

# The Rogosin Institute shares important information for National Kidney Month

BY CAMILLE SPERRAZZA

March is National Kidney Month, a time to raise awareness about this important organ that's instrumental to our overall health and well-being. Dr. Gail Frumkin, Nephrologist and Medical Director of Quality Assurance at The Rogosin Institute, lends some insight.

*Why are our kidneys important and how do we take care of them?*

The kidneys control the fluids and salt we take into our bodies; they regulate blood pressure; and they filter toxins. The best way to care for them is to eat a healthy diet, drink plenty of fluids, and monitor blood pressure.

*What is Chronic Kidney Disease (CKD), and what are the risk factors associated with kidney disease?*

Chronic Kidney disease means there is already

some level of damage that can progress over time. This could result in kidney failure, if left unchecked. The biggest risk factor in the U.S. is diabetes and high blood pressure. Also: excessive use of Advil and Motrin.

*What tests can be done to indicate kidney problems and what do these tests measure?*

Simple blood tests performed by a family physician can measure kidney function and show us the state of hydration. If the numbers are elevated above normal, it means impairment. Follow up with a nephrologist, a kidney doctor who is an expert in these matters.

*What is advanced kidney disease, and end-stage kidney disease?*

Advanced-stage kidney disease is when there is less than 25% kidney func-



Gail Frumkin, Medical Director

tion; end-stage is when kidney function drops below 10% and toxins levels rise too high to support life; requiring kidney replacement or dialysis.

*What is The Rogosin Institute, and how can it help?*

The Rogosin Institute provides the highest quality comprehensive care for people with kidney disease, using a multifaceted

integrative approach that emphasizes education and innovative treatment options.

We have the largest home dialysis program offering patients the best quality of life. Our ten dialysis centers are conveniently located throughout the NYC area. Our staff and wellness ambassadors mentor patients and help guide them through all treatment options to choose the one that is best for them.

The Rogosin Institute is dedicated to compassionate, high quality, individualized, care. We are affiliated with New York-Presbyterian, one of the nation's premier health care systems.

*Does Rogosin offer home dialysis, and what are the benefits of home dialysis?*

We do, and home dialysis is almost always gentler on the body. It is an option

for patients suffering from end-stage renal disease who need dialysis. Patients perform their own dialysis from the comfort of home, or while traveling, fitting it into their schedules whenever it works best for them.

*Where is The Rogosin Institute located, and do the providers speak other languages?*

We are located in Brooklyn, Queens, Manhattan and the Bronx. Our staff speaks many languages, including Russian, Spanish, Chinese, and Korean.

*How can we reach The Rogosin Institute?*

If you or someone you care about has been diagnosed with kidney disease or has advancing kidney disease, call The Rogosin Institute at 888-ROGOSIN (888-764-6746). You can also make an appointment at our website, [www.Rogosin.org](http://www.Rogosin.org).