

Medicare Supplements and Medicare Set-asides

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CHRONIC KIDNEY DISEASE

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What's the big deal? The big deal is the fact that our kidneys clean our blood, regulate blood pressure, and facilitate the process of urination, thus ridding our bodies of waste. Whenever a kidney struggles with such functions or is otherwise performing at less than optimal capacity, the kidneys is said to be malfunctioning. Early detection and appropriate treatment can help prevent or slow the process of kidney disease and its effect on the body. Signs and symptoms to watch for include trouble thinking clearly, muscle cramping at night, poor appetite, itchy skin, and swollen feet, just to name a few. Treatment is usually based on the stage of Chronic Kidney Disease (CKD); there are a total of five stages.

For every nine adults in the United States, one is experiencing CKD, and many of them are unaware of their status. In other words, one out of every nine individuals, is unaware that they have CKD; never rely on outer appearances as a measure of health. The two main causes are Diabetes and High Blood Pressure. However, there are things individuals can do to help decrease their chances of CKD diagnosis. Some of the activities include regular physical examinations; ask your doctor to check your Glomerular Filtration Rate (GFR) and Creatinine Clearance. Other things to do, such as ending the habit of smoking, avoiding taking large amounts of over-the-counter pain relivers, such as Non-steroidal anti-inflammatory Drugs (NSAIDS), and decreasing salt in foods can help decrease the chance of CKD. (National Kidney Foundation, 2015)

Though Medicare is available to End Stage Renal Disease (ESRD) patients, regardless of age, there are other resources available, as well; Medicare General Enrollment Period runs from January 1st until March 31, 2018. However, organizations such as the National Kidney Foundation of Florida and the Law office of Bradley K. Boyd, P.A. (Melbourne, Florida) are excellent resources, as well. Also, consider Critical Illness or Chronic Illness Insurance, to protect yourself in the event of a dreadful diagnosis.

Would you like a private, face-to-face meeting? To set an appointment or learn more about resources for Chronic Kidney Disease patients and their families, contact Ms. Domanique Culpepper at 321.345.6303 or at domanique@dcprintz.com.

