March Hot Topics 2019

National Nutrition Month® 2019

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

During National Nutrition Month®, help the Academy achieve its vision of a world where all people thrive through the transformative power of food and nutrition.

Key Messages:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

More information can be found on the following link:
https://www.eatright.org/food#resources

March - Make The Most Of Save Your Vision Month

Save Your Vision month is held every March and aims to increase awareness regarding good eye care. Organized by the American Optometric Association, the main focus of this event is to encourage more people to go for regular eye exams. With computers becoming an everyday part of people's lives, the risk of eye strain and damage is higher than before. Apart from ordinary eye care, this month specially focuses on eye care in the work place with an emphasis on employers to take eye care and health seriously.

Taken For Granted

Save Your Vision Month reminds many people of a rather shocking thing, that most of us take our vision for granted. Seeing is one of the easiest things to do in the world- you just have to open your eyes. Apart from that, so much of our lives are based on visual stimulation. From work to entertainment, our eyes form a large part of our everyday lives. Unfortunately, most of us don't think about actual eye care until something goes wrong. It's important to note that just like visiting the dentist regularly is important, regular eye checks are also important.

Some of the benefits of regular eye exams are very apparent. For instance, if the power of your eyesight is decreasing or faulty, corrective measures can be taken immediately. This is much healthier compared to putting up with eye strain until it becomes a real problem to see. Eye checks can also tell you a lot about your general state of health. For example, diabetes is very often diagnosed via an eye exam. Other diseases like glaucoma can be quickly detected and treated by going for regular eye tests.   Read more: **https://www.healthstatus.com/health_blog/eyes-contacts-lasik/make-the-most-of-save-your-vision-month/**

National Kidney Awareness

1 in 3 American adults is at risk for kidney disease. What puts you at risk for kidney disease? Major risk factors include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. 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.

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.

The critical regulation of the body's salt, potassium and acid content is performed by the kidneys. The kidneys also produce hormones that affect the function of other organs. For example, a hormone produced by the kidneys stimulates red blood cell production. Other hormones produced by the kidneys help regulate blood pressure and control calcium metabolism.

The kidneys are powerful chemical factories that perform the following functions:

- remove waste products from the body
- remove drugs from the body
- balance the body's fluids
- release hormones that regulate blood pressure
- produce an active form of vitamin D that promotes strong, healthy bones
- control the production of red blood cells

March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY

- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE

- Cardiovascular disease
- Heart attack
- Stroke
- Anemia/ low red blood cell count
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure

4 RISK FACTORS

- Diabetes
- High blood pressure
- Age 60+
- Family history

7 SYMPTOMS

- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)

Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

National Kidney Foundation

Learn more at kidney.org