungs and heart are well-publicized, but studies also show that people who smoke are more likely to have protein in the urine, which is a sign of kidney damage. Diseases that affect the kidneys, such as diabetes and high blood pressure, are also worsened by smoking, and smokers are more likely to need dialysis or kidney transplants.

**How do you plan to cut down on the ways you could be damaging your kidneys?**



Get your tickets TODAY for Souper Bowl 2018, to be held on Thursday, February 22, 2018. All to help benefit the Art Center of Corpus Christi and Coastal Bend Food Bank. Tickets are \$35 includes a handmade bowl and soup. You will be able to choose from hundreds of handmade, unique bowls made by Barry Brown Clay Studio and other local artists! As well as your choice of delicious soups from local area favorite restaurants.

Buy a Bowl, Feed a Family

Tickets available for purchase at <https://coastalbendfoodbank.org/>

## Loaded Baked Potato Soup

(Safe For The Renal Diets)

### INGREDIENTS

- 2 large potatoes
- 1/3 cup flour
- 4 cups skim milk
- 1/2 teaspoon pepper
- 4 ounces reduce fat Monterey Jack cheese shredded
- 1/2 cup fat free sour cream
- 1/2 teaspoon low sodium and low potassium bacon bits

### PREPARATION

1. Leach potatoes by slicing them into cubes and boiling for at least 10 minutes in a large pot of water potassium is reduced by at least half the original amount. These potatoes will still contain 100 to 200 milligrams of potassium in a 1/2-cup serving so dialysis patients on a low-potassium diet are encouraged to pay attention to portion control.
2. Bake potatoes at 400 degrees until done.
3. Let cool.
4. Cut lengthwise and scoop out pulp.
5. Place flour in large sauce pan. Gradually add milk, stirring until blended.
6. Add potato pulp and pepper.
7. Cook over medium heat until thick and bubbly, stirring frequently.
8. Add cheese, stir until cheese melts.
9. Remove from heat and stir in sour cream.



For more recipes check out this web page.  
<https://www.kidneybuzz.com/daily-impact-meal/>

### NUTRITION INFORMATION

Serves 9  
Calories 216  
Carbohydrates 29 g  
Protein 15 g  
Dietary Fiber 4 g  
Fat 1 g  
Sodium 272 mg  
Potassium 394 mg  
Phosphorus 326 mg