



The Kidney Corner:

How much water should I be drinking?

By Dr. Mark Saddler
Durango Nephrology Associates



My patients are always interested in ways to protect their kidney function.

After I have discussed the many ways to protect kidney function — including control of blood pressure, controlling excess body weight, keeping in good physical shape, eating a healthy diet, control of diabetes (when applicable), and sometimes use of kidney-protective medicines — I am frequently asked the question: “How much fluid (water) should I drink per day?”

It turns out that it is more difficult to answer this question than you might think, because until recently there has not been much good information on this topic.

To be clear at the outset, some patients with specific medical conditions might have fluid intake requirements related to that condition. For example, patients who have a history of kidney stones might have a requirement to drink a lot of fluids to help suppress further stone formation by keeping the urine dilute at all times.

And there are some uncommon problems with the kidney’s ability to excrete water that may require a high fluid intake (diabetes insipidus) or a low fluid

intake. Patients with advanced kidney failure also might have problems excreting extra water and might need to restrict their fluid intake; this is often the case for dialysis patients.

For people who don’t have any of these conditions, what are the recommendations? In 1945, the Food and Nutrition Board of the National Research Council issued their now-famous recommendation that all adults should drink 2.5 liters, or about eight 8-ounce glasses of water, per day.

They later amended the recommendation, advising a little more for men than women, and clarifying that the recommended fluid included all non-alcoholic drinks, including caffeinated beverages.

The problem was that this guideline was not based on any good scientific evidence.

Apparently their recommendations were based simply on the opinion of the board members at the time, without any good evidence to back them up.

Until recently, there has continued to be very little data to help answer the question. There was some evidence from a large study called the Modification of Diet in Renal Disease study suggesting that excess water intake might actually be harmful in patients with established kidney disease.

This month, a group from Canada published a study of water intake, linking different levels of intake to progression of kidney disease. They found that the people who drank the most water had the best kidney health, indicating a significant benefit for the higher water drinkers.

The way the study was done meant that they could not distinguish exactly what type of fluid the subjects were drinking. Nevertheless, this is the first good evidence that drinking more fluid is good for your kidneys.

So perhaps the advice to take in enough fluid to fill eight glasses per day is appropriate for most people after all. No doubt we will be seeing more research on this topic, so stay tuned.

I wish you all a joyous holiday season.

Good carbs vs. bad carbs

By Kevin R. Larson
U. of Colorado School of Pharmacy

What are carbohydrates?

They are a necessary nutrient in the foods that we eat that are broken down into sugars in our body. Carbohydrate-rich foods include sugars, fruits, potatoes, breads, pasta, rice, and other starchy foods.

Many people don’t realize that not all carbohydrates are created equal. You may have heard some carbs referred to as “good” or “bad.”

If they are all broken down into sugars, then why are some carbohydrates better than others? Well, it mainly has to do with how fast they are broken down into sugars and absorbed into our blood.

The glycemic index is a scale that we can use to tell us if a certain carbohydrate is quickly or slowly absorbed into the bloodstream.

Foods that contain simple sug-

ars without fiber tend to be broken down very fast, which can cause a sharp spike in blood sugar. This can be very dangerous in people who have diabetes. Commonly, a sharp spike in blood sugar can lead to a sugar “crash,” because these carbohydrates don’t provide lasting energy and people may find that their hunger is not satisfied for very long.

Some examples of bad carbs are sugars, refined flour, white rice, fruit juice and beer. These are also known as high glycemic index carbs.

If you have diabetes, these carbs should be limited, since they raise blood sugars rapidly. These carbs should be taken into account even if you don’t have diabetes, because they cause weight gain, which can ultimately lead to diabetes and other health problems.

Foods that are rich in fiber tend to be broken down and absorbed

slowly, which results in lasting energy. Foods that contain both carbs and fat tend to be digested more slowly as well.

These are what we refer to as low glycemic index carbs, or good carbs. Good carbs include fruits, nuts, non-starchy vegetables, and whole grains.

Keep in mind that it’s important to keep track of how many carbs you’re eating, even if they are good carbs. Eating too many carbohydrates of any kind makes your body work harder to maintain normal blood sugar levels.

So next time you go to the grocery store, bring this list with you. Focusing on eating good carbs will help you remain healthy, give you sustained energy, and help to prevent and control diabetes.

For more information about the glycemic index, and eating healthy carbohydrates, visit www.glycemicindex.com.

Low glycemic index (good) carbs

- **Most fresh fruits** – apples, oranges, lemons, limes, strawberries, raspberries, apricots, peaches, plums
- **Whole grains** – breads, brown or wild rice, quinoa, bran
- **Non-starchy vegetables** – beans, broccoli, peas, asparagus, peppers, onions
- **Nuts and legumes**

High glycemic index (bad) carbs

- **Refined grains** – white bread, white rice, enriched pasta
- **Processed foods** – cake, cookies, potato chips
- **Sweetened soft drinks** – fruit juice, soda, sport drinks
- **White potatoes**
- **Sugar**

PRCLC offering classes from College of Eastern Utah

The Pine River Community learning Center in Ignacio is offering classes from the college of Utah. Classes are live via telecommunications from the College of Eastern Utah. Please call us with questions or to schedule a registration appointment. Below is a schedule of classes that will be available for the spring semester. Contact Susan Visser, Executive Director at the Pine River Community Learning Center at PO Box 710, 535 Candelaria Drive in Ignacio, CO 81137 or by phone at 970 563-0681 or online at www.prclc.org.

Number	Course Title	Time	Days	Credits	Room
BCIS 1010	Computer Literacy	1:30-2:45	TR	3	2
BIOL 1010	Biology & the Citizen	9:30-10:20	MWF	3	2
BIOL 1013	Biology Lab Online	Online		1	2
CHEM 1010	Introduction to Chemistry	9:00-10:15	TR	3	2
ENGL 1010	Introduction to Writing:Academic Prose	3:00-4:15pm	MW	3	2
MATH 1010	Intermediate Algebra	6:00-7:45pm	MW	4	2
MATH 1030	Quantitative Reasoning	Online		3	2
NURS 1008	Medical Terminology	5:15-6:05pm	MT	2	2
POLS 1100	US Government & Politics	10:30-11:20	MWF	3	2
PSY 1010	General Psychology	7:30-8:20am	MWF	3	2
SOC 1020	Social Problems	1:30-2:45pm	MW	3	2
	Fulfill requirements for General Ed. (Assoc. Degree)				
	Fulfill requirements for Medical Assistant Certificate				

Elder's Corner

December Activities

For all tribal elders & handicapped/disabled

Dec 20: Movie day featuring “Wind Walkers” starts at 1:15 p.m.
 Dec 22: Farmington shopping trip; vans leave at 9 a.m.
 Dec 26: Tribal offices will be closed for Christmas
 Dec 27: Farmington, N.M., Sun Ray Casino trip; vans leave at 9 a.m.

Community Meetings

Organize AND Strategize COMMUNITY HEALTH NEEDS

Wednesday, December 21st 10:00 a.m.
Multi-Purpose Facility at Elder Meeting

Wednesday, January 18th 5:30 p.m.
Southern Ute Higher Education Building

CONTACT INFORMATION:
 Health Services, 970-563-0154
 Shining Mountain Diabetes Program, 970-563-4741

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