

Kidney Konnections

A publication of the



Bay Area Association of
Kidney Patients

The Bay Area Association of Kidney Patients is an all-volunteer, non-profit, 501(c)3 organization formed to educate and support Bay Area kidney patients. Visit us at

www.baakp.org

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Getting Ahead of Diabetic Kidney Disease

Our September 23, 2012 meeting featured Vivek Bhalla, M.D., FASN, Assistant Professor, Stanford University School of Medicine, speaking on "Diabetes and Kidney Disease". This was a return visit by the popular Dr. Bhalla, who joined with us at the Bay Area Association of Kidney Patients to help celebrate our fifth Birthday!

According to Dr. Bhalla, about 8% (25.8 million persons) of the U.S. population have Diabetes Mellitus (DM); 5% of those with Type I, (juvenile), an autoimmune disease, and 95% with Type II (adult onset). Of the Type I diabetics, about 30% will go on to develop DN (Diabetic Nephropathy). Type II diabetics are lucky; with a reduced (5-10%) chance of going on to DN or Diabetic Kidney Disease (DKD) (terms are interchangeable). Unfortunately there is an explosion of DKD driven by the high number of type II diabetics in the U.S and the obesity epidemic. Additionally, we learned that if you do not have DKD but received a kidney transplant the anti rejection medications themselves may be the cause for 20 – 30% of patients developing post-transplant Diabetes.

About 15% of the US population has Chronic Kidney Disease (CKD), with about 1% of those eventually progressing to Stage 5, End Stage Renal Disease (ESRD), requiring either dialysis or transplantation. Diabetic Nephropathy (DN) is the reason for 44% of the cases of End Stage Renal Disease (ESRD) today, second only to hypertension. The Doctor stressed the high risk of Cardiovascular Events (heart attacks, strokes, blood clots) for Diabetic and Diabetic Kidney Disease patients.



Dr. Vivek Bhalla discussing diabetic kidney disease at the BAAKP Birthday celebration

Diabetics have been studied over the long term and for the first 10 years after the diagnosis of diabetes, they may show improved kidney function with an increase in their GFR (Glomerular Filtration Rate); this may be due to the high sugar. In the next 10 years, the diabetic with that high GFR may see it return to normal. After 20 years, patients begin to show protein in the urine, their GFR falls and creatinine levels increase, indicating irreparable kidney damage.

Dr. Bhalla stressed the need for all diabetic patients to work with a Nephrologist, as well as their Endocrinologist. It is recommended that Type I diabetics begin annual Nephrologist visits 5 years after diagnosis. Type II diabetics, how-

ever should immediately begin yearly Nephrologist visits at the time of their diagnosis; as their Type II diabetes may have been undiagnosed for years .

The doctor discussed how a patient might slow the progression of Diabetic Kidney Disease (DKD) by changing diet and habits, avoiding high blood sugars, high blood pressures, high cholesterol and smoking, controlling urinary protein. Many risk factors cannot be patient-regulated: genetics and a family history of DKD, a family history of high blood pressure, and low birth weight (babies born prematurely develop fewer kidney filters as the kidneys are one of the last organs to mature before birth). Being male, being of certain racial origin (African-American, Hispanic, Pima Indian and certain Asian ethnicities) are the last 2 factors outside patient control.

There are ways to delay the progression of Diabetic Kidney Disease. **First of all, every patient should become familiar with their lab tests.**

- Test your blood sugar regularly, and keep your A1C level below 7. A1C is a measurement of the blood sugars over the last 3 months.
- Maintain good blood pressure control. Either ACE-inhibitor pills with "pril" in the generic name or an ARB having the phrase "sartan" in the name are best for kidney patients.
- The ACE inhibitor or ARB that you've taken for blood pressure will help control the urinary protein.
- Reduce salt in your diet to help with water retention, a cause of increased blood pressure.
- You might need a "water pill", e.g. hydrochlorothiazide, which is a diuretic and is the most commonly prescribed first drug for high blood pres-

sure.

- Try to keep the LDL, bad cholesterol, below 100.
- Watch your weight. For all patients with kidney disease, the lower the BMI (Body Mass Index), the better. You can calculate your BMI by going online [here](http://www.apidra.com/toolbox/bmi-calculator.aspx) or <http://www.apidra.com/toolbox/bmi-calculator.aspx>.



Dr. Vivek Bhalla

- Be aware of your protein intake, either too much or too little protein can be detrimental. Try to maintain about 0.8 grams of protein per your optimal weight in kilograms per day. For the 160 pound person, that would be about 58 grams of protein per day.
- Cease smoking (it further damages the kidneys) and increase your exercise.

Lastly, Dr. Bhalla mentioned promising research to develop new biomarkers for early DKD detection and new medications to slow the progression. Remember, only a few patients with diabetes go on to develop kidney disease and early sugar control helps prevent DKD 20 years later.

Visit our [website \(www.baakp.org\)](http://www.baakp.org) to view a video of Dr. Bhalla's full presentation.

This newsletter is not intended to take the place of personal medical advice, which should be obtained directly from your Doctor.

Other Kidney Resources– Check our website for more!

**American Association of Kidney Patients
AAKP**

2701 N. Rocky Point Dr.
Suite 150
Tampa, Florida 33607
(800) 749-2257

www.aakp.org

San Francisco Polycystic Kidney Foundation
1-800-PKDCURE

www.pkdcure.org/sanfranciscochapter

sanfranciscochapter@pkdcure.org

**Transplant Recipients International Organization
TRIO**

2nd Thursday of each month
7:30 pm. El Camino Hospital,
Conference Room G
2500 Grant Road,
Mountain View, CA
(408) 353-2169

www.bayareatrio.org

The National Kidney Foundation

131 Steuart St Ste 425
San Francisco, CA 94105
www.kidneyca.org
888-427-5653

www.kidney.org

Thank You to Our Speakers and Sponsors!

*The BAAKP is a non-profit organization supported by grants, donations and volunteers.
Thank you to the following for your support:*

- The **Palo Alto Medical Foundation**: for the use of their facilities for our educational and support groups.
- Our Sponsor: **James Hogan** and his employer **Fora Care** for providing a grant to support this event.
- Our Speaker for sharing his expertise in this field:
Vivek Bhalla, M.D., Stanford Hospital and Clinics
- Our Patient Panel who described their experiences with diabetes and kidney disease
Joan Enns
Fay Sandoval
Emily Coles
- Our local merchants for providing gifts and prizes to celebrate the 5th Birthday of BAAKP:
Accent on Eyewear, Menlo Park (729 Santa Cruz Avenue)
Axis Personal Trainers, Menlo Park (550 Ravenswood Avenue)
Precision Automotive, Palo Alto (439 Lambert Avenue)
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Menlo Park Ace Hardware, Menlo Park (700 Santa Cruz Avenue)
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Café Zoe Coffee Shop, Menlo Park (1929 Menalto Avenue)
Walgreens, Menlo Park (643 Santa Cruz Avenue)
La Azteca Restaurant, Redwood City (1531 Main Street)
La Migliore Beauty Salon, Menlo Park (644 Santa Cruz Avenue)

Grand Opening nets funds for BAAKP!

Steven Hom, a member of the Bay Area Association of Kidney Patients, moved his insurance services to a new Danville location. At the Grand Opening celebration, Steve designated the BAAKP as the recipient of his fund raising that day. Thank you Steve for the publicity, the opportunity for outreach for BAAKP and for donating the proceeds of \$385 to help other kidney patients!



**Steve Hom, flanked by members
of the Danville Chamber of Commerce**



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Bay Area Association of Kidney Patients

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Please visit our website at
www.baakp.org
to make a donation, see back
issues of
our newsletters, and view
videos of our past meetings.
Your help is greatly
appreciated!

Educating and Supporting Bay Area Kidney Patients

SAVE THESE DATES !

Educational Events

- **January 27, 2013**

Peritoneal Dialysis & The Kidney Diet

Support Group Meetings

- **November 18, 2012**
- **February 24, 2013**
- **March 24, 2013**
- **April 21, 2013**
- **July 21, 2013**

Educational Events (1-4 pm) and
Support Group Meetings (1-3 pm) are
held on the third floor of PAMF.
795 El Camino Real, Palo Alto, CA 94301

Board of Directors' Meetings

**2nd Wednesday of the month
At 6:00 pm**

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

info@baakp.org (650) 323-2225

Coming Attractions!

Home Peritoneal Dialysis: Exploding the Myths & Diets for All Stages of Kidney Disease!



On January 27, 2013, we are fortunate to have two great topics! Join us to learn about how to control your life and time by using **Peritoneal Dialysis** overnight at home or even at work.

Our speaker will be **Anjali Saxena, M.D.**, Nephrologist at the Santa Clara Valley Medical Center.

Renal dietician **Faith Tootell, MS, RD, CSR, FADA**, Nutrition Services Manager, Satellite Dialysis and a kidney and transplant patient herself, will also share her knowledge. She will cover the various **kidney diets** for all stages of kidney disease from CKD (Chronic Kidney Disease stages 1-4) to peritoneal and hemodialysis. Early attention to diet may delay kidney failure.

This **FREE** event will be at the Palo Alto Medical Foundation, 795 El Camino Real, 3rd floor conference room, Palo Alto, CA 94301 on **Sunday, January 27, 2013** from 1 to 4 pm. There will be ample time for social interaction and patient support. Kidney-friendly refreshments will be served! For reservations, email info@baakp.org or call 650-323-2225.

This event is generously sponsored by Baxter Healthcare.