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Consumer Health Newsletter Feb. 2016

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Consumer Health Library

Baystate Health

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Edition 2, Volume 1

Diabetes & the Risk of Kidney Disease

Rates of kidney disease expected to rise.

Statistics from the United States Renal Data System's *2010 and 2011 Annual Data Reports* tell us that the incidence of recognized Chronic Kidney Disease in people ages 65 and older has doubled over the last decade. Diabetes is the most common cause of kidney disease,

reported in 2007 that they had been diagnosed with diabetes, compared with a state average of 7.4%. Good management of diabetes reduces the risk of developing kidney disease.

If you or your loved one is managing diabetes, many

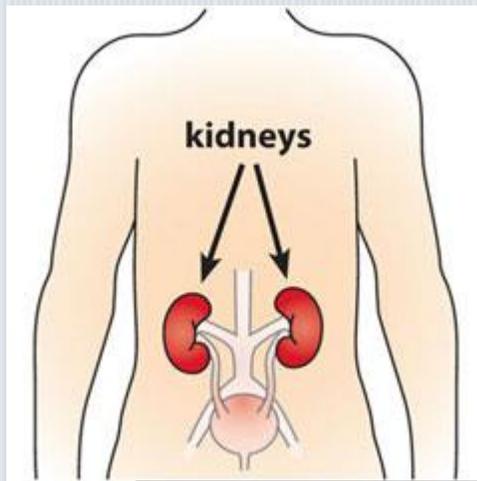


Image from <http://www.niddk.nih.gov/health-information/health-topics/urologic-disease/kidney-stones-in-adults/Pages/facts.aspx>

accounting for nearly half of all new cases. Diabetic kidney disease takes many years to develop. In fact, kidney damage rarely occurs in the first 10 years of diabetes, and usually 15 to 25 years will pass before kidney failure occurs.

According to the Massachusetts Department of Public Health, 13.1% of adults in Springfield

organizations are working hard to support healthy lifestyle changes in our community. Mass in Motion is a state-funded program that promotes access to fresh foods and walkable/bikeable communities.

To learn more about local community efforts, check out LiveWell Springfield at www.livewellspringfield.org/

Featured Website:

Anxiety and Depression Association of America (ADAA)

This website educates patients and their families about anxiety and depression disorders. On this website, you will learn about risk factors, including genetics, brain chemistry, personality, and life events, as well as information on treatment and support. ADAA promotes empirically supported treatments and best practices across disciplines, and engages a diverse network of researchers to encourage the implementation of new treatments to clinicians. These commitments drive ADAA's promise to find new treatments and one day prevent and cure anxiety and depression disorders.

<http://www.adaa.org/>

Researching Personal Medical Questions

Baystate Health Sciences Library offers free assistance.

Researching personal medical questions? Try MedlinePlus first. The National Library of Medicine designed this easy-to-use website. The information is from reliable sources, and offers everything from patient handouts to medical journal articles.

medlineplus.gov



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- [Massachusetts Health Quality Partners](#)
- [Commonwealth of Massachusetts, Find a Physician](#)
- [Medicare's Physician Compare](#)
- [Baystate Health, Find a Provider](#)

For assistance with researching personal medical questions, please contact the Consumer Health Library at Baystate Health. Email us at library@baystatehealth.org or call (413) 794-7010.