



Moving
Toward a Healthier You® >>>

National Kidney Month



Since March is National Kidney Month, here are some things you might like to know about the kidneys and kidney disease.

Kidneys remove extra water and waste from the blood. Kidney disease occurs when the kidneys are damaged and can no longer remove all the waste they should. This causes waste to build up in the blood, which is harmful to the body. Millions of Americans are affected by kidney disease.

There are usually no warning signs of early kidney disease. You could have kidney disease and not know it. You may be at risk for kidney disease if you have diabetes or high blood pressure. Heart disease or a family history of kidney disease can also put you at risk. If you have any of these risk factors, talk to your doctor about getting tested for kidney disease. Kidney disease cannot be cured, but it can be treated.

Help protect your kidneys. Keep your blood pressure under control, and take steps to prevent diabetes or to manage it if you have it.

For more information, call the National Kidney Disease Education Program at 1-866-4-KIDNEY (1-866-454-3639).

Staying Healthy

Acetaminophen Safety

Acetaminophen is a medicine for treating fever and pain. It can be found in prescription and nonprescription medicines, such as Tylenol®. Acetaminophen can work well and is safe when used correctly.



Acetaminophen can be harmful if you take more than what your doctor or the product label directs. It can also be harmful if you use it for a longer time than directed. Using too much acetaminophen can cause liver damage.

How much acetaminophen can you take? If you take acetaminophen on a regular basis, the American Liver Foundation recommends taking a total of less than 3 grams (3,000 milligrams) a day.

Read the label on your medicines, especially if you take more than one. Your doctor or pharmacist can tell you which of your medicines contain acetaminophen and help you avoid taking too much.

In the News

Organic Foods

When you visit a grocery store these days, organic foods are often available. “Organic” refers to how farmers grow and process fruits, vegetables, grains, dairy products and meat.

Farmers who grow organic foods do not use chemical fertilizers, insecticides or chemical weed killers. They also do not give animals antibiotics or growth hormones.

Does this mean that organic foods are healthier than foods grown using chemicals? No. There is no evidence



that organic food is better for you.

It is important to keep in mind that organic foods are grown and processed differently. Organic foods may look different. They may even taste different, but they meet the same quality standards as foods grown using the usual methods.

Generic Medicine Update



Generic medicines have the same active ingredients, dosage forms and strength as their corresponding brand-name medicines. They meet the same

quality standards and are as safe and effective. Why do they cost less? The companies that make generic medicines save on the cost of research and development that was performed by the company that makes the brand-name medicine. This means they can sell the generic medicine for less.

The following are some generic medicines that have recently become available. Talk to your doctor or pharmacist to see if changing to a generic medicine is right for you.

Brand-Name	Generic Name	What It May Be Used For
Catapres-TTS® patches	clonidine TDS	High blood pressure
Casodex®	bicalutamide	Prostate cancer

This table contains references to brand-name prescription drugs that are trademarks or registered trademarks of pharmaceutical manufacturers that are not affiliated with CVS Caremark Part D Services, LLC, a subsidiary of Caremark Rx, LLC.

Ask an Expert

Question: What is glaucoma, and am I at risk for it?

Answer: Glaucoma is a group of diseases that can damage the eye's optic nerve. It can result in vision loss or blindness.

If you have glaucoma, you may still clearly see objects directly in front of you but not to the side.

Glaucoma can be treated with medicines or surgery. If you find glaucoma early and treat it, you may be able to prevent major vision loss.

Glaucoma can develop in anyone, but some people may be more likely to get it. For example:

- African Americans 40 years of age or older
- Everyone over 60 years old, especially Mexican Americans
- People with a family history of glaucoma

If you fall into any of these groups, talk to your doctor about getting your eyes checked by an eye care professional.

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