



FOR IMMEDIATE RELEASE March 13, 2023 Media Contact: Karl Robe | 262.470.9849 | karl.robe@karljamemes.com

National Kidney Month Exposes Risk of Unknown, Untreated Chronic Kidney Disease
Peter Christensen Health Center's Andy Friedley says 'know your risks, get tested'

LAC DU FLAMBEAU—Kidney disease impacts 33 percent of Americans annually. Because early stages of Chronic Kidney Disease (CKD) rarely show symptoms, 90 percent of those with chronic kidney disease have no idea until the disease reaches advanced stages.

“The best way to avoid severe damage from kidney disease is to get tested by your healthcare team to catch it early,” Peter Christensen Health Center’s Managing Pharmacist Andy Friedley says. “A simple urine test determines if there’s kidney damage and a blood test determines how well your kidneys are removing waste from your system.”

The main risk factors for CKD are diabetes, high blood pressure, heart disease, obesity, and a family history of CKD. Additional risk factors include prolonged use of certain medications, chronic urinary tract infections, autoimmune disorders, frequent kidney stones, and age over 60 years old.

Diabetes-related kidney disease is delayed or prevented by controlling blood pressure and blood sugar, using kidney-protective medicines, and regular kidney testing, Friedley says.

Angiotensin- converting enzyme inhibitors (ACE inhibitors) and Angiotensin II Receptor Blockers (ARBs), such as Lisinopril and Losartan, are medications that are commonly used to treat high blood pressure. These medications also help delay the progression of kidney disease. For people with CKD, taking an ACE or ARB reduces the chance of needing dialysis or a transplant.

Sodium-glucose cotransporter-2 (SGLT2) inhibitors, such as Jardiance and Farxiga, are a class of medications used to lower blood sugar in patients with type 2 diabetes. SGLT2 inhibitors are effective at slowing the progression of kidney disease and lowering the risk of kidney failure and death in people with kidney disease and type 2 diabetes.

“Early testing and detection of chronic kidney disease can help prevent further damage,” Friedley says. “Helping people understand the risk factors and what they can do to prevent advanced forms of chronic kidney disease can make a world of difference for the rest of a person’s life.”

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PETER CHRISTENSEN
HEALTH CENTER

COMPREHENSIVE CARE
PROVIDING CARE TO THE LAC DU FLAMBEAU COMMUNITY, VILAS, ONEIDA, AND IRON COUNTIES

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Insights On Kidney Disease

- About 1 in 3 adults with diabetes has chronic kidney disease.
- In the United States, diabetes and high blood pressure account for 75% of new cases of CKD.
- Protect your kidneys by managing high blood pressure, making healthy food and drink choices, and reducing stress.
- For people with diabetes, get an A1C test at least twice a year or more often as directed by your healthcare team.
- Dialysis and kidney transplants, the only treatment options for severe kidney failure, are difficult, expensive, and not always available.
- The average life expectancy of a person on dialysis is 5-10 years.
- 750,000 people in the U.S. required dialysis or a kidney transplant in 2016.
- Currently there are over 100,000 people on the kidney transplant list.
- Twelve people die each day waiting for a kidney in the United States.

Peter Christensen Health Center, an AAAHC accredited healthcare provider, meets community members needs through coordinated, patient-centered, comprehensive health and wellness service that includes education, collaboration and patient sensitivity. Visit PCHClinic.com.

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