

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>	<u>STATISTICS / RISK REDUCTION</u>
<p>Renal function: (status of your kidneys)</p>	<p>Your electrolytes, BUN, and creatinine should be checked three to four times a year (depending on your medications and other medical problems). (Aim for normal levels).</p> <p>My electrolytes, BUN, creatinine are _____</p> <p>_____</p> <p>_____</p> <p><u>CHECKING FOR KIDNEY DISEASE</u> All adults with diabetes mellitus, hypertension (high blood pressure), a family history of kidney disease, kidney stones, are at increased risk for chronic kidney disease If you fit into one of these categories talk to your doctor about:</p> <ul style="list-style-type: none"> <li>• Having your blood pressure checked My blood pressure is _____.</li> <li>• Having a urinalysis My urinalysis shows _____.</li> <li>• Having blood tests to check your lipids (cholesterol and triglycerides) My lipid profile is _____.</li> <li>• Having blood tests to check electrolytes, blood urea nitrogen (BUN), and creatinine. My electrolytes, BUN, and creatinine are _____</li> <li>_____</li> <li>_____</li> <li>_____</li> </ul> <p>(Source: Michigan Quality Improvement Consortium. Diagnosis And Management Of Adults With Chronic Kidney Disease. Southfield (MI): Michigan Quality Improvement Consortium: 2006 Nov. 1. National Guidelines Clearinghouse. <a href="http://www.Guidelines.Gov">Http://www.Guidelines.Gov</a>)</p>	<p><u>CHECKING FOR KIDNEY DISEASE</u> All adults with diabetes mellitus, hypertension (high blood pressure), a family history of kidney disease, kidney stones, are at increased risk for chronic kidney disease</p> <p>(Source: Michigan Quality Improvement Consortium. Diagnosis And Management Of Adults With Chronic Kidney Disease. Southfield (MI): Michigan Quality Improvement Consortium: 2006 Nov. 1. National Guidelines Clearinghouse. <a href="http://www.guidelines.gov">http://www.guidelines.gov</a>)</p>	<p><u>KIDNEY DISEASE</u> In 2005, about 1.9 million people world wide were receiving renal replacement therapy (dialysis or kidney transplant) for end stage renal disease (ESRD). Many more people had ESRD but were not receiving treatment.</p> <p>(BMJ Clinical Evidence: Kidney Disorders: End Stage Renal Disease, <a href="http://clinicalevidence.bmj.com/ceweb/conditions/knd/2002/2002.jsp">http://clinicalevidence.bmj.com/ceweb/conditions/knd/2002/2002.jsp</a>)</p> <ul style="list-style-type: none"> <li>• The prevalence of chronic kidney disease in the United States is 16.8% (NHANES).</li> </ul> <p>(<a href="http://www.americanheart.org/statistics">www.americanheart.org/statistics</a>)</p>