



Enrollee Newsletter

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Community Care Plan, 'the health plan with a heart'

Chronic Kidney Disease

What Is Chronic Kidney Disease¹? More than 1 in 7 US adults are estimated to have Chronic Kidney Disease (CKD). CKD is a disease where the kidneys are not working as well as they should. The kidneys filter toxins, wastes, and fluid out of the body to keep you healthy and strong. When you have CKD, the body cannot filter these materials as well, leaving them in the body. This can lead to other health problems including heart disease and stroke.

Risk Factors²

Health Conditions that are risk factors for CKD include:

- Diabetes
- High blood pressure
- Heart Disease
- Family history of CKD
- Obesity



Who is at a higher risk?



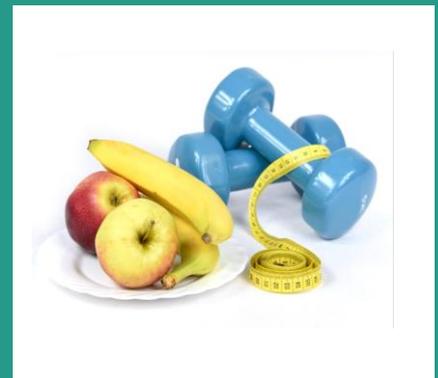
- CKD is more common in women than men
- CKD is more common in non-Hispanic blacks than non-Hispanic whites
- 1 in 3 adults with Diabetes may have CKD
- 1 in 5 adults with high blood pressure may have CKD

¹ <https://www.cdc.gov/kidneydisease/basics.html>

² https://www.cdc.gov/kidneydisease/pdf/kidney_factsheet.pdf

How do I keep my kidneys healthy³?

1. Maintain a healthy weight
2. Stay active
3. Get regular well exams from your doctor
4. Take medications as told by your doctor
5. Keep your blood pressure at the target set by your doctor
6. Keep your sugars in range if your diabetic
7. Keep your cholesterol in range
8. Eat fruits and vegetables
9. Eat foods with lower salt
10. Quit Smoking



³ <https://www.cdc.gov/kidneydisease/prevention-risk.html>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Enfòmasyon sa a disponib nan lòt lang yo. Tanpri kontakte depatman sèvis manm nou an nan 1-866-899-4828 TTY / TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00 am a 7:00 pm EST.

CCP Pregnancy Corner



Gestational Diabetes¹

A pregnant woman who has never had diabetes before can have an increase in blood sugar called gestational diabetes. Gestational Diabetes is when a pregnant women's body cannot make and use all the insulin it needs during pregnancy. This leads to extra blood sugar in the body.

Gestational diabetes occurs after 24 weeks of pregnancy. The baby's body is growing. Gestational diabetes can hurt your baby if not treated well. The baby can have higher risk of breathing problems, obesity, and type 2 diabetes.



Gestational Diabetes can be treated.

Treatment plans include²:

- A special diet
- Exercise
- Blood sugar testing
- Insulin injections

Following your treatment plan will keep you healthy throughout your pregnancy, and lessen the risk of poor health for your baby.

Where should my blood sugars levels be to keep me and my baby healthy?

The American Diabetes Association suggests these targets for pregnant women with gestational diabetes:

- Before a meal: 95 mg/dl or less
- 1-hour after a meal: 140 mg/dl or less
- 2-hours after a meal: 120 mg/dl or less

¹ <http://www.diabetes.org/diabetes-basics/gestational/what-is-gestational-diabetes.html>

² <http://www.diabetes.org/diabetes-basics/gestational/how-to-treat-gestational.html>

Pregnant?

- If you are or think you may be pregnant, CCP has someone to help you. Please call to let us know you are pregnant.
- An OB nurse case manager can help you along the way.

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