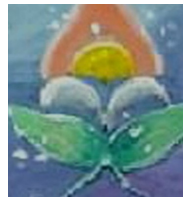


Peter Christensen Health Center News



March 1, 2023

90% Of People With Kidney Disease Don't Know

March is National Kidney Month. Of the 33% of adults in the United States at risk for kidney disease, 9 out of 10 people don't realize they have kidney disease until it's advanced. Diabetes is the leading cause of kidney failure among Native Americans.

What You Need To Know

Know Your Risk

Even if you feel healthy, if you are over 60 or have risk factors like diabetes, high blood pressure, or heart disease, consider talking with your doctor about getting tested for kidney disease. Your doctor can use your test results to work with you to develop a kidney care plan. Having a plan may reduce your risk for serious health problems, like heart attack and stroke.

Schedule Your Test

Your doctor will use two quick tests to check for kidney disease—a urine test to check for damage and a blood test to check how well your kidneys are removing wastes from your blood. If your kidneys show signs of damage, your doctor may refer you to a kidney specialist, called a nephrologist, or recommend annual or more frequent testing.

Follow Your Kidney Health

Your doctor can work with you to create a treatment or monitoring plan that fits your lifestyle, mobility, health status, and dietary needs. Your plan may include managing your existing risk factors for kidney disease, collaborating with a registered dietician to create a meal plan, or getting help to quit smoking. Chronic kidney disease is progressive. It's important to continuously follow your kidney health and update your care plan.

Please contact your PCHC healthcare team at (715) 588-3371 to learn more.

Who Serves You?

Meet Emily Busha, PA-C

Emily has been with PCHC as a Physician Assistant since 2013. She has a special interest in treating pediatrics and young adults, with a focus on medicines and overall wellness.



Emily Busha

She was born in Wisconsin, grew up in Green Bay, then moved to the Northwoods and graduated from Lakeland Union High School. After she received her PA, she returned to the Northwoods to work for PCHC.

Emily earned her Undergraduate Bachelor of Science in Biology, with a minor in Spanish, from Butler University in 2009, then earned her Master's in Physician Assistant Studies at Marquette University in 2013. Emily is certified with the National Commission on Certification of Physician Assistants (NCCPA).

Covid-19 Deaths Rising

Nationally, Covid-19 deaths are trending upward. Boosters remain an important part of protecting yourself or your child from getting seriously ill or dying from COVID-19. People ages 6 months and older should receive one updated (bivalent) booster, if eligible. Please ask your PCHC team if you need a COVID booster or would like to start the series.