

## MARCH 2020

# Kidney Health

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*My soul will rejoice when your lips speak what is right.*  
- Proverbs 23:16

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**Know Your Numbers!** March is National Kidney Month, an excellent time to learn more about kidney health. Go for your annual physical, and if you're not sure what everything means on your doctor's report, The National Kidney Foundation offers some help deciphering which numbers are especially important in predicting kidney health.

- **Estimated GFR number:** This measures kidney function. Over 60 is normal. If you're under 60, talk to your doctor.
- **Blood Pressure Reading:** High blood pressure leads to kidney disease. Normal blood pressure is 120/80. If the upper number is over 140 and the lower number is above 90, your blood pressure is too high.
- **Albumin to Creatinine Ratio:** Estimates the amount of protein found in your urine in a day. Protein in the urine is one of the earliest signs of kidney disease. Less than 30 is normal. If you're over 30, talk to your doctor.
- **Total Cholesterol:** Over 200, you may be at risk for heart disease.
- **Blood Glucose Check:** This test checks for diabetes, the leading cause of kidney failure. A number over 125 (while fasting) or over 200 (after eating) indicates diabetes.

**At MLH:** Our Kidney Transplant program was established in 1970 and has remained at the forefront of research and treatment for kidney disease and transplant. Our goal is to ensure that transplantation is the appropriate treatment option and help you navigate through the journey with outstanding care both before and after transplantation. To learn more about our Kidney Transplant program, please visit [www.methodisthealth.org/transplant](http://www.methodisthealth.org/transplant).



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# OUR FAITH-BASED MISSION

Our mission is to collaborate with patients and families to be the leader in providing **high-quality, cost-effective, patient- and family-centered care** in a manner which supports the health ministries and Social Principles of the United Methodist Church to benefit the communities we serve.

**1,700+**

free screenings and referrals for mental health in 2019.

Erased millions of dollars in medical debt and changed policies so more than

**50% of Memphians**

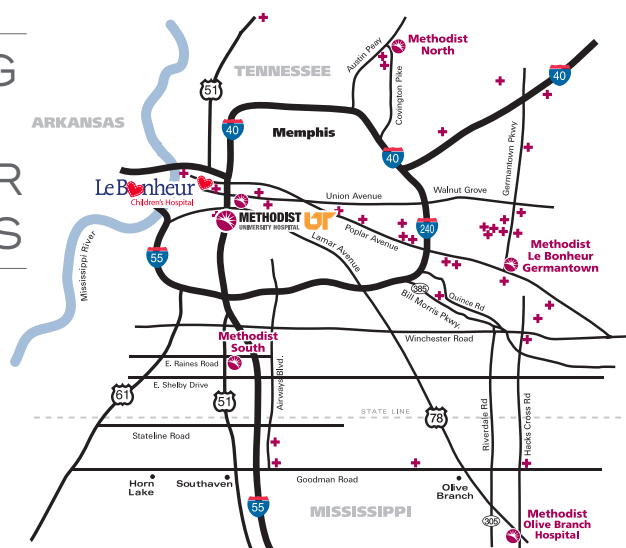
are now eligible for financial assistance.

In 2019, we provided over  
**\$225 million**  
in community benefit.

**1,500+** hospice patients cared for



SERVING  
**ALL OF**  
GREATER  
MEMPHIS



For more information, contact Jonathan Lewis, Program Manager in the Mission Integration Division, at [jonathan.lewis@mlh.org](mailto:jonathan.lewis@mlh.org) or 901.478.0545.

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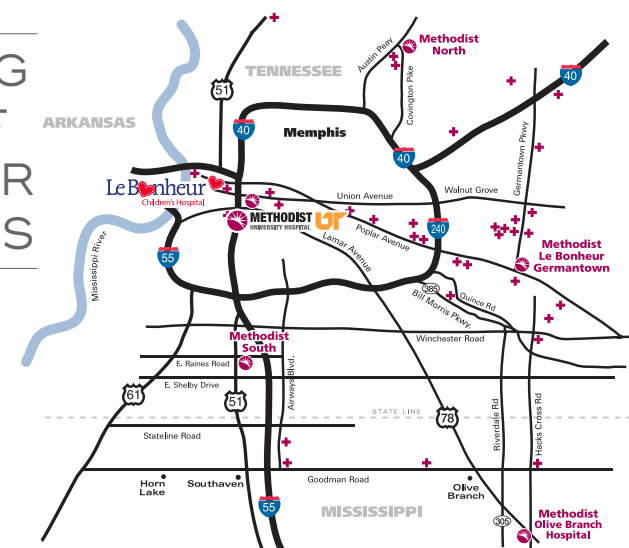
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