

MARCH 2010

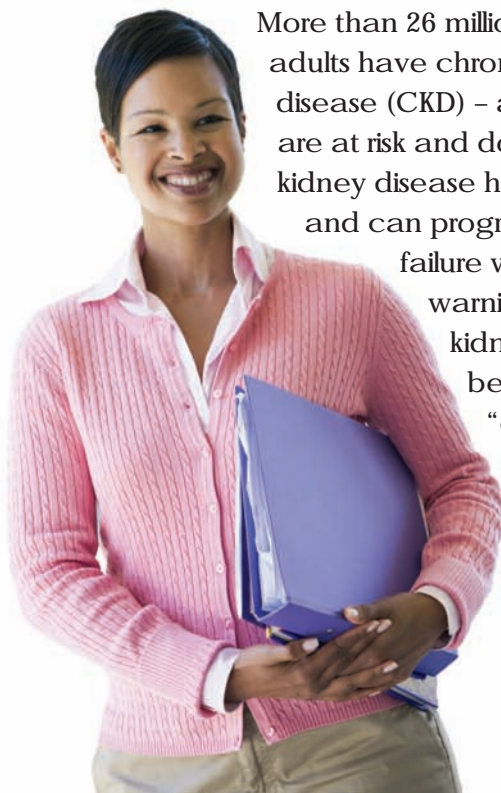
HEALTHY WOMAN™ TODAY

March 11 is World Kidney Day

Did you know that your kidneys filter more than 200 quarts of fluid from your body each day? The kidneys' role of cleaning and returning fluids to the bloodstream promotes good health and long life. How much do you really know about your kidneys?

In addition to removing wastes and fluid from your body, your kidneys help keep you healthy by:

- Regulating the body's supply of water and other chemicals in your blood such as sodium, potassium, phosphorus and calcium.
- Removing drugs and toxins.
- Releasing hormones into your blood to help regulate blood pressure, make red blood cells, and keep bones strong.



More than 26 million American adults have chronic kidney disease (CKD) - and millions more are at risk and don't know it. Early kidney disease has no symptoms and can progress to kidney failure with little or no warning. That's why kidney disease has been labeled a "quiet epidemic."

Each year, more than 87,000 Americans die from causes linked to kidney failure. And the incidence of

Get ready to connect and communicate with friends, neighbors and other women just like you in a whole new way.



end-stage kidney failure also is rising rapidly, with more than half a million Americans currently receiving treatment for kidney failure. Of the more than 105,000 Americans currently awaiting organ transplants, 83,000 are waiting for a kidney.

Diabetes is the No. 1 cause of kidney failure in the U.S. Along with high blood pressure, these two major risk factors account for nearly 85 percent of new cases of kidney disease.

Kidney disease hits minorities disproportionately, with African Americans affected three times more often than Caucasians. Hispanics, Asians, Pacific Islanders, Native Americans and the elderly also have an increased risk.

The National Kidney Foundation urges Americans to get to know your kidneys. March 11 is World Kidney Day, with free screenings and events around the globe. What better time to learn more about risk factors, prevention and treatment for kidney disease? Learn more at www.kidney.org or talk to your **Healthy Woman** Coordinator.

“Killer” Cramps Aren’t Normal

Do you or someone you know suffer from terrible, debilitating cramps during your monthly period? Severe cramps aren’t necessarily a normal part of menstruation, so don’t suffer in silence.

Dull aching and cramping can occur during menstruation in many women and teens, due to uterine contractions and the release of various hormones known as prostaglandins. However, pain that becomes so debilitating that it affects your daily routine is not normal.

National Endometriosis Awareness Month in March seeks to shed light on one source of these cramps. Endometriosis is a disease in which the endometrium – the lining inside the uterus which builds up and sheds each month during menstruation – migrates outside the uterus to other areas of the body.

These displaced pieces of tissue continue to break down, causing internal bleeding, degeneration of blood and tissue shed from the growths, inflammation of the surrounding areas and formation of painful lesions and scar tissue. Endometriosis has been documented in nearly every location of the body, including such remote and unusual sites as the brain, sciatic nerve, lungs and even the skin. Endometriosis can cause debilitating pain and infertility, and, despite being one of the

most common reasons for chronic pelvic pain, the disease remains widely misunderstood.

There is currently no cure for endometriosis, but there are several methods of treatment which may alleviate pain and symptoms. Endometriosis carries a slightly higher risk of certain cancers – and there have been a few cases of malignant cancer documented in women with the disease – but endometriosis is generally classified as a benign illness.

Know the Facts

Endometriosis can affect women and teens of all ages, from age 10 to age 85. Endometriosis is not cured by hysterectomy, menopause and pregnancy.

The cause of the disease is unknown, but research points to several factors: heredity, immunology and exposure to environmental toxicants. Endometriosis can only be diagnosed via surgery; diagnostic tests such as MRIs and ultrasounds do not provide a definitive diagnosis. For more information on endometriosis, including an informative, self-administered questionnaire that can help you determine if you have this disease, please visit www.endocenter.org, or talk to your **Healthy Woman** Coordinator.

