

# Skeehchoosh

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## Chronic Kidney Disease (CKD)

The kidneys work to keep the whole body in balance by:

- Removing natural waste products and extra water from the body
- Helping to make red blood cells
- Filtering the blood, keeping some compounds while removing others
- Releasing hormones that help regulate blood pressure
- Making vitamins that control growth and balancing important minerals in the body

Chronic Kidney disease occurs when the kidneys have been damaged over time (at least 3 months) and for many people is not caused by just one reason. Instead, it is a result of many physical, environmental and social factors. Early detection is important as chronic disease often begins without causing any noticeable symptoms.

Signs and symptoms of chronic kidney disease include:

- Foamy urine
- Urinating more or less often than usual
- Itchy and/or dry skin
- Nausea
- Loss of appetite
- Weight loss without trying to lose weight

Risk factors of chronic kidney disease include:

- Diabetes
- High blood pressure
- Heart disease and/or heart failure
- Obesity
- Age over 60
- Family history of chronic kidney disease
- Smoking and/or use of tobacco products

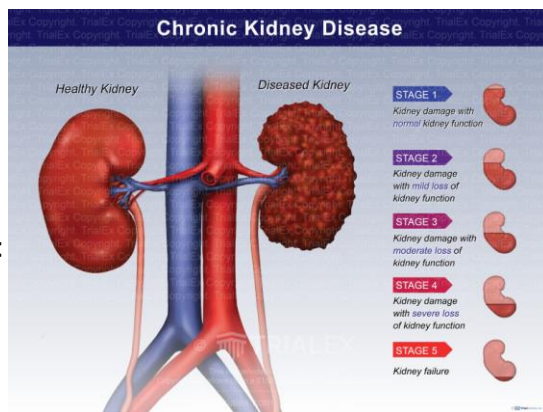
Complications of chronic kidney disease include:

- Cardiovascular disease (heart disease and/or stroke)
- High blood pressure
- Anemia (low levels of red blood cells)
- Metabolic acidosis (buildup of acid in the blood)
- High levels of potassium in the blood
- Blood levels of calcium and phosphorous are out of balance leading to bone and/or heart disease

Treatment of chronic kidney disease is focused on managing the disease and taking steps to slow down the disease process, as well as lowering the risk of cardiovascular disease and treating any complications that have occurred. This can be done using medications, meeting with a dietician to make changes to diet, stopping smoking and/or the use of tobacco products, exercising regularly, and losing weight.

<https://www.kidney.org/atoz/content/about-chronic-kidney-disease>

At Pequot Health Care, we are dedicated to maintaining your good health!



### THINGS TO EAT AND NOT EAT IF YOU HAVE CHRONIC KIDNEY DISEASE

01 CONSUME LESS SODIUM

02 EAT MORE FRESH, HOMEMADE MEALS

03 LIMIT PHOSPHORUS INTAKE

04 LIMIT POTASSIUM INTAKE

05 LIMIT PROTEIN INTAKE

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