

## The Montefiore Kidney Care Program

### *How can the Montefiore Kidney Care Program help you?*

The Montefiore Kidney Care Program has been developed to treat patients with chronic kidney disease.

### *Our goal is to provide our patients with:*

- Quality medical care to reduce potential complications of kidney disease.
- Patient education for understanding of disease and treatments.
- A partnership with the kidney care team and the primary care physician

### *The Montefiore Kidney Care Team:*

- A Nephrologist (kidney physician) who uses evidence based guidelines to treat kidney disease and its complications.
- A Registered Dietician who educates patients about kidney disease and about specific dietary changes, which may be required.
- A Social Worker who counsels patients with kidney disease and who helps navigate insurance issues.
- A Licensed Nurse who monitors blood pressure and administers vaccines.
- A Care Coordinator who makes necessary appointments and referrals.



**Si desea una copia en español  
llame al 718-920-4662.**

### *About Montefiore Medical Center*

Montefiore Medical Center, the University Hospital and Academic Medical Center for the Albert Einstein College of Medicine, ranks among the top one percent of all U.S. hospitals for investments in medical innovation and technology.

These investments allow Montefiore to provide compassionate, personalized care and the most positive outcomes for patients and their families in the New York tri-state area and beyond. With distinguished Centers of Excellence in cardiology, cardiac surgery, cancer care, transplantation, children's health, women's health and surgery. Montefiore Medical Center provides family-centered healthcare in a nurturing environment that extends well beyond its walls.

### *Montefiore Kidney Care Locations*

#### **Medical Arts Pavilion (M.A.P.)**

3400 Bainbridge Ave, 2nd Floor  
Bronx, NY 10467

#### **Montefiore Medical Park**

1515 Blondell Avenue, Suite 220  
Bronx, NY 10467

### *For more Information or Appointments*

Call 718-920-4662



The University Hospital for the  
Albert Einstein College of Medicine

[www.montefiore.org/kidneydisease](http://www.montefiore.org/kidneydisease)

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## Chronic Kidney Care Program

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## Chronic Kidney Disease

A diagnosis of kidney disease can be troubling. However, there are treatments available. Our staff, at the Montefiore Kidney Care Center, is highly trained in diagnosing and managing chronic kidney disease (CKD). We use a multi-disciplinary approach to create a partnership with our patients and provide specialized medical, educational, nutritional and social service resources to better care for our patients.

### Facts about Chronic Kidney Disease:

- Over 17 million adult Americans have some evidence of chronic kidney disease.
- Over 500,000 Americans suffer from kidney failure and require dialysis or transplantation to keep them alive.
- CKD is a silent condition. Most people do not have symptoms until kidney disease is advanced.



## The FAQs on Kidney Care

### ***What do your kidneys do?***

Your kidneys act as a filter to remove waste: such as salt, chemicals and extra water from the blood to form urine. Most people have two kidneys which are the shaped like “kidney beans” and are about the size of your fist. They are located near the middle of your back, just below the rib cage.

### **Other important functions include:**

- Maintain the body’s chemical balance
- Regulate important hormones that help your body function properly.
- Stimulate the making of red blood cells
- Help regulate blood pressure
- Help keep your bones healthy

### ***What causes kidney disease?***

#### **Major risk factors for kidney disease are:**

- Diabetes
- High blood pressure
- Heart disease
- A family history of kidney disease

### ***How do I know if I have kidney disease?***

People in the early stages of kidney disease usually do not feel sick at all. Some experience swelling of the legs. However, severe kidney disease can cause symptoms which may include itchiness of the skin, nausea, vomiting, and loss of appetite, weakness, and drowsiness.

### ***How is kidney disease diagnosed?***

- A blood test for creatinine can estimate your kidney function
- A urine test for protein and blood

### ***How can kidney disease treated?***

**By reducing the risk of heart and blood vessel disease which can be achieved by controlling the following risk factors:**

- Blood pressure
- Cholesterol
- Blood sugar
- Avoid smoking cigarettes and cigars
- Have regular check-ups with your physician

**By treating complications of kidney disease should these arise:**

- Anemia (low blood count)
- Acid build up in your blood
- Abnormal bone studies

### **For moderate and severe kidney disease:**

In addition to the approaches mentioned above, preparation for dialysis treatment or transplantation

### **For kidney failure:**

This occurs when your kidneys stop working well enough to keep you alive.

- Requires some form of dialysis or transplant to do the work of the failed kidneys.