Don’t forget to check out our community calendar on our website for upcoming classes near you!

Lake Cumberland District Health Department

Chronic Kidney Disease

People with Chronic Kidney Disease (CKD) may not feel ill or notice any symptoms. The only way to find out for sure if you have CKD is through specific blood and urine tests. These tests include measurement of both the creatinine level in the blood and protein in the urine. Ask your doctor if you need these tests.

Kidney-Friendly Tips

- Keep your blood pressure below 140/90 mm Hg (or the target your doctor establishes for you).
- If you have diabetes, stay in your target blood sugar range as much as possible.
- Get active—physical activity helps control blood pressure and blood sugar levels.
- Lose weight if you’re overweight.
- Get tested for CKD regularly if you’re at risk.
- If you have CKD, meet with a dietician to create a kidney-healthy eating plan. The plan may need to change as you get older or if your health status changes.
- Take medications as instructed, and ask your doctor about blood pressure medicines called angiotensin-converting enzyme inhibitors and angiotensin II receptor blockers, which may protect your kidneys in addition to lowering blood pressure.
- If you smoke, quit. Smoking can worsen kidney disease and interfere with medication that lowers blood pressure.
- Include a kidney doctor (nephrologist) on your health care team.

For help quitting smoking contact:

Kentucky’s Tobacco Quitline:

1-800-QUIT NOW (1-800-784-8669)

or visit the website:

www.QuitNowKentucky.org

Or contact your local health department for dates for Freedom From Smoking classes in your area.

Article from

www.cdc.gov/kidneydisease/basics
Healthy Eating Corner!

PARMESAN CRUSTED CHICKEN
PREP TIME: 20 MINUTES TOTAL TIME: 40 MINUTES

Ingredient List
1 1/2 lbs Chicken Breasts (cut in strips)
1/3 cups Parmesan Cheese (freshly grated)
1/2 cup cornmeal
1/2 tsp garlic powder
1/4 tsp black pepper
3 egg whites
Cooking spray

DIRECTIONS:
Preheat oven to 425 degrees. Spray a baking sheet with cooking spray.
In a shallow dish, mix together Parmesan cheese, cornmeal, garlic powder and black pepper.
In another shallow dish, whisk together egg whites.
Dip chicken breast strips in egg mixture, then cornmeal mixture, coating well and place on baking sheet.
Spray chicken strips with cooking spray,
Bake 15-20 minutes or until done. Turn chicken pieces over half way through cooking time.

Nutrition Facts: Serving Size: 2 chicken strips; Calories: 200, Total Fat 4.5g (Sat. Fat 1.5g); Cholesterol 70mg; Sodium 150mg; Total Carbohydrate 10g (Dietary Fiber 1g, Total Sugars 0g); Protein 28g; Potassium 250mg.

From www.DiabetesFoodHub.org/recipes

Healthy Eating Corner!

Did you know that adults need immunizations too? Ask your doctor what immunizations you need! For more info, go to www.cdc.gov/vaccines

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