

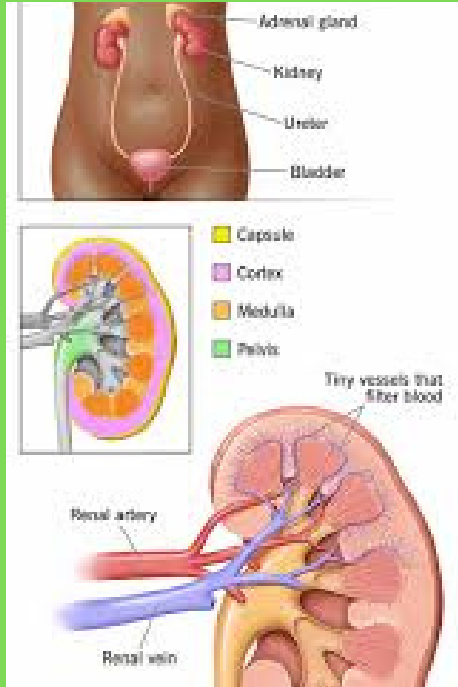
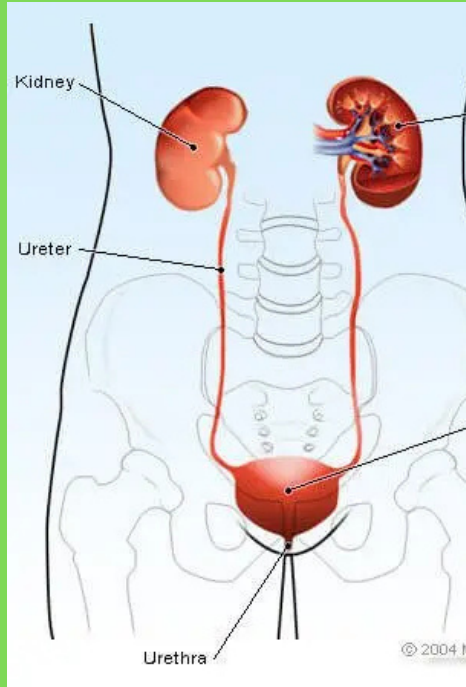


"Today's speaker is not just a doctor; she is a disruptor as a
Holistic Health Life Architect."

Heather F. Lewis, MD, MPH, MS

As a first-generation physician, military veteran, & entrepreneur, she realized that the US healthcare system isn't just inefficient—it's fragmented, treating the body while ignoring the toxic environments destroying our health. She is the founder of Dr. Heather Knows, Inc., pioneering a 'whole human' approach to holistic wellness. A nontraditional MD, has built a comprehensive lifestyle wellness audit that treat the whole human—physical, emotional, & environment—to stop the bleeding of human capital in the workforce of America."

www.DrHeatherKnows.com/760-576-4707



The Health of KIDNEYS

Anatomy

2 healthy kidney beans
 Positioned toward the back
 Connected to Ureters -Bladder

Function

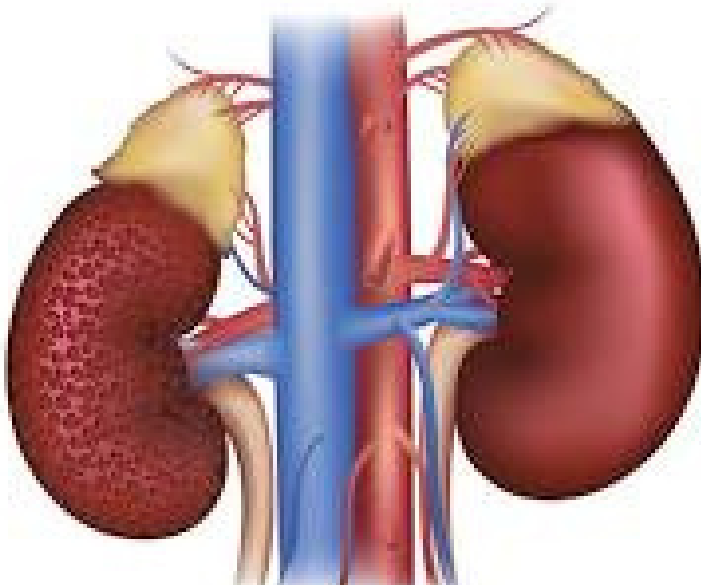
Cleans the blood from toxins,
 excess minerals = to make urine!

Labs: Creatinine & GFR

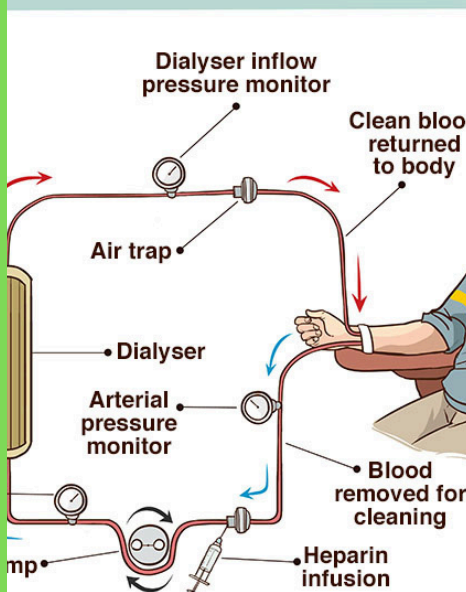
Health Concerns

- >Hypertension (Htn)/High Blood Pressure
- >Kidney Stones
- >Urinary Tract Infection (UTI)
(Women vs Men)
- >Diabetic damage (not clearing)
- >Medication interaction
- >Chronic Kidney Disease (stage 1 to 4)
- >Dialysis (when)
 - *with symptoms
 - *once it starts it doesn't stop
 - *3 days/week (travel)

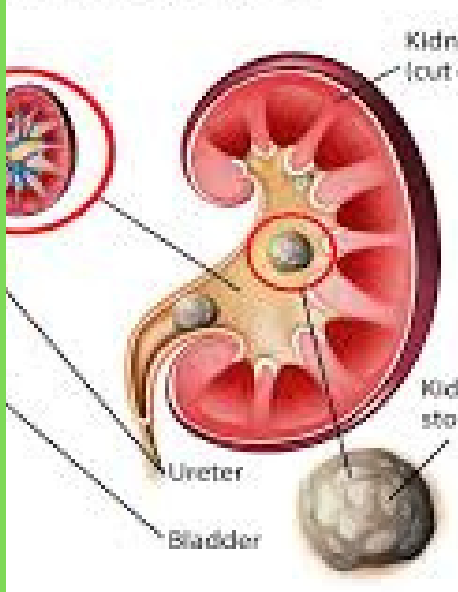
KIDNEY DISEASE



Haemodialysis



stones



CARE

Primary Care (Provider)*

Renal Specialist

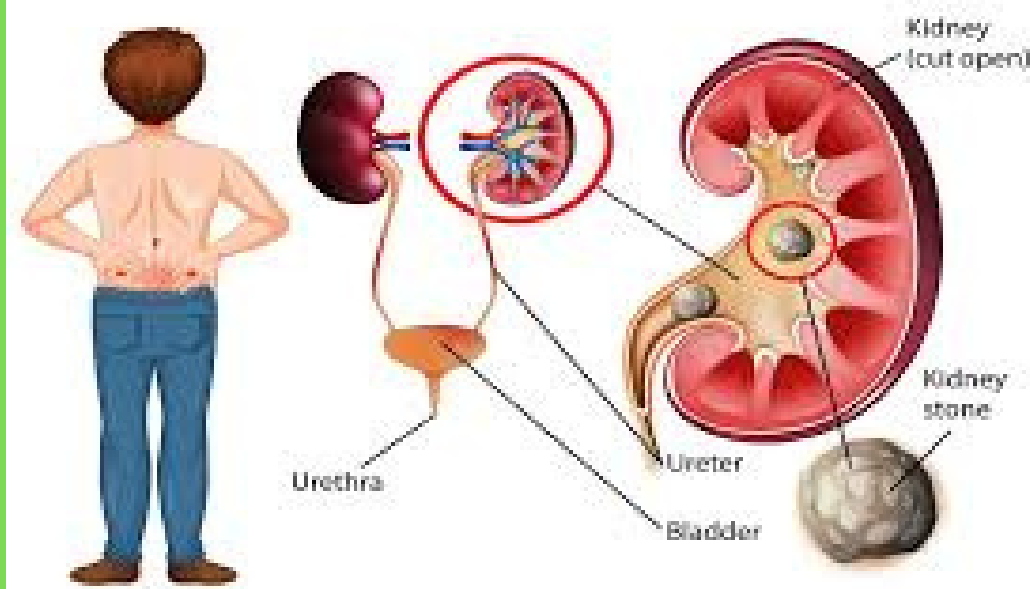
Nephrologist

PREVENTION

Annual Visits

Treatment

Kidney stones



eGFR levels and stages of chronic kidney disease

Stage 1

eGFR remains within a normal range, but other test results suggest signs of kidney damage

Stage 2

Slightly reduced kidney function with other tests suggesting kidney damage

Stage 3

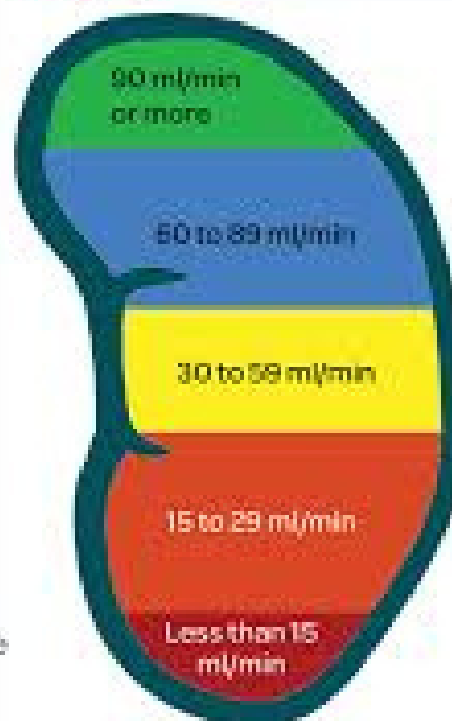
Moderately reduced kidney function

Stage 4

Severely reduced kidney function

Stage 5

Very severe or end-stage kidney failure



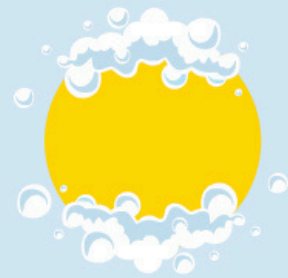
Symptoms of Chronic Kidney Disease



Dry and itchy skin.



Tiredness or weakness.



Bubbly or foamy pee.



Swelling of hands, feet, ankles.



Puffy eyes.



Trouble sleeping.



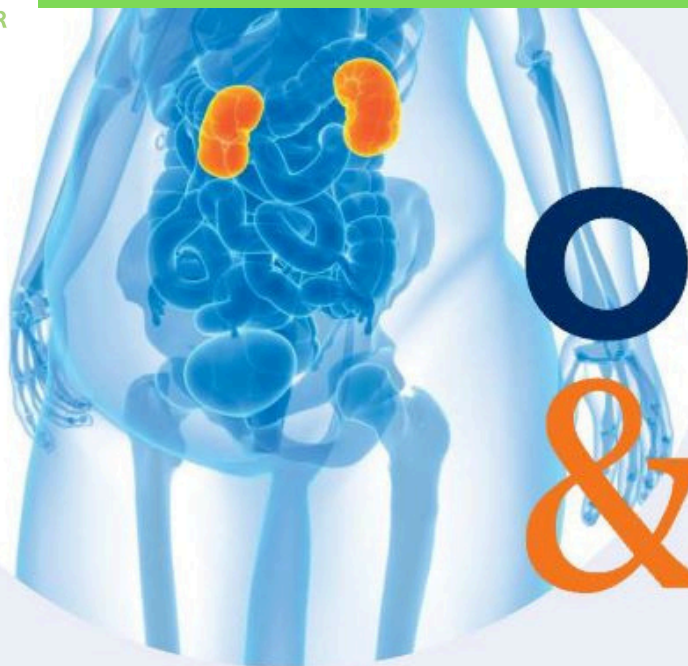
Loss of appetite.



Muscle cramps.



Need to pee more often.



Obesity & Kidney Disease

by Sharon Stall, RD, MPH, and Joseph A. Vassalotti, MD

Many individuals think that kidney failure and diagnosis of kidney disease only happen to older populations. But, did you know that the epidemics of type 2 diabetes and obesity contribute to an increase in chronic kidney disease (CKD)?

What is chronic kidney disease?

The kidneys filter the blood to produce urine. In 2002, the National Kidney Foundation (NKF) defined CKD as a decrease in the kidney's ability to function as a filter, and/or markers of kidney damage that usually appear in the urine. CKD is a silent disease, since most people with the condition feel well or have minimal symptoms. Complications of CKD include:

- High blood pressure
- Anemia (low blood count)
- Bone disease
- Poor nutritional health
- Nerve damage



Usually only when the kidneys fail do wastes build to high levels in the blood and make one feel sick. Kidney disease also increases the risk of having heart and blood vessel disease.

How do you know if you have CKD?

There are two simple CKD tests that can be performed during a routine physician visit. The first is a measure of the kidney function called estimated glomerular filtration rate (eGFR). The eGFR is determined using the serum creatinine (a blood test), age, sex and race. This simplifies the more cumbersome and generally less accurate 24-hour urine collection.

Second, urine is also evaluated for urinary albumin-creatinine ratio. Albumin, a type of protein, is a sign of kidney damage when found in the urine.

CKD is most commonly caused by diabetes and high blood pressure. Early detection and treatment can often keep CKD from getting worse. CKD may progress to chronic kidney failure, which requires dialysis or a