



The Kidney Corner:

Avoid long-term use of certain anti-inflammatory drugs

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Recently on the Kidney Corner we have been discussing the treatment of advanced kidney disease by dialysis or transplant.

Today we will turn our attention to prevention of kidney damage by discussing a group of medicines that can cause kidney damage: "non-steroidal anti-inflammatory drugs," or NSAIDs. The kidneys are responsible for filtering large quantities of blood every day. This potentially exposes them to correspondingly large amounts of toxins.

Examples of NSAIDs are the common over-the-counter pain meds ibuprofen and naproxen. These are sold as various trade name products including Motrin, Advil, Nupren, Naprosyn, Aleve and Anaprox. Other prescription products include such medicines as diclofenac (Voltaren), ketorolac (Toradol), sulindac (Clinoril), piroxicam (Feldene), indomethacin (Indocin) and flurbiprofen (Ansaid).

In addition, medications called COX II inhibitors such as Celebrex appear to have similar potential for problems with the kidneys.

These medicines are often used for minor pain and inflammation

and usually are quite effective. Many people take them from time to time and have no kidney problems related to their use.

They can cause temporary problems with kidney function if they are combined with certain other medicines, or if the person taking them becomes dehydrated. More serious problems occur when people either have an individual sensitivity to them, or when they are taken daily for long periods.

It is useful to think of the "individual sensitivity" issue as being like an allergy. Most people can take an occasional NSAID without developing a problem. However, patients who have this sort of "allergy" may develop frank kidney failure from taking them for only a few days.

The medical name for this situation is "acute interstitial nephri-

tis." Making the diagnosis can sometimes be done by urine testing, but may sometimes require a biopsy of the kidney. It is treated by withdrawing the drug (and not using it again), and sometimes with steroids in severe cases.

The prognosis is usually quite good provided the medication has not been taken for long enough to cause permanent damage.

Long-term use of NSAIDs, however, can lead to irreversible kidney disease. This also usually occurs in people who have an individual tendency (like an "allergy") to develop this problem.

Bottom line: These medications are not necessarily safe for long-term usage. In patients who have no alternatives for pain, I recommend frequent monitoring of kidney function and urine monitoring for albumen so that early kidney damage can be detected.

Other possible side effects of these medicines include stomach irritation, which can lead to stomach bleeding and ulcers. They may also worsen the tendency to develop heart disease, and frequently raise blood pressure, so they should be used with care in patients with hypertension, and should be withdrawn if they cause worsening of blood pressure.

Recipe Rally: Chicken curry with flat bread

Chicken curry - Ingredients

- 1 large yellow onion
- 1 small jalapeño
- 1 Tbsp olive oil
- 1 clove of garlic (or more to taste)
- 1 Tbsp "Garam Masala" (found in spice section)
- 1 cup of chicken or vegetable broth
- 1 small can of tomatoes paste
- 1/2 cup low fat yogurt
- 2 lbs boneless skinless chicken breast
- 1 Tbsp of ghee or oil

Preparation

Cut the boneless chicken into cubes. Sauté in ghee until no longer pink inside and place aside. Chop onions, jalapeno, & garlic roughly, and sauté in 1 Tbsp of olive oil. Place ingredients in blender. Add broth and tomatoes. Blend until it becomes a liquid. Combine chicken and the blended liquid in

a saucepan. Turn heat onto simmer. Slowly add yogurt. Do not let mixture come to a boil; maintain a low heat for 10 minutes before serving.

Roti (flat bread) - Ingredients

- 1 cup flour (in India we use durum wheat)
- Warm water
- 1 tsp olive oil
- Ghee

Preparation

Mix the flour and oil together until it is evenly distributed. Slowly add water to make soft dough. If it is sticky, add a little more oil. Roll out small portions into thin round bread (like tortillas). Heat 2 burners. Burner #1: medium heat with a pan. Burner #2: medium/high with a cooling grate. Cook on both sides using Burner #1. Transfer to Burner #2 using cooling rack. Place on a plate. Add ghee according to taste.



Our Sister's Keeper Coalition Ute Mountain Ute Tribe

Domestic Violence Awareness Month

Candlelight Vigil

Tuesday, October 25, 2011

5:00 - 7:00 PM

Ute Mountain Ute Community Center
Towaoc, Colorado

- It is estimated that 98% of Native American Women will be victims of Domestic Violence during their lifetime.
- Boys and Men are also victims of physical, verbal, sexual and mental abuse.
- A candlelight vigil is held to remember those who have been victimized.
- By holding a candle, participants will shine a light onto Domestic Violence, which is often kept in the dark.



- Wear Purple or Bring Something Purple
- Bring a Friend
- Come Show Your Support
- Refreshments will be served

For more information:

Our Sister's Keeper Coalition (970) 259-2519

Pine River Community Learning Center

Ignacio Campus, 535 Candelaria Drive

Home energy assessment:
Oct. 27, 6 - 8 p.m.

Tim Keuski of Verified Green will explain how to cut your energy bills. Insulation, windows, air quality and more.

Sculpting class:
Nov. 5 and 6, 9 a.m. to 5 p.m.

Stephen Wolff will work with individuals at their skill level. View Stephen's work at www.stephenwolffsculpture.com

Call Deb Pace 970-563-0681 to register



To celebrate Breast Cancer Awareness Month in October, visit the Sky Ute Casino Salon and get Pink hair extensions! Each strand will be \$6.00 with \$1.00 being donated to the Local Community Foundation! Also, anytime you buy a hair product, your name will go into a drawing for a beautiful, pink gift basket. The drawing for the gift basket will be held on October 31.

You can also come get pampered in the month of October by taking advantage of our 40% off 1-hour facials! As always, facial products are customized for individual skin care needs.

To make an appointment, call the Sky Ute Casino Salon at 970-563-6268.



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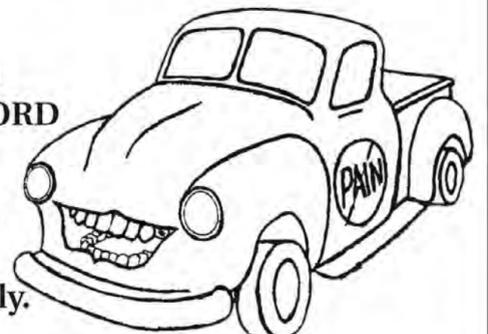
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