



# Kidney Corner: 'Anemia in Chronic Kidney Disease'

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There are three types of cells in blood: red blood cells, which carry oxygen to all parts of the body; white blood cells, which fight infection; and platelets, which enable the blood to clot. The term "anemia" usually refers to a decrease in red blood cells.

Typical symptoms of anemia include fatigue and weakness. There are many causes of anemia, including nutritional deficiencies of iron, folic acid and vitamin B12, increased breakdown of red blood cells, and problems with the bone marrow, where red blood cells are made. Longstanding blood loss, for example due to heavy menstrual blood losses or bleeding from the gastrointestinal tract, can also cause anemia.

Unfortunately, anemia is also very common in patients with chronic kidney disease. The main cause of this problem in kidney disease is deficiency of a hormone called erythropoietin (we'll call it EPO for short). In people with healthy kidneys, EPO is quickly produced in response to low levels of red blood cells, and this hormone stimulates the bone marrow to make new red blood cells, quickly bringing the red blood cell



count back to normal and thus preventing anemia. However, when the kidneys are diseased, they may lose the ability to make appropriate amounts of EPO.

The resulting decrease in red blood cell production can then result in anemia. The fatigue that results from this can be the worst symptom of chronic kidney disease, and in addition anemia can cause problems with thickening of the heart muscle.

The good news is that the anemia of chronic kidney disease is now almost always treatable since EPO is available as an injectable medicine. There are several forms of this hormone commercially available to patients with anemia due to chronic kidney disease.

EPO injections usually need to be given every one to four weeks.

The various commercially available preparations of EPO are all nearly identical to the naturally occurring hormone. Side effects are rare; it can raise blood pressure, which we believe is simply due to removal of the blood pressure-lowering effect of anemia.

More recently, there have been some worrisome reports of an increased risk of having a heart attack or stroke as a result of EPO treatment. It remains unclear whether this only happens if too much EPO is used, allowing the red blood cell count to go too high, or if this is a risk for anyone treated with EPO. Further studies are in progress to better evaluate the safety of this important drug.

In the meantime, it is important that levels of hemoglobin (the red blood cell pigment) should be measured regularly in patients receiving EPO (typically every one to two weeks), and the dose needs to be modified to prevent the hemoglobin level from going too high.

The most common cause of resistance to EPO (i.e. a failure of EPO to effectively correct anemia) is iron deficiency. As EPO stimulates red blood cell formation, the body's stores of iron tend to be used up. Many patients on EPO therefore need to be on iron replacement as well.

## Activities/Notices

For All Tribal Elders & Handicap/Disabled

**Santa Ana Star Casino - Feb. 26, 2010**  
In Bernalillo, NM, if weather is permitted, leave at 7 a.m. return at 6 p.m.

**March 19 - 22, 2010 - Denver March PowWow**  
In Denver. The Elder Services Department will be providing transportation to all tribal elders, handicapped and disabled people to the Denver March Powwow. The tribal van will leave the department at 7 a.m. on Friday, March 19, and will return on Monday, March 22. Please inform the department if you're interested in going. The deadline is March 5 at 4 p.m. All interested tribal elders, handicapped and disabled people who are traveling in your own private vehicle to Denver March PowWow, please provide the Elder Services Department with updated vehicle insurance and driver license information. The department will need to know when the exact departure and return dates. Interested tribal elders traveling in their own private vehicle need to make their own motel reservation.

If you need assistance please call Elder Services Department (970) 563-0156.

### Are you pregnant or have a baby under 1 year old?

## TEXT4BABY

Text4baby = A free service of getting 3 messages a week sent to your cell phone. Sign up and get information based on your due date or up to your baby's first birthday. Call or register online at [www.Text4baby.org](http://www.Text4baby.org)



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## Fathers' Voices Inc.

"Fatherhood and Motherhood is Sacred Training"

Every Wednesday, 6 p.m. - 8 p.m., Southern Ute Higher Education Bldg. Ignacio, Colorado	Every Wednesday, 6 p.m. - 8 p.m., Fort Lewis College Centennial Bldg. Durango, Colorado
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Fathers' Voices uses a culturally based curriculum to help fathers and mother to create safe and happy families. The curriculum helps fathers and mothers to strengthen their communication skills, interpersonal relationship skills, and individual growth. Our organization is certified by the Native American Fatherhood and Family Association and our staff are trained Fatherhood and Motherhood is Sacred facilitators. Fathers' Voices will be glad to attend workshops, events, classrooms or meetings to give presentations about our organization, services and the fatherhood and motherhood is sacred curriculum.

For more information and updates, check Fathers' Voices website at [www.fathersvoices.org](http://www.fathersvoices.org) or call 970-764-5631.

## March Native Food Concession

Friday, March 19, 10 a.m.-6 p.m.  
Saturday, March 20, 10 a.m.-6 p.m.

Indian tacos, mutton stew and frybread. Buy three tacos and get the fourth one free. All proceeds benefit the Denver Christian Indian Center's nonprofit status.

Denver Christian Indian Center, 501 South Pearl Street (corner of Virginia & Pearl) Denver, CO  
Website: [www.denvercic.org](http://www.denvercic.org) • Flyer: [www.denvercic.org/CIC\\_Food\\_Concession10.pdf](http://www.denvercic.org/CIC_Food_Concession10.pdf)  
Phone: 303-733-3693 • E-mail: [christian\\_indian\\_center@msn.com](mailto:christian_indian_center@msn.com)

Children are precious... so are their teeth.

Make an appointment at your dental clinic today!

February is Children's Dental Health Month.

Albuquerque Area Dental Support Center  
A program of

Southern Ute Dental Clinic 563-4581

## Rolling Thunder Lanes

# Sky Ute Casino Resort's Rolling Thunder Lanes Bowling Center!

<b>Monday Couples Night!</b> 6-9pm Dinner for two in the Rolling Thunder Grill Steak & Shrimp Special, bowl two games and shoes rental for \$20. (must be 21 or older)	<b>Tuesday Guys Night Out!</b> 6pm-10pm \$2.50 a game and \$1.25 Shoe rental.	<b>Wednesday Ladies Night Out!</b> 6pm-10pm \$2.50 a game. 50% off Appetizer Sampler (shoes not included)
<b>Thursday Buddy Night!</b> 4pm-11pm Buy One Game Get One FREE Shoe rental not included	<b>Friday Cosmic Bowl!</b> 10pm to close Spin the wheel win prizes and so much more!	<b>Saturday Cosmic Bowl!</b> 10pm to close Spin the wheel win prizes and so much more!
<b>Sunday Family Day!</b> 11 am-11pm \$10 dollars (per person) all you can bowl up to two hours. Five persons per lane including shoes	<b>Bowling &amp; Lunch For as Low as \$6.00</b> Offer good Monday-Friday 11 am to 2 pm, from January 4 March 31, 2010.	

**PEPSI**

For information call 970-563-1707  
These prices do not apply to any other discounts or offers!

14324 Hwy 172 N. Ignacio, CO 81137 970-563-7777  
[www.skyutecasino.com](http://www.skyutecasino.com)