



Healthy Living Digest



Better Health Spring Issue

Colon Cancer: Early Detection

Colon Cancer remains the third-deadliest cancer in the United States among men and women. The fact remains, early detection and treatment of colon cancer has a 90% survival rate. Early stages of colorectal cancer usually present no symptoms, which tend to appear as the cancer progresses. The risk of colorectal cancer increases with age, 85% of cases occur in people age 60 and older.

Screenings help prevent cancer by finding polyps that can be removed before they become cancerous. Colonoscopies are unpleasant but not as painful and uncomfortable as patients think. Most patients are sedated and the actual procedure takes 15-30 minutes.

Being overweight, having an inactive lifestyle, a diet high in red meat and processed meat, smoking, and heavy alcohol use can increase your risk of colorectal cancer. Screening for Colon Cancer can begin as early as age 40 depending on a person's risk factors such as heredity. Don't be afraid, get tested today!

Are You at Risk for Kidney Disease?

Chronic kidney disease (CKD) is a condition in which your kidneys are damaged and cannot filter blood as well as healthy kidneys.

Because of this, wastes from the blood remain in the body and may cause other health problems. 26 million American adults have CKD and millions of others are at increased risk.

- High risk groups include individuals living with diabetes, hypertension (high-blood pressure) and family history of kidney failure.

- Heart disease is the major cause of death for all people with CKD.
- Hypertension causes CKD and CKD causes hypertension.
- African Americans, Hispanics, Pacific Islanders, American Indians and seniors are at increased risk.

What you should know about kidney disease:

- **Early kidney disease has no signs or symptoms:** That means you can't feel that you have it. In fact, you might feel just fine until your kidneys have almost stopped working. Don't wait for symptoms.
- **Testing is the ONLY way to know if you have kidney disease:** Blood and urine tests are used to check for kidney disease. The blood test measures GFR, determining how well your kidneys are filtering, and a urine test checks for protein.
- **Kidney disease can be treated if detected early:** The sooner you know you have kidney disease, the sooner you can get treatment to help delay or prevent kidney failure. Treatment may include medications called ACE inhibitors or ARBS which help manage high blood pressure and keep your kidneys healthier, longer. Making healthier choices about what you eat and drink is important. Controlling blood sugar will also help protect your kidneys from further damage and help to delay or prevent kidney failure.
- **Without treatment, your diseased kidneys may stop working after a time:** This condition is called kidney failure.



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- **Kidney failure treatment requires:** Regular dialysis, in which a machine filters your blood like healthy kidneys would, or a kidney transplant.

How can you prevent CKD?

- Eat a diet low in fat and salt
- Exercise most days of the week
- Have regular check-ups with your doctor including annual wellness visits
- Avoid tobacco: Limit alcohol intake

If you have CKD you can take steps to slow down the process and keep the damage from getting worse by:

- Control your blood sugar if you have diabetes
- Keep a healthy blood pressure
- Eat a heart healthy diet (low in salt and fat)
- Exercise most days of the week
- Keep a healthy weight
- Do not smoke or use tobacco
- Limit alcohol intake

Take the first step!

If you are at risk, get your blood and urine checked for kidney disease! For more information, visit www.nkdep.nih.gov or call 1-866-4 KIDNEY (1-866-454-3639).

Fall Prevention:

There's a lot of information available regarding fall prevention for adults 65 and older.

According to the National Council on Aging, unintentional falls are the leading cause of death injury for adults 65 and older in Florida

as well as the leading cause of non-fatal injury-related hospital admissions. One study from the CDC concluded that weekly structured moderate exercise participants were 40% less likely to fall. Emotional costs associated with falls are enormous and preventable.

Therefore, keeping patients active and fit creates a wealth of benefits.

California Avocado Tortilla Soup

Ingredients

- 3 cans of low sodium chicken broth
- 2 cans of low sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ tsp ground black pepper
- 1 ripe California avocado, seeded, peeled and cubed
- 8 corn tortilla chips, crumbled

Directions

1. In large pan combine chicken broth, soup, cilantro, garlic, and pepper.
2. Bring to boil, decrease heat, and simmer for 10 minutes.
3. Cools slightly, and puree in batches in a blender.
4. Return to pan, add avocado cubes and heat through.
5. Ladle into soup bowls and garnish with reserved avocado cubes and crumbled tortilla chips.

Calories: 142 Sodium: 380mg