

AppleCare Medical is the regional leader in affordable, primary care services, with immediate care centers conveniently located in Brunswick, Jesup, and Pooler with a new location opening in Warner Robins May 15, 2010.

Additional centers opening soon in Valdosta, Tifton and Waycross.

## TAKE THE CHALLENGE

Welcome to our new monthly feature: Take the Challenge. The goal of the Challenge is to turn simple lifestyle changes into lifelong, healthy habits.

Each month, you will be *challenged* in an informative way to learn how to improve your overall health and wellness. . By participating, you'll learn how to:

- Increase your activity level
- Eat a healthier diet
- Manage stress
- Make improved lifestyle choices to benefit you and your family



# Kidney Disease

Kidney disease results when the small blood vessels in the kidneys are damaged. This damage keeps the kidneys from doing their job - removing waste products/extra fluid and flush them from your body as urine. Waste then builds up in the blood making you sick.

## What are the symptoms?

Early kidney disease has no symptoms so you don't feel that you have anything wrong – in fact, you may feel fine until your kidneys have almost stopped working. Don't wait for symptoms. Blood and urine tests are the only way to know if you have kidney disease:

- **Blood test** detects your filtration rate number, which measures how much blood your kidneys filter each minute.
- **Urine test** looks for high amounts of albumin, a protein that is present if your kidneys are damaged.

## Are you at risk?

The earlier kidney disease is found, the earlier it can be treated. Read below to see if you are at risk.

### The following risk are out of your control:

**Age.** The kidney begins to get smaller at about age 35. By age 80, most people have lost about 30% of their kidney mass.

**Race.** African-Americans and Native Americans are more likely to develop chronic kidney disease.

**Gender.** Men have a higher risk of developing chronic kidney disease than women.

**Family history.** Family history is a factor in the development of both diabetes and high blood pressure, the major causes of chronic kidney disease. Polycystic kidney disease is an inherited disease that cause kidney failure.

### Risks you may be able to control:

**High blood pressure.** Gradually damages the tiny blood vessels in the kidneys.

**Diabetes.** Persistent high blood sugar level can damage blood vessels in the kidneys.

**Eating protein and fats.** Eating a diet low in protein and fat may reduce your risk of developing kidney disease.

**Stop smoking.** Smoking reduces blood flow to the kidneys.

**Certain medicines.** Discuss long-term use of medicines, such as pain relievers and certain antibiotics with your doctor.

Discuss your risk level with your doctor and develop a plan to lower the risk you can control – and order blood and urine test to monitor the risk you cannot avoid.

## 12 OFFICE SAFETY REMINDERS

- Floors should be free of obstacles.
- Clean up spills immediately to prevent accidents.
- Report lifted carpet, loose tiles, railing and doors.
- Keep sharp objects in closed containers.
- Jewelry, scarves and neckties should be considered dangerous around office machines.
- Do not cover air vents or obstruct airflow.
- Each office should have a first aid kit.
- Never twist, turn whole body when lifting.
- Never carry a load that blocks your vision.
- Post evacuation routes in common places and have one practice each year.
- Damaged electrical cords and plugs should be repaired immediately.
- Fill the second drawer from the bottom in a four-drawer filing cabinet first, to prevent tilting.

## March 7-13 is National Sleep Awareness Week

Many of us toss and turn or watch the clock when we can't sleep for a night or two. But for some, a restless night is routine. Insomnia is the clinical term for people who have trouble falling asleep, difficulty staying asleep, waking too early in the morning, or waking up feeling un-refreshed.

Abnormal sleep patterns that interfere with physical, mental, and emotional functioning define sleep disorders. Research shows that people with insomnia have poorer overall health, more work absenteeism, and a higher incidence of depression.

Make no mistake – this is a serious condition. Studies show an increased mortality risk for those with chronic insomnia (less than six or seven hours of sustained sleep per night). One study found that reduced sleep time can be a greater mortality risk than smoking, high blood pressure, and heart disease.

Sources: [www.sleepfoundation.org](http://www.sleepfoundation.org); [www.webmd.com](http://www.webmd.com); [www.nlm.nih.gov](http://www.nlm.nih.gov)

### To sleep more soundly:

- Block out seven to nine hours for a full night sleep, awaking at the same time each day
- Avoid stimulants like coffee, chocolate, and nicotine before going to sleep.
- Make sure your bedroom is cool, dark, and quiet. Block out noise using a fan, if necessary.
- Use your bedroom as a bedroom — not for watching TV or working.
- Regular exercise will help you sleep better - mornings or afternoons only
- Avoid looking at the clock. This can make you anxious.
- Talk to your doctor if you still have problems falling asleep. You may have an underlying medical condition contributing to your sleep problems.

### Did you know?

Last month we discussed the DASH (Dietary Approach to Stop Hypertension) diet and how it helps lower blood pressure with great results. More recent research shows the DASH diet also provides additional heart health benefits by lowering cholesterol and inflammation. It also helps with weight loss and insulin resistance.

Now a new study in the Journal of the American Society of Nephrology reports the DASH diet may cut down on kidney stones as well, "Consumption of a DASH-style diet is associated with a marked decrease in kidney stone risk," write the researchers of Brigham Women's Hospital in Boston. (Always consult your doctor before making any major lifestyle changes.)

### Helpful Links

#### Sleep Foundation

[www.sleepfoundation.org](http://www.sleepfoundation.org)

#### WebMD

[www.webmd.com](http://www.webmd.com)

#### National Library of Medicine

[www.nlm.nih.gov](http://www.nlm.nih.gov)

## Quick and Healthy Corned Beef & Cabbage

- 3 sliced onions
- 3 whole cloves
- 6 whole peppercorns
- 1 bay leaf
- 1 peeled clove garlic
- 1 stalk celery
- 1 carrot, grated
- 2 teaspoons parsley
- 7 medium peeled potatoes
- 7 carrots, sliced
- 1 can corned beef
- 1 cabbage cut into wedges



In large pot, bring 8-10 cups water to boil. Add first 8 next ingredients. Cover; simmer for 10 minutes.

Add peeled potatoes and carrots; simmer 20 minutes.

Add cabbage wedges and corned beef; simmer for 10 minutes more.

### Serves 8

**Nutrition Information:** Calories – 189; Total Fat – 8g; Saturated Fat – 3.5g; Polyunsaturated Fat – 0g; Monounsaturated Fat – .5g; Trans Fat – 0g; Cholesterol – 21.7g; Sodium – 298mg; Potassium – 585.9mg; -Total Carbohydrates – 20.3g; Fiber – 7.1g; Sugars – 5.4; Protein – 8g

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### Take the Challenge

Visit [homesafetycouncil.com](http://homesafetycouncil.com) or use the attached challenge companion and follow the steps to reduce poison risks in your home. Each week, carefully check an area in your home. For example, March 1-8, look in kitchen cabinets and pantry, review labels and keep any chemicals away from food items.

**GOAL: Complete all recommended steps to reduce poison risk at home..**



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## Prevent Poisonings in Each Room of the Home

Poisons may be found in any room of the home, but are most commonly located under the kitchen sink, in bathrooms and in storage areas including the garage, basement and laundry rooms. The Home Safety Council recommends that adults conduct a home walk-through, looking in every room and paying careful attention to the rooms where harmful products are most commonly stored. Follow the attached calendar to spread the challenge over the entire month to ensure each area of the home is properly checked.

### Week 1: Kitchen

- Put child/pet safety locks on cabinets to safely store chemicals, cleaners, medicines and other toxic and/or caustic products
- Keep cleaning products in their original containers with original labels intact.
- When using harsh products follow safety recommendations on the label. Do not mix products together because when combined, could create dangerous results
- Store all dangerous products away from food and drinks. Be especially aware of products with fruit shown on the labels, which could be confused as being edible.

### Week 2: Bathroom(s)

- Make sure that medications, including vitamins, prescription drugs and over-the-counter drugs, have child/pet-resistant caps.
- Keep each family member's medicines in a separate place, so they don't get mixed up. Carefully measure doses and track medicine given/received.
- Discard outdated prescriptions by flushing down the drain.
- Keep them locked out of reach of curious teenagers and young adults.
- Keep medicines and cleaning products in their original containers with original labels intact.

### Week 3: Garage & Storage Areas

- Keep products in their original containers.
- Close lids tightly and put all dangerous products away after using them.
- Store dangerous products where children and pets cannot reach them; use locks on cabinets.
- Never run a motor or vehicle engine inside an attached garage, even with the door open, as deadly carbon monoxide can enter your home.
- If you store your vehicle in a garage or carport area, be aware of antifreeze leaks on the floor or ground that could be hazardous to children or pets.

### Week 4: Basements, Laundry Rooms and Outdoors

- Check your yard for poisonous leaves and berries that can harm children and pets
- Laundry area and basements are usually damp and can attract numerous poisonous insects and reptiles.
- Detergents and other cleaning products are poisonous. Keep out of the reach of children or pets, or in a locked cabinet.

## Who We Are

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## Carbon Monoxide (CO) Poisoning

Carbon Monoxide is a poisonous gas that has no color, odor, or taste. It is also the #1 cause of poison deaths in the United States. Don't be fooled by the symptoms of CO poisoning, as they are similar to flu and some cold-weather viruses: headaches, nausea, vomiting, dizziness, and confusion.

The following devices generate CO, but are dangerous when not working properly, or are not used in a ventilated space.

- ✓ Gas furnaces
- ✓ Gas appliances
- ✓ Kerosene space heaters
- ✓ Wood and gas fireplaces
- ✓ Power generators
- ✓ Car engines

To prevent CO poisonings in your home:

**ALWAYS** - Have at least one CO alarm in your home.

Have your heating system, vents, and chimney checked.

**NEVER** - Use a gas oven to heat a home.

Use un-vented fuel-burning devices in a home.

Run a car in a closed garage.

Post the national Poison Control Help number (1-800-222-1222) and other emergency numbers near every phone and store them in your cell phone. This number is also for questions about poisons.

**Call 9-1-1 if someone won't wake up, is having trouble breathing or is having seizure-like activity.**



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## March Poison Proof Your Home

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>According to the Home Safety Council, accidental poisoning is the second leading cause of home injury death in the United States. Yet, only one percent of U.S. adults ranked poisoning at the top of the list when asked to identify their leading home safety concern. Use this calendar and the attached companion piece to thoroughly check your home.</p>						
1	2	3	4	5	6	7
Check kitchen this week						
8	9	10	11	12	13	14
Check bathroom(s) this week						
15	16	17	18	19	20	21
Check garage this week						
22	23	24	25	26	27	28
Check all other areas this week						
29	30	31				