

March 2018

# The Stall Street Journal

## Kidney Month

### Why are the kidneys so important?

Most people know that a major function of the kidneys is to remove waste products and excess fluid from the body. These waste products and excess fluid are removed through the urine. The production of urine involves highly complex steps of excretion and re-absorption. This process is necessary to maintain a stable balance of body chemicals.



### What are the warning signs of kidney disease?

1. High blood pressure.
2. Blood and/or protein in the urine.
3. A creatinine and Blood Urea Nitrogen (BUN) blood test, outside the normal range. BUN and creatinine are waste that build up in your blood when your kidney function is reduced.
4. A glomerular filtration rate (GFR) less than 60. GFR is a measure of kidney function.
5. More frequent urination, particularly at night; difficult or painful urination.
6. Puffiness around eyes, swelling of hands and feet.

### Prevention

Kidney disease often has no symptoms, and it can go undetected until very advanced. But a simple urine test can tell you if you have kidney disease. Remember, it's important to get tested because early detection and treatment can slow or prevent the progression of kidney disease.

For more information visit [www.kidney.org](http://www.kidney.org)

## Colorectal Cancer

Colorectal cancer is the third most commonly diagnosed cancer in both men and women. One in 22 men and one in 24 women will be diagnosed with colorectal cancer in their lifetime.

The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer screening starting at age 50 and continuing until age 75. Screening can find precancerous polyps (abnormal growths in the colon or rectum) so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.

For more information visit [www.unhealthcare.org](http://www.unhealthcare.org)

## Spring Forward



Sunday, March 11, 2018, 2:00:00 am clocks are turned forward 1 hour

When we set our clocks forward this weekend, we'll gain an hour of sunlight and lose an hour of sleep. But adjusting to the time change can take a heavy toll on our health, especially for those who are already sleep-deprived.

Our bodies follow a 24-hour pattern, and an hour's difference can disrupt the body's natural rhythms, potentially causing sleep deprivation, irritability, headaches and other health hazards

To ease your transition into the new season, try these tips:

- Gradually transition into the time change
- Keep regular sleep hours
- Get some exercise during the day
- Relax before bed

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



## Whole vs. Processed Foods

Numerous studies have demonstrated the health advantages of a diet based on fruits, vegetables, whole grains and legumes left in as natural a state as possible.

These advantages include:

- Whole foods are rich in phytochemicals—powerful nutrients found in plant foods.
- Compared with processed foods, whole foods contain more vitamins and minerals.
- More fiber and beneficial fats are found in whole foods.
- The combinations of nutrients in whole plant foods act synergistically to protect us from disease.

Heavy processing often depletes or removes health-giving nutrients and concentrates fat, salt, and sugar.

Consider some of these reasons to favor unprocessed foods:

- Processed foods contain more additives and preservatives and are often high in sodium.
- Processed foods may contain artery-clogging hydrogenated oils.
- Some processed foods are loaded with sugar—soft drinks, candy, sugary cereals, baked products, frozen desserts, etc.
- High-calorie, low-fiber processed foods contribute to overeating and weight gain because you don't feel full as quickly as with high-fiber whole foods.



For more information visit [www.nutritionmd.org](http://www.nutritionmd.org)

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