



North Pole Chronicles

Volume 2, Issue 1

Quarter 1

Sophia Meyer Family
Medicine

Chronic Kidney Disease: What is it and how it affects you

Inside this issue:

Chronic Kidney Disease	1
Oh No! Not the flu! What can I Do?	2
Arkansas Works Reporting Requirements	2
Employee Spotlight	2

You may have seen the diagnosis of chronic Kidney Disease (CKD) on your chart recently and had questions about it. Due to new Medicare guidelines, we are required to code our diagnosis to the most specific disease state. CKD is more prevalent in the elderly population. However, younger patients with CKD typically experience progressive loss of kidney function. 30% of patients over 65 years of age with CKD have stable disease.



Age, chronic diseases such as hypertension and diabetes, and certain medications can affect kidney function. Contrary to popular belief, the primary function of the kidney is to

filter the blood, not specifically produce urine. You can still urinate fine, and have CKD.



Normal glomerular filtration rate (GFR) is >90

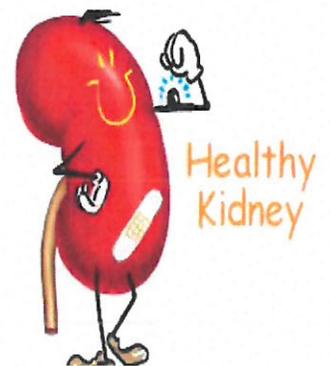
Stage 2 CKD gfr of 60-89

Stage 3 CKD gfr of 30-59

Stage 4 CKD gfr is <30

To prevent chronic kidney disease, it is important to maintain a healthy weight, exercise routinely, don't smoke, drink plenty of water and limit processed foods. If you have chronic kidney disease, it is important to keep your blood pressure and diabetes under very good control in order to prevent further

damage to your kidneys. If you use nonsteroidal anti-inflammatory medications (NSAIDs) like ibuprofen, meloxicam, naproxen, it is best to take them sparingly or only as needed.



Oh No! Not the Flu! What can I do?

How can you avoid getting/passing the flu around? Here are a few simple rules to follow to avoid getting the flu.

1. Get vaccinated
2. Cover coughs and sneezes
3. Avoid touching your eyes, nose, and mouth.
4. Wash your hands often.
5. Limit contact with family



members who are ill.

What should you do if you think you have the flu? Seek treatment quickly to get a definitive diagnosis. Wear a

mask while at the doctor's office. Stay home at least 24 hours after your fever is gone except to get medical care. Your fever should be gone without the need to use a fever-reducing medicine such as Tylenol.



Arkansas Works Reporting Requirement Enters Phase II

In January 2019 Arkansas Department of Human Services (DHS) will implement phase II of the work requirement plan, which requires enrollees to work, volunteer or do job training 80 hours per month to keep their Arkansas Works plan. Who is affected in phase II:

- Enrollees Ages 19-29 (Phase 1 was individuals ages 30-49)
- Enrollees below 138 percent of federal poverty level (Phase 1 only included enrollees below 100 percent of the poverty level.

Not every-one's work requirement will begin at the same time. Some members will have to start reporting in January 2019. DHS will send each member a notice explaining when his or her work requirement begins.



It is important for Arkansas Works members to report their work each month. If they fail to report for any three months in a year, they will lose

their Arkansas Works health insurance coverage for the year.

If you have questions, you can contact DHS @ 1-855-372-1084 for more information.

Source: Blue and You, Winter 2019



Employee Spotlight—Karen Pate

Karen has been the office manager at Sophia Meyer for the past six and a half years. She is a wife and mother of three boys.

When she isn't working she loves spending time outdoors, vacationing at the beach, or in the mountains with her husband and friends.

Some of her favorite hobbies include

hunting, gardening, crocheting, playing with her dogs and working on her land.

She is a very important person to our team and makes sure everything runs smoothly for the clinic. Please let her know how much you appreciate her next time you're in the office.

