An Ounce of Prevention  
KAISER PERMANENTE-GEORGIA REGION

Chronic Kidney Disease
Screening Recommendation

Screen patients at high risk for CKD every 1 to 2 years. These include patients with any of the following characteristics:
- Age > 60 years
- African-American ethnicity
- Diabetes
- Hypertension
- History reveals cause for concern:
  - Autoimmune disease
  - Urinary tract disorders (e.g., obstruction, stones, recurrent infection)
  - Systemic infections (e.g., Hepatitis B & C, HIV, endocarditis)
  - Neoplasia (e.g., multiple myeloma, lymphoma)
  - Family history of kidney disease (e.g., polycystic kidney disease, Alport’s disease)

For additional guideline content, visit the Chronic Kidney Disease guidelines on the intranet.

Diabetes Alert Day
By Ann Whitaker, RD, LD, CDE

Sound the alert! Are You or a Loved One at Risk for Diabetes? Tuesday, March 24, 2009, is the 21st Annual American Diabetes Alert® Day. Kaiser Permanente is an official Alert Center.

Diabetes will become the greatest public health crisis of the next quarter century. To address the burden of this disease, the American Diabetes Association (ADA) is issuing an urgent call-to-action, a one–day "wake up call" for Americans to find out their risk for type 2 diabetes during the 21st annual American Diabetes Alert® Day. More than 23 million children and adults in the U.S. have diabetes, and close to 6 million of them don’t even know it. Another 57 million Americans have pre-diabetes, placing them at increased risk for developing type 2 diabetes.

On American Diabetes Alert Day, held annually on the fourth Tuesday in March, the ADA encourages people who are overweight, physically inactive, and over the age of 45 to take the Diabetes Risk Test. The Diabetes Risk Test requires users to answer simple questions about weight, age, family history, and other potential risk factors for type 2 diabetes. The Diabetes Risk Test will show users whether they are at low, moderate, or high risk for pre-diabetes or diabetes. The Diabetes Risk Test is available in English and Spanish by calling the Association at 1-800-DIABETES (1-800-342-2383) or by visiting www.diabetes.org/alert.

Among the primary risk factors for type 2 diabetes are being overweight, sedentary (underactive), over the age of 45, and having a family history of diabetes. African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders are at an increased risk, as are women who have had babies weighing more than nine pounds at birth. For many, diagnosis may come seven to ten years after the onset of the disease. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation, and death.

On Tuesday, March 24, 2009, free blood glucose screenings will be available at all Kaiser Permanente Medical Centers and the Regional office from 9 a.m.-4 p.m. The screening is available to all adults who are members or non-members without an appointment or co-payment. Get screened yourself and help “Sound the Alert” for others!
World Kidney Day
By Rosemary Muoneke, MD

This month we are celebrating the fourth anniversary of World Kidney Day (WKD) on March 12th. World Kidney Day is designed to build kidney disease awareness, educate those at risk about the importance of early detection, and communicate the critical role the kidneys play in overall health. Now is the perfect time to educate members and encourage them to find out if they are at risk for Chronic Kidney Disease (CKD).

According to the National Kidney Foundation, one in nine Americans has CKD, but many don’t know it.

The leading causes of CKD are diabetes and high blood pressure. Diabetes and high blood pressure increase pressure inside the kidney’s filters. Over a period of time, this pressure damages the filters, which then leak protein into the urine. Some other symptoms of CKD include fatigue, swollen feet and ankles, puffiness around the eyes, and the need to urinate more often.

Simple blood and urine tests can determine kidney function. This testing is important because there is now strong scientific evidence that early detection, coupled with altering lifestyle factors and controlling diabetes and blood pressure, can significantly slow the progression of CKD.

This March, help our members take steps to preserve kidney health. Kaiser Permanente offers many online resources at kp.org, or you may contact the KPGA CKD Program at 404-842-4627 for additional information.

Kaiser Permanente Georgia Region
2009 Quality Targets

- Mammography Screening Rate 84%
  % of Women age 40+ receiving annual mammogram
- Colorectal Cancer Screening Rate 70%
  % of members age 50+ receiving recommended screening
- Diabetes Control Rate 40%
  % of members with Diabetes with both A1C less than 8.0%
  & LDL-cholesterol less than 100 mg/dl