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For Your Health's Sake

The Importance of Good Kidney Health

(Huntsville, TX) - The topic of "kidney health" is becoming increasingly important, given the rising incidences of kidney problems. Until recently, very few people were concerned about this topic. Almost everyone is familiar with heart disease, cancer, stroke, diabetes, and high blood pressure. While these are probably the leading causes of health problems and death, not many people realize that kidney disorders can lead to many of these degenerative diseases.

You might be wondering just how kidney disorders can lead to heart disease, stroke, or even cancer. Well, if you understand the crucial role of the kidney in relation to overall health, this will not be so difficult to conceive. One of the key functions of the kidney is to filter the blood, keeping it free from toxins and other waste products. The kidneys are also responsible for regulating and maintaining the concentration and volume of blood. In other words the kidneys help to maintain the right quality and quantity of blood. This is important to note since the quality of blood determines the quality of health. Some of the key functions of blood include: transportation of nutrients, oxygen, and hormones around the body; protection against diseases including cancer cells; and helps stabilize the pH balance.

When the kidney is not able to properly discharge its functions, the result is poor health and eventually - death. Kidney failure causes toxins and waste products to accumulate in the body, and disrupts the chemical balance, viscosity (thickness) and volume of blood and other body fluids. Eventually, this can lead to hypertension and diabetes which in turn can lead to heart disease and stroke. Further, the compromised quality of blood leads to a depleted immune system which increases the risk of cancer and other serious diseases.

Given the extreme importance of the kidneys in maintaining good health, the topic of kidney health must be closely examined. Kidney care is extensive and incorporates principles of health that is not only confined to the kidney but impacts on a wide range of general principles of health. It is important to remember that the kidneys are only one part of a very complex human biological system. Each element of this system is in some way connected or related to the other elements within this system. In looking at kidney care, therefore, one has to expand the scope beyond just the kidneys.

Huntsville Memorial Hospital understands the importance of good kidney health for years to come. To ensure that the citizens of our community are informed about the problems patients face in regards to renal disease, we are proud to welcome Dr. Dave Khurana to

our talented medical staff as a new employed physician for the HMH Physician Organization. Dr. Khurana is a specialist in both Nephrology and Hypertension. He completed his Nephrology Fellowship and Residency at the University of Texas Medical Branch in Galveston (UTMB). Dr. Khurana most recently served as the Medical Director of Nephrology and Dialysis for the Correctional Managed Care Division at UTMB as well as a Clinical Assistant Professor in the Division of Nephrology and Hypertension. Dr. Khurana is a recipient of the Dr. Patsy Koeppel Award of Excellence for the University of Texas Medical Branch as well as a two time winner of the Outstanding Nephrology Fellow of the Year. Dr. Khurana's Clinic will be open on June 6th at 116 Medical Park Lane, Suite B. Please call his office at 293-4622 to schedule a consultation today.

More than 26 million Americans have chronic kidney disease and most don't know it. No one understands the importance of good kidney health as much as your primary care physicians. Talk to him or her about the risks of kidney disease and if you are a good candidate for visiting with a Nephrologist.

Sally Nelson
Chief Executive Officer
Huntsville Memorial Hospital