

Kidney Konnections

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Bay Area Association of
Kidney Patients
Affiliated with the National Kidney Foundation

The Bay Area Association of Kidney Patients is an all-volunteer, non-profit organization formed to educate and support Bay Area kidney patients. The BAAKP is affiliated with the San Francisco Chapter of the National Kidney Foundation.

For questions or comments about this newsletter:

bay.area.kidney@gmail.com

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March 29, 2009 Meeting Spotlighted The Causes of Kidney Disease: Part I, Diabetes

By Ryan Barr

The BAAKP was pleased to have Vivek Bhalla, MD as our guest speaker at the March 20th, 2009 BAAKP General Meeting. Dr. Bhalla is a Nephrologist and Assistant Professor of Medicine at Stanford University Medical Center. Dr. Bhalla's talk focused on how diabetes, both Types I and II, affect kidney function.

Dr. Bhalla began with several definitions. **CKD (Chronic Kidney Disease)** refers to Stages 1 through 5 of kidney impairment. At Stage 3 of Chronic Kidney Disease, the NKF recommends you be referred to a Nephrologist because other bodily processes begin to be affected. CKD is extremely common; 11% of the U.S. population has CKD, but over 50% of the patients seen by nephrologists have both diabetes and kidney disease! However, only about 1% must go on dialysis (which is still about 300,000 persons in the U.S.).

DKD (Diabetic Kidney Disease) is a new term, formerly called DN (Diabetic Nephropathy). Seven percent of the U.S. population has diabetes. Of those that have diabetes, 95% have Type II diabetes. Only about 5%

10% of those with DKD advance to kidney failure and the need for kidney replacement therapy. But with DKD, kidney disease will progress quickly through Stages 4 and 5 if not correctly addressed by you and your doctor. More



Dr. Vivek Bhalla addressing the BAAKP audience.

importantly, the synergistic combination of diabetes with CKD increases your risk of a cardiovascular event (stroke or heart attack).

UAE (Urinary Albumin Excretion) is an important measure of the amount of protein in the urine and indicates subtle changes in the kidney. Increases in UAE are a sign that the kidneys are beginning to fail.

In each kidney there are a million filtering units, called nephrons. With CKD and diabetes, the nephrons become damaged over time and lose their filtering abil-

ity. Diabetes seems to damage nephrons at a faster rate than other kidney diseases.

Is Diabetic Kidney Disease reversible? Dr. Bhalla says there is encouraging evidence that Type I diabetes may be reversible (since it is usually diagnosed quickly). There is no evidence that Type II diabetes is reversible. This is because patients normally don't find out they have diabetes until after their body has fought the high insulin continually occurring in their body for 5 to 10 years. Once blood tests start to show that you have Type II diabetes, the disease is already destroying your kidneys.

There are some risk factors which contribute to the progression of Diabetic Kidney Disease in Type II patients: poor glyce-mic control, elevated blood pressure, hyperlipidemia, obesity, albuminuria, smoking, genetic factors, prenatal parental hypertension, low birth weight, being of male gender, and certain ethnicities. Dr. Bhalla said that early diagnosis and early intervention are better than late diagnosis and NO intervention.

Dr. Bhalla described how kidney disease in Type II diabetes patients may not show up for years. If in year 0 you have diabetes there can be no sign of kidney disease; you feel fine

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and your blood and urine tests come back normal. Then in years 5-10, your blood and urine tests show that your kidneys are working better than usual, and a kidney biopsy shows normal kidney function. The reason your kidney function is improved could be because your kidneys are in a state of insulin shock and working really hard ("hyperfiltering") to balance insulin levels in the body. However, this is taking a toll on the kidneys that will shorten their life in the decades to come.

In years 10-20, filtration comes down to normal, and kidney function slows as a result of being severely overworked. Most doctors think you are normal, but if you do a biopsy to see if there is any damage to the kidney, after 20 years of diabetes you will see damage to the nephrons and a gradual decrease in kidney function. Soon after, you will have a steep drop in kidney function and reach Stage 3, then Stage 4, then Stage 5, and finally End Stage Renal Disease.

There are things you can do to try and delay the progression of kidney disease. Keeping your blood pressure under control is key; especially by using an ACE-inhibitor type of blood pressure medicine with "pril" as the suffix. Know your lab test results and try to keep your hemoglobin A1C under 7.0%, your blood pressure under 130/80, your bad cholesterol less than 100, and eat no more than 0.08 gms/kg body weight of any type of protein per day. A proper diet is another way to slow the progression of diabetes and kidney disease. The website www.nal.usda.gov/fnic/foodcomp/search can help you find out what the foods you are eating have in them.

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Vitamin D and Kidney Disease Presented by Connie Schroeffer, MS

Connie Schroeffer, M.S. also spoke at our March meeting. Ms. Schroeffer is a Registered Dietician at the Children's Hospital and Research in Oakland. Her talk centered on Vitamin D and CKD. Vitamin D is called the "Sunshine Vitamin" because of the following events: first the sun shines on skin and makes a precursor. The precursor goes to the liver and kidney and then is converted to active Vitamin D.

It is hard for kidney patients to get sufficient amounts of Vitamin D due to limitations on milk products (too much phosphorus) and protein restrictions. As kidney disease progresses, the sun on your skin becomes less effective in Vitamin D production. When calcium and phosphorus balances are off balance due to kidney disease, the parathyroid gland (no relation to the thyroid gland) tries to rebalance the calcium and phosphorus using Vitamin D.

Your nephrologist can perform blood tests to determine if you have hyperparathyroidism or an overactive parathyroid. Keeping your phosphate levels in a normal range and the use of Activated Vitamin D (available only by prescription) may help to moderate hyperparathyroidism and prevent the loss of calcium in your bones and the deposit of calcium in your cardiovascular system.

This newsletter is not intended to be a substitute for advice from your medical professionals. Please consult your physician or other medical professionals about any changes or additions you make to your kidney care.

Other Local Kidney Support Groups & Meetings

PKD Support Group

South Bay Support Group
Leader: Clarisa Marcus
Phone: (408) 334-9583
Email clarisanim@gmail.com
Meets 3rd Saturday of each month from 1:30 to 3:30 p.m. in San Jose

East Bay Support Group
Leader: Donald Kagan
Phone: (925) 354-1548
donald@talentedtechs.com

T.R.I.O Transplant Recipients International Organization

Silicon Valley Chapter
Meets on the 2nd Thursday of each month at 7:30 pm. El Camino Hospital, Cafeteria Meeting Room, 2500 Grant Road Mountain View, CA 94040
www.bayareatrio.org
408-353-2169

Contra Costa Dialysis Support Group "Patients Helping Patients"

4th Tuesday of each month
January - October
Carl's Junior Restaurant
2280 Oak Grove Rd
Walnut Creek, CA

Contact: Tom and Kathie McClish (916) 332-1086 OR Paul and Marie White (925) 934-4883
For: Dialysis patients and their loved ones, staff members

The National Kidney Foundation of No. California & No. Nevada

Has many resources available and sponsors many events.
For more info:
www.kidneynca.org
415-543-3303

**National Kidney
Foundation**
www.kidney.org

Support the BAAKP Team at the Upcoming NKF Kidney Walks



BAAKP at the 2008 NKF Kidney Walk in San Jose.

A major fund raising event for the Bay Area Association of Kidney Patients is occurring Saturday, June 6 in San Jose – the National Kidney Foundation Walk. All funds raised by BAAKP participants and supporters that are designated “BAAKP” will go directly to supporting BAAKP activities (such as this newsletter and our quarterly meetings)!

We would love to have you join the BAAKP Team at the upcoming National Kidney Foundation's Walks on Saturday, May 9 at One Maritime Plaza, Embarcadero, in San Francisco, and on Saturday, June 6, at the Cityview Plaza in downtown San Jose.

These walks represent an opportunity for family, friends and colleagues to participate in an inspiring, community-based event which calls attention to the need for early detection of kidney disease and supports the BAAKP's efforts to provide support and education to individuals and families affected by chronic kidney disease.

You can join the BAAKP Team by contacting: Erika Frank at (415) 543-3003 x103 or via email at erika@kidneyca.org.

If you can't attend, we would still love to have you sponsor our team and help us raise funds.

To donate to BAAKP online:

1. Go to <http://walk.kidney.org>
2. Select **Find a walk > California > 2009 Cityview Plaza Kidney Walk > Donate to a Walker > Search for a Team > Bay Area Association of Kidney Patients**
3. Locate a walker to support or select the BAAKP team.

Remember, NKF provides the framework, but those of us in BAAKP will raise funds to support just our BAAKP activities; this is truly a unique opportunity!

Runners High Helps BAAKP Raise Money

Jim Gothers, owner of Runners High shoe and sporting goods store in Menlo Park has graciously given the members of Bay Area Association of Kidney Patients a huge boost!

On **May 16th**, 2009, BAAKP will be at Runners High, located at 859 Santa Cruz Avenue, Menlo Park, from 10 am to 6 pm. We will be talking about kidney disease, the BAAKP and also requesting support for our team at the June 6th NKF Walk in San Jose. Runners High is generously offering that anyone, donating or walking, who buys apparel at the store that day will receive a 10% discount **AND** an additional 10% of the cost of these purchases will be donated by Runners High to the BAAKP team. Just be sure to mention to your salesperson that you want the 10% discount and want Runners High to donate an extra 10% to the BAAKP effort! This offer is good for one day only!

Thank You to Our March Meeting Sponsors

GC's Tasting Café & Specialty Market provided the beautiful wine gift baskets presented to our speakers.

657 Oak Grove Avenue
Menlo Park CA 94025
650-322-9463
www.GCsTastingCafe.Com

The Union Bank of California Foundation gave us a grant of \$750 to cover the cost of advertising, videos, and refreshments for the March meeting.

Union Bank of California, Menlo Park Branch
716 Santa Cruz Avenue
Menlo Park, CA 94025
650-324-6104

***Educating and
Supporting Bay Area
Kidney Patients***

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Please visit our website at
www.BAAKP.org
for back issues of
our newsletters and videos
of our past meetings!

*Newsletter publication dates are November, February, May and August
If you've received an extra copy of this newsletter, please pass it along!*

June 7, 2009 Meeting Will Spotlight Diet Challenges, Especially Phosphate Control in Kidney Patients

***SAVE THESE DATES!
General Meetings:***

- **June 6, 2009**
**BAAKP Fundraising
Walk in San Jose**
- **June 7, 2009**
**The CKD Diet:
The Importance of
Phosphate Control
with
Luis Alvarez, MD, PhD.**
- **October 11, 2009**
Dialysis Choices

***Steering Committee
Meetings***

**Second Wednesday of
every month at 6:30 pm**

*If you would like to join us in the
leadership of this group, we would
love to have your help.*

(Call for location)

bay.area.kidney@gmail.com

The Bay Area Association of Kidney Patients is pleased to present Luis Alvarez, MD, PhD, Nephrologist from the Palo Alto Medical Foundation as our June 7, 2009 meeting speaker. Dr. Alvarez will explain the role of phosphate in the development of cardiovascular and bone diseases and how this impacts kidney disease patients in particular. He will be joined by C.

Amy Shiau, MS, MBA, RD, a renal dietician from Satellite Dialysis. Bring your questions about the Chronic Kidney Disease Diet — now is the time to get them answered!

Both speakers will address kidney disease in practical terms and provide ample opportunity for questions.



The meeting will take place from 1:00 to 4:00 p.m. on Sunday, June 7, 2009 on the 3rd floor at the Palo Alto Medical Foundation, located at 795 El Camino Real, Palo Alto, CA. The event is free. Kidney-friendly refreshments will be served. The meeting also features time for social interaction and patient support.

To reserve your seat, email us at bay.area.kidney@gmail.com or call us at 650-323-2225. You may also fax your reservation to 650-327-0178, or mail to BAAKP, Box 2332, Menlo Park, CA 94026-2332.