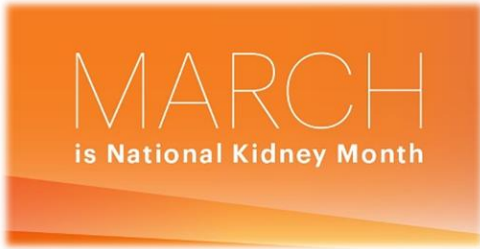




Prairie Faith Parish Nurse News ~ March 2023

*Walking alongside individuals to meet physical, emotional and spiritual needs,
by connecting and/or creating healthy resources for their lives.*



When it comes to vital organs, **hearts** get all the love and **kidneys** get the short end of the stick. So, this March, think about your kidneys! Make thinking about your kidney health as important as taking preventative measures against heart disease, cancer or diabetes. Because if your kidneys stop working, so do you!

The kidneys are complicated and amazing organs that do many essential tasks to keep us healthy. The main job of your kidneys is to remove toxins and

excess water from your blood. Kidneys also help to control your blood pressure, to produce red blood cells and to keep your bones healthy. Each roughly the size of your fist, kidneys are located deep in the abdomen, beneath the rib cage. Your kidneys control blood levels of many minerals and molecules including sodium and potassium, and help to control blood acidity. Every day your kidneys carefully control the salt and water in your body so that your blood pressure remains the same.

Did you know that your kidneys:

Make urine

Filter about 200 liters of blood every 24 hours

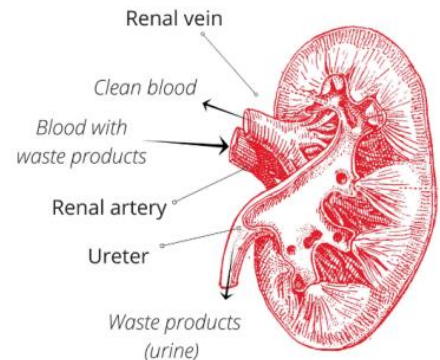
Remove wastes, toxins & extra fluid from your blood

Control your body's chemical balance

Help control your blood pressure

Help keep your bones healthy

Help you make red blood cells



What can you do for your kidneys? Kidney diseases are silent killers, which will largely affect your quality of life.

There are however several easy ways to reduce the risk of developing kidney disease:

1. **Keep physically active** to help maintain healthy blood pressure.
2. **Keep regular control of your blood sugar level.** About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney functions.
3. **Monitor your blood pressure.** Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage.
4. **Eat healthy & maintain a healthy body weight,** helping to prevent diabetes, heart disease & other conditions associated with chronic kidney disease.
5. **Reduce your salt intake.** Limit the amount of processed and fast food you eat & don't add extra salt to food.
6. **Maintain a healthy fluid intake** to help the kidneys clear sodium, urea & toxins from the body.
7. **Do not smoke.** Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.
8. **Do not take over-the-counter pills on a regular basis without talking to your doctor.** Common drugs such non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen are known to cause kidney damage & disease if taken regularly. Such medications probably do not pose significant danger if your kidneys are relatively healthy & you use them for emergencies only, but if you are dealing with chronic pain, such as arthritis or back pain, work with your doctor to find a way to control your pain without putting your kidneys at risk.

Talk to your physician to get your kidney function checked if you have one or more of these high-risk factors:

- you are obese
- you have hypertension
- you have diabetes
- one of your parents or other family members suffers from kidney disease

(Sources of information: National Kidney Foundation and worldkidneyday.org)



GREAT NEWS FROM PASTOR JON!! "I received my kidney transplant in December 2019 and from then until Tuesday, February 14th of this year, I had to make regular visits to the transplant center at St. Luke's hospital in Kansas City to have a doctor there check me out. This time I was informed that I no longer need to make those trips—that from now on a kidney doctor in Hays will oversee my care. By official standards my transplant is now considered a success. Thank you for all the prayers and support—and consider being an organ donor if you aren't already—someone's life may depend on it." ~ Pastor Jon

The next parish nurse advisory board meeting will be held on Tuesday, March 7 at 5:00 p.m. in the basement of Bethlehem Lutheran Church. Visitors are always welcome to attend and to share ideas for the health ministry!



Walk Kansas is an annual health initiative of K-State Research & Extension that runs from March 26 through May 20 this year. Walk Kansas is a team-based program, with groups of six forming a team comprised of family, coworkers, friends, community organization members, neighbors, or part of a faith-based community. Participants do not have to live in the same town, county, state or country. There is also an option for a solo participant. Cost for each member is \$10.00, & optional t-shirts/apparel are available at an additional cost.

This year, something new will be offered--a weekly webinar on healthy eating, focusing on the Mediterranean diet. The course is called *"Med Instead of Meds,"* to reflect the goal to help participants learn ways to potentially replace medications with healthy eating. Sharolyn Jackson, state Walk Kansas program leader, stated, *"Walk Kansas, holistically, really is a chronic disease prevention program, or a way to delay the onset of chronic disease. For those already with a chronic disease, they can learn ways to manage it better through physical activity and healthy eating. We often think about (diseases) that might be genetic, or it's just your family history. But the reality is that two-thirds of chronic diseases can be prevented or delayed by these lifestyle changes."*

Join Walk Kansas and...

♥ be more active with friends & family

♥ make better nutrition choices

♥ and walk away your stress

You may participate in Walk Kansas in your home county & register through your local extension office, or if you would like to participate in Walk Kansas as a Prairie Faith team member, contact Nancy! 😊

Did you know?

1. Less than 1/2 of Kansas adults meet minimum recommendations for physical activity.
2. Just 19% of Kansans eat enough fruits and vegetables.
3. Chronic disease, including obesity, is responsible for more than 70% of health care costs.



Father, I ask you to take from me now all that does harass and annoy, all that has laid upon my heart burdens of anxiety and care. I thank you for the stillness of this time of prayer—this oasis in my busy day when I can relax before you, lay my burdens down, and hand over to you all my anxieties.

At this moment, I open my heart to receive your blessing, knowing that in your presence
 the furrows are being smoothed from my brow
 the lines from my face
 the load from my heart
 the doubts from my mind
 the fears from my soul
 that I am at peace.



And now, I thank you, not only for quietness without, but for your quietness of the heart of the universe and for quietness within. In your peace, I pray. Amen.

(Author: Peter Marshall 1902-1949)



The parish nurse ministry serves the community, regardless of any church affiliation. Feel free to call or email to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, or discuss your ideas for the health ministry! 😊

Nancy Bollig, BSN, RN

parishnurse@ruraltel.net

785-743-2005 (leave a message, please)