

NATIONAL KIDNEY AWARENESS MONTH

Can I catch kidney disease?

No, you cannot catch kidney disease the way you can catch a cold or the flu. Kidney disease is mostly caused by diabetes and high blood pressure.



How can I keep my kidneys healthy?

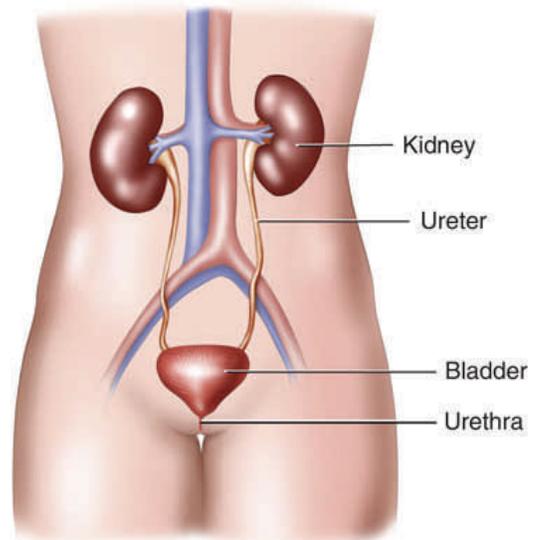
Like many other chronic diseases, the best way to prevent developing kidney problems is to practice good self-management of your health. Making good food choices, exercising moderately, and knowing your risk factors are all great ways to prevent kidney problems.

How can I tell if something is wrong with my kidneys?

Kidney disease and other kidney problems don't always have symptoms. Kidney problems often go undetected. Simple tests given by your doctor can indicate if there are any problems.

Am I at risk for having kidney problems?

Some people are more at risk for having kidney problems than others. You may be at risk if you have diabetes or high blood pressure, or have a family history of kidney disease. You should also be tested for kidney problems if you are over age 60.



What role do my kidneys play in my overall health?

Your kidneys work almost like a pasta strainer or a water filter. They keep the things in your body that you need, and remove the things that you don't need. Your kidneys are connected to your bladder by tubes called ureters.

Your kidneys also help make urine, remove wastes and toxins from your blood, make red blood cells, help keep your bones healthy, and help control your blood pressure.

You have power over your mind— not outside events.

Realize this, and you will find inner strength.

- Marcus Aurelius

National Nutrition Month

Unhealthy eating and inactivity are the leading causes of death in the United States. Poor eating habits are proven to cause heart problems, obesity, stroke, and diabetes. Fortunately, eating habits are just that— *habits*. We have the power to improve our eating habits.

Compare eating to putting fuel in your car. You can't put lighter fluid or coffee in your gas tank, can you? And you wouldn't fill up your gas tank just for the fun of it, right? Just like a car, our bodies need a certain type of fuel for energy. When we have bad eating habits, we often eat for pleasure— for flavor and to keep us full. If we consider the *purpose* of eating— to fuel and nourish our bodies, it can be easier to make wiser choices with our diet.

Eating healthier does not mean that you have to sacrifice your favorite foods. Here are some small changes you can make to still enjoy your favorite foods while eating healthier:

- Reduce your portion size. If you'd normally eat 2 slices of pizza, just have one to satisfy your craving.
- Always start by eating your vegetables first. That way, you won't fill up on something else.
- Add fruit to your cereal, oatmeal, or yogurt for breakfast.
- Negotiate with yourself. For example, if you're planning on having an unhealthy dinner, eat very healthy for breakfast and lunch instead.

Tips on How to Read Nutritional Labels:

Nutrition Facts			
Serving Size 1 cup (225g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
% Daily Value*			
Total Fat 10g	20%		
Saturated Fat 3g	15%		
Trans Fat 1.5g			
Cholesterol 50mg	10%		
Sodium 470mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A 4%			
Vitamin C 2%			
Calcium 20%			
Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutritional labels show the content for 1 serving. In this example, 1 serving is 250 calories. That means the entire package (2 servings) is 500 calories! This can be easy to miss for those who are watching their weight.

Knowing the daily % value of fat, sugar, and sodium can help you make better choices.

Saturated fats can raise your bad cholesterol levels. Trans fats can raise your bad cholesterol levels and lower your good cholesterol levels!

The American Heart Association recommends men have no more than 36g of sugar daily, and women have no more than 26g of sugar daily. A good rule of thumb is to refrain from eating things with more than 6g of sugar.

As you can see, the list of vitamins and minerals needed are not all included on most labels. Talk to your doctor about a daily multivitamin regimen to make sure you're not missing anything.

This Month's Featured Provider:

Buffalo Federation of Neighborhood Centers, Inc.

Buffalo Federation of Neighborhood Centers, Inc. (BFNC) has been providing the Buffalo community with many valuable community services for over 30 years. BFNC is also one of GBUAHN's founding partners. We had a chance to speak with Robert Cannata, LMSW, Director of Life Management Services to describe the services offered by BFNC. Like GBUAHN, the Buffalo Federation of Neighborhood Centers (BFNC) seeks to improve the lives of others with compassion, dignity, and respect. Robert explains that "At BFNC, we share GBUAHN's vision of 'how can we truly help the consumer in every way?' BFNC and GBUAHN see the people in our community who others may have turned down or turned away." As a community organization, BFNC prides itself on its' reputation for being involved and meeting face-to-face with clients, developing a personal and supportive relationship.



Taken from the organization's website, "BFNC's mission is to prepare, equip and empower individuals to address life management issues, thereby helping them achieve their full potential while improving the quality of life in our community." GBUAHN's partnership with BFNC is based on this commitment to the community. "We've always known that one of the many barriers for members of our community is not being able to get adequate medical services. GBUAHN and BFNC share the value of open communication, especially on the care management side", Robert Cannata shared with us.

GBUAHN is proud to have BFNC as a founding partner and recognizes the tremendous assets their organization provides to our community in Buffalo.

Services Offered by BFNC

Housing— BFNC has approximately 198 beds/slots for housing in a combination of Supervised Community Residences, Licensed Apartments, and Supportive Housing.

Care Management— Care management services are available for adults aged 18+ who may be suffering from mental illness, substance abuse, or other medical conditions.

Senior Programs— BFNC offers many programs to enrich the lives of senior citizens. Newly launched **Moot Cares**, offers a holistic approach to care coordination by providing access to quality health care options, supporting caregivers and families, and to foster independent living for seniors in Erie County.

Youth Programs— One of the highlights of BFNC's youth programs is the **CAPP** Program (Comprehensive Adolescent Pregnancy Prevention). This program aims to address issues regarding teen pregnancy and HIV/AIDS and sexually transmitted infections in targeted Buffalo zip codes.

Financial & Legal Guidance—BFNC offers free financial coaching, tax preparation, and guidance on debt collections, foreclosure, and/or frozen bank accounts. These services are all available at the BFNC Hope Center.



bfnc.org



What is a *Health Navigator*?

If you are a GBUAHN member, you've been in contact with someone called a *Health Navigator*. You may be thinking— what does that mean? What role does this person have in my care? A *Health Navigator* is like a case manager— they are your key contact person with GBUAHN. *Health Navigators* have a caseload of patients whom they coordinate needs for. Your *Health Navigator* will work closely with you to make sure all of your needs are met.



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"As GBUAHN continues to grow, we are exceeding our expectations of community support which assures us that the need for our program is abundant. We look forward to serving Buffalo and the WNY area for many years to come!"

- Dr. Raul Vazquez, President & CEO



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GBUAHN is the first Health Home to become linked with Opt-To-Quit, a free New York State program linking tobacco using patients with free resources to quit. Opt-To-Quit offers a toll-free number linking patients to coaches in addition to online tools. The service is provided in English, Spanish, and other languages using a translator. Call us today!

