

HealthyBy Choice

...One Day at a Time

Volume 15 Issue 3 • March 2020



National Kidney Month

The kidneys are powerful chemical factories that perform the following functions:

- remove waste products from the body
- remove 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

Major risk factors for developing kidney disease include **diabetes**, **high blood pressure**, a family history of kidney failure and being **age 60 or older**.

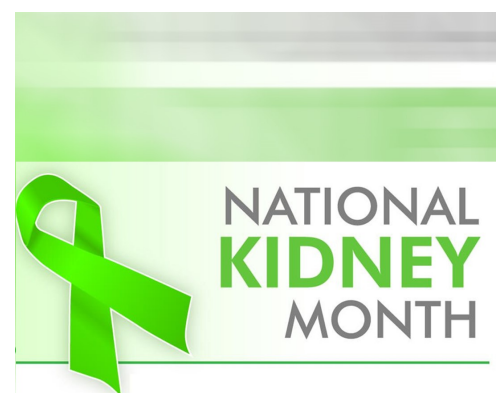
Chronic kidney disease is a serious condition that affects more than 30 million adults in the United States, yet people in the early stages may not have symptoms. Many people don't find out they have kidney disease until their kidneys are permanently damaged, which is why you should get tested early.

Foods that support kidney function:



9 Things Everyone Should Do For Healthy Kidneys:

- Exercise regularly
- Control weight
- Follow a balanced diet
- Quit smoking
- Drink alcohol only in moderation
- Stay hydrated
- Monitor cholesterol levels
- Get an annual physical
- Know your family medical history



Your kidneys clean your system...clean up your diet!



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National Colorectal Cancer Awareness Month

Almost all colorectal cancers begin as precancerous polyps (abnormal grape-like growths on the wall of the intestines) in the colon or rectum. Such polyps can be present in the colon for years before invasive cancer develops. They may not cause any symptoms. Colorectal cancer screening can find precancerous polyps so they can be removed before they turn into cancer. In this way, **colorectal cancer is prevented**.

Screening can also find colorectal cancer early, when there is a greater chance that treatment will be more effective. Start screening at age 45 if you're at an average risk, but if you have certain risk factors you may need to start screening sooner or get screened more often — talk to your health care professional. Continue screening to age 75 if you are in good health, with a life expectancy of 10 years or more. If you are ages 76-85, talk with your health care professional about whether to continue screening. After age 85, you should not get screened.

Risk Factors

Colorectal cancer is linked to getting older. However, colorectal cancer in adults younger than 50 is on the rise. Even so, it's seen more in people age 50 and over.



Other risk factors include having —

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle factors that may contribute to an increased risk of colorectal cancer include —

- Lack of regular physical activity.
- A diet low in fruit and vegetables and whole grains.
- A diet high in red meat (such as beef, pork or lamb) or processed meat (such as bacon, sausage, hot dogs or cold cuts).
- Are overweight or obese, especially for those who carry fat around their waists.
- Excessive alcohol consumption.
- Smoking.



Preventable. Treatable. Beatable.

