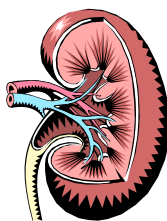


KIDNEY KRONICLES



An Information Newsletter from *HealthInsight*
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Since 1984, May has been proclaimed as **National Blood Pressure Awareness Month** in the United States. The official motto of the blood pressure awareness initiative is "know your numbers". More than 1 out of every 10 Americans has high blood pressure. Many of those who have high blood pressure do not know it. Like kidney disease, this is a silent disease. There are no symptoms until it is too late. Because high blood pressure is silent and can be treated effectively, early detection is important. Patient involvement in knowing and monitoring their blood pressure is key to following the necessary diet, exercise and medication regime to control this important element of health to avoid complications related to heart, stroke and kidney disease.

CKD Initiative – At-risk population identification continues with both our intensive physician office group and our statewide collaborations. Education materials for providers were distributed and links to the documents were placed on our website in March. Please visit:

<http://www.healthinsight.org/hcp/hcp.html> to view and download the new patient education materials and tools. Toolkits are being distributed this month. The planned education DVD featuring our local experts discussing each important element of diabetic care is coming together and will be tested in our physician offices. Dr. Lawrence Lehrner, along with a patient diagnosed with diabetes and kidney disease, were interviewed by Paula Francis for a Health Edition segment on Channel 8 in Las Vegas. The segment can be accessed on our website and also viewed at: http://www.klas-tv.com/Global/category.asp?C=8026&nav=menu102_6

CME Opportunities

CDN/NKDEP On April 29, 2009 Theresa Kuracina, RD, CDE hosted a free webinar titled, "Nutritional Management of Chronic Kidney Disease." This webinar did an excellent job explaining the importance of diet in the management of CKD, how to prevent malnutrition, and key diet components for intervention. Viewers can earn CME credits through the American Academy of Family Physicians. To view the archived session, visit:

<http://www.cdnetwork.org/NewCDN/LibraryView.aspx?ID=cdn501>

Resources

Swine Flu For the most current information about swine flu, visit the Centers for Disease Control and Prevention (CDC) website at: www.cdc.gov/swineflu You will find consumer and provider fact sheets, current information, and steps you can take to protect yourself against infection.

Have questions? Have input? Have best practices to share? Please contact us:
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