

To help control your sugar intake, the National Kidney Foundation shares 5 sneaky sources of sugar you may want to avoid:

Condiments. Commonly used condiments are loaded with sugar and calories. Catsup, sweet pickle relish and barbeque sauce are full of hidden sugar.

Breakfast Cereals. Most breakfast cereals contain high amounts of sugar. For healthier options choose whole grain cereal.

White bread. White bread contains high levels of sugar which will ultimately spike your blood sugar (glucose) levels. Spikes in blood sugar levels lead to spikes in insulin and can ultimately make you feel tired and hungrier. White bread is stripped of the wheat grain and almost of all is nutrients and fiber, the ingredients that help fill you up. Choose whole wheat bread because it is made with the wheat germ and bran included.

High-Fructose Corn Syrup (HFCS). High-Fructose Corn Syrup (HFCS), in processed foods and beverages, including salad dressings, yogurt, breads, and frozen pizzas, etc few. HFCS provides no nutritional health benefits.

Soft drinks. Soda is full of empty calories. It provides no nutritional value and is likely to contribute to weight gain. A can of soft drink has about seven teaspoons of sugar.



Obesity increases your risk of developing high blood pressure and diabetes. These are two of the leading causes of kidney disease. To protect your kidneys, it's important to maintain a healthy weight and follow a healthy diet. Pay attention to food nutrition labels .

Minimize sugar, sodium, and fat intake.



Eat Healthy!
Feel Healthy!
Be Healthy!



mtprospectbaptist.org

March is National Kidney Month

Mt. Prospect Baptist Church wants to help you stay healthy for life.

Your Kidneys...

- Remove waste products from the body
- Remove medications/drugs from the body
- Balance the body's fluids
- Release hormones that regulate blood pressure
- Produce an active form of vitamin D that promotes strong, healthy bones control the production of red blood cells



**Mt. Prospect Baptist Church
Health Ministry**

What are the kidneys and how do they function?

Each kidney is about the size of your fist, located on either side of the spine at the lowest level of the rib cage. The kidneys filter and returns about 200 quarts of fluid to the bloodstream every 24 hours. About two quarts are removed from the body in the form of urine.

What are some causes of Chronic Kidney Disease?

Chronic kidney disease is defined as having some type of kidney abnormality, or "marker", such as protein in the urine and having decreased kidney function for three months or longer. There are many causes such as:

Diabetes (This is the leading cause of Kidney Disease)

High blood pressure

Kidney Stones

Urinary tract infection

Drugs & Toxins

Kidney Disease can also be congenital or hereditary.



How is Chronic Kidney Disease Detected?

Early detection and treatment of chronic kidney disease is important in keeping kidney disease from progressing to kidney failure. Detecting kidney disease is often very simple and include...

Blood pressure measurement

A test for protein in the urine. An excess amount of protein in your urine may mean your kidney's filtering units have been damaged by disease. One positive result could be due to fever or heavy exercise, so your doctor will want to confirm your test over several weeks.

A test for blood creatinine. Your doctor should use your results, along with your age, race, gender and other factors, to calculate your glomerular filtration rate (GFR). Your GFR tells how much kidney function you have.

It is especially important that people who have an increased risk for chronic kidney disease have these tests. You may have an increased risk for kidney disease if you:

- *Are older than 45
- *Have diabetes
- *Have high blood pressure
- *Have a family member who has chronic kidney disease
- *Are an African American, Hispanic American, Asians and Pacific Islander or American Indian.



If the kidneys' ability to filter the blood is seriously damaged by disease, wastes and excess fluid may build up in the body.

How is Chronic Kidney Disease treated?

Kidney failure may be treated with hemodialysis, peritoneal dialysis or kidney transplantation. Treatment with hemodialysis (the artificial kidney) may be performed at a dialysis unit or at home. Hemodialysis treatments are usually performed three times a week. Peritoneal dialysis is generally done daily at home. A kidney specialist can explain the different approaches and help individual patients make the best treatment choices for themselves and their families.

