CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

2019 First Quarter Newsletter | Issue 23

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New Year, New You
Attainable Resolutions for Those with Kidney Disease

New Year, New Goals! With another new year quickly approaching, many of you will be jumping aboard the resolution train. As you set goals for 2019, take a minute and think about last year's resolutions. How many of you actually followed through in 2018? Do you even remember what your goals were? If you want to successfully achieve your resolutions for the New Year, start by setting attainable goals. Incorporating small changes into your daily routine is much easier than setting unrealistic expectations.

As you think about the New Year, do not let kidney disease be a barrier towards setting health related resolutions. Write down one or two goals and create a plan for how you are going to achieve each one. Keep this list of goals in a visible place, such as your car or bathroom mirror, where they are always top of mind. Hold yourself accountable.

Below are a few habits to incorporate into your daily routine for 2019. Remember to discuss any new changes to your routine with your physician.

1. Eat More Vegetables

Incorporating five or more servings of fruits and vegetables into your daily diet may help you manage high blood pressure and other chronic medical conditions. Learn to make them the centerpiece of your plate once a day or try to have a meatless day once a week. Think past the boiled greens or steamed broccoli you ate as a child and learn to create even tastier vegetable dishes. As you incorporate more fruits and vegetables into your diet, make sure the vegetables you choose are safe for your stage of kidney disease and do not interfere with your diabetes control or medications.

2. Sit Less, Stand More

Sitting more than eight hours a day may increase your risk of kidney disease – just another reason to get up and get moving. Exercising not only benefits the kidneys, but may also reduce your risk of heart disease, lower blood pressure, improve emotional well-being and keep your bones and joints healthy. It's the closest thing we have to a miracle drug. Even if all you can manage is a short walk or stretch session, try being active at least three times a week. Move as much as you can.

3. Stop Smoking

Did you know that smoking cigarettes might slow the blood flow to your kidneys? And did you know that your high blood pressure medications might not work as well if you smoke? Though it can be difficult to quit smoking, it is probably the most important change you can make to benefit your long-term health. By making this your primary goal in 2019, you can quickly lower your risk of kidney disease, heart disease, cancer and stroke. With the New Year approaching, there is no better time to quit smoking then right now! DO. IT. NOW. You cannot afford to wait another day.

4. Sleep More

Research studies have shown that getting enough sleep is associated with improved physical health, immune function, mental health and clearer thinking. Unfortunately, busy schedules disrupt our sleep routines and prevent us from getting the rest we need. Shut off electronic devices an hour before your bedtime, avoid caffeine after lunch and meditate before you go to sleep. These are all keys to a healthier sleep routine. Aim for 7-9 hours of uninterrupted sleep each night.

5. Be Mindful of Your Sodium Intake

Excessive sodium intake can lead to higher blood pressure and fluid retention. These are key concerns for individuals with kidney disease. But did you know that most of the sodium in your diet does not come from your salt shaker? The largest percentage, up to 80-90% of the sodium in your diet, comes from processed foods and restaurant dining. Most of these foods come pre-salted. Learn to cook at home and practice with the freshest ingredients you can afford. Try adding vinegar, lemon or lime juice and other spices to your food. Turn your bland low sodium dishes into flavorful masterpieces.

6. Get Organized

Pick a month in 2019 and organize your medicine cabinet and your medical records. Because certain medications and supplements interact with each other in different ways, it is important to closely manage your medication routine. Make sure each of your doctors know every single one of your medications. Always be consistent and take them at the suggested times of day. Consider a pillbox to help with your organization.

COUSCOUS WITH CARROTS + CRANBERRIES

Watch online @ thecookingdoc.co

Ingredients:

- ½ cup minced onion
- 1/3 cup + 4 Tbs EVOO
- 2 cups whole wheat Israeli couscous
- 2 ¾ cups low (or no) sodium vegetable broth
- 4 cups carrots thickly sliced on the diagonal
- ½ cup dried cranberries
- Salt and pepper to taste
- 2 tablespoons sherry vinegar
- ¼ cup lemon juice
- 1 clove of garlic minced
- ½ cup of chopped Italian parsley or your favorite herb

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Directions:

1. Preheat oven to 400°.
2. Place sliced carrots on a baking pan with 2 tablespoons of EVOO, coat the carrots with the oil and sprinkle with little salt and pepper.
3. Bake the carrots for 15-20 minutes until they are browned but not burned; and not mushy.
4. Mix the minced garlic with the sherry vinegar and lemon juice. Let stand for 10 minutes and then slowly whisk in the 1/3 cup EVOO. Set aside.
5. Heat a medium sized pot over high heat.
6. Add 2 tablespoons of EVOO to the pot and sauté the onions for 3-5 minutes or until translucent.
7. Remove the onions from the pot, turn the temperature to high and toast the couscous for 3-5 minutes until it browns and smells toasty.
8. Add the onions back to the pot along with the vegetable broth. Bring to a boil, cover and simmer for 8 minutes or until the water is absorbed.
9. When the couscous is finished cooking, lift the top and add in the carrots, cranberries and ¼ cup of the dressing. Let sit for 10 minutes.
10. Uncover the couscous and mix in the parsley. Taste and add salt, pepper and extra dressing as desired.
11. Serve warm or room temperature.

NOTE: If preparing ahead of time, reserve some extra dressing to add to the couscous the following day. It will need it.

STAFF SPOTLIGHT - *Meet Our Newest Nephrologists!*

Chitra Madhan, M.D.

Dr. Chitra Madhan earned her Bachelor in Medicine and Bachelor of Surgery (MBBS) from Stanley Medical College in India. She then went on to earn her Masters of Public Health at Western Kentucky University, followed by her Internal Medicine Residency at the University of Illinois at Chicago. She completed her Nephrology fellowship at the University of Miami / Jackson Memorial Hospital. Dr. Madhan is board certified in Internal Medicine and has conducted extensive research on lupus.

Dr. Madhan has been in Greenville for the past three years. Her husband Bala Swaminathan works as a Hospitalist at Spartanburg Regional Hospital. She has twins, a boy and a girl, and enjoys spending time with her family, traveling and dancing outside of work.

Abhay Varma, M.D.

Dr. Abhay Varma received his Bachelor of Science in Forestry at the Kerala Agricultural University in India, followed by a Bachelor in Surgery (MBBS) from the Government Medical School Kozhikode. He went on to complete his residency in Internal Medicine at the Greater Baltimore Medical Center and was a fellow in nephrology at the Oregon Health and Science University. Dr. Varma is board certified in internal medicine and fluent in four languages.

CAROLINA NEPHROLOGY, PA
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Main Office
203 Mills Avenue
Greenville, SC 29605
Phone: (864) 271.1844
Toll Free: (877) 283.7821
Fax: (864) 271.2147

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