

What is Nephrology?

Technically, Nephrology is the medical specialty that deals with diseases, disorders, diagnosis, and treatment of the kidneys. But you can think of Nephrology as an opportunity for improved quality of life. That's because early treatment and management of kidney disease can slow the progression of the disease.

The Warning Signs of Kidney Disease:

Warning signs include, but are not limited to: high blood pressure, swelling of the face or ankles, frequent urination, rusty or brown-colored urine and back pain just below the rib cage. If you are experiencing any or all of these, ask your doctor to refer you to a nephrologist. It's important to have regular check-ups, including urinalysis and blood tests, because there are no symptoms until you have lost significant kidney function.



Locations:

Westlake Office

29325 Health Campus Drive, Suite 3
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440.617.2700

Southwest Office

7255 Old Oak Blvd., C408
Middleburg Heights, Ohio 44130
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prevent,
diagnose,
treat,
thrive.



your guide to
**Nephrology &
Hypertension**

nohc.com
ohiomedicalgroup.com



We are partners for your health.

As the population ages and as other at-risk populations increase, kidney disease is sharply on the rise. In fact, the U.S. incidence rate is the highest in the world.

At North Ohio Heart Center (NOHC) and Ohio Medical Group (OMG), we take our role as partners for your health seriously. As such, we've expanded our practice to include Nephrology, the specialty which diagnoses and treats kidney related diseases and disorders. Since kidney disease is both a cause and a consequence of cardiovascular disease, Nephrologists also assist in the prevention of cardiovascular disease.

Under the care of a Nephrologist, a patient with underlying kidney disease, or kidney disease risk factors, can slow, or possibly reverse, the progression of the disease. Since you can have kidney disease without any symptoms, your doctor may first detect the condition through routine blood and urine tests. With early treatment of kidney disease and of risk factors, patients have a better survival rate and an improved quality of life.

Take control!

If you are in the early stages of kidney disease, you may be able to save your remaining renal function by seeing a Nephrologist regularly and:

- *controlling your blood glucose*
- *controlling your blood pressure*
- *following a low-protein diet*
- *maintaining healthy levels of cholesterol in your blood*
- *getting regular exercise*
- *quitting smoking*



Dr. Arash Rashidi

We are pleased to announce the addition of Dr. Arash Rashidi, an expert in Nephrology and Hypertension, to our practice.

Dr. Rashidi also specializes in minimally invasive procedures of dialysis vascular access, resulting in less trauma and faster healing.

Dr. Rashidi has an extensive medical background, completing two residencies in internal medicine, fellowships in Nephrology and Hypertension and Interventional Nephrology, and many clinical research studies. He has numerous publications and presentations in national and international meetings and has received multiple awards for his researches and presentations.

For a detailed biography, please visit:
www.ohiomedicalgroup.com

Who can get kidney disease?

Anyone can develop kidney disease or kidney disorder. However, people over the age of 50, and those with the certain risk factors (such as diabetes, polycystic ovarian syndrome and high blood pressure, or family history of kidney disease) should monitor their health and diet more closely.

The Major Sources of Kidney Disease:

- **DIABETES** accounts for more than 40% of all new cases of end stage renal disease (ESRD).
- **HIGH BLOOD PRESSURE (*hypertension*)** accounts for 26% of all new cases of ESRD.
- **GLOMERULONEPHRITIS** is scarring that occurs within the groups of tiny blood vessels in the kidneys called the glomeruli. The glomeruli assist the kidneys in filtering urine from the blood.
- **POLYCYSTIC KIDNEY DISEASE (PKD)** is a genetic disorder characterized by the growth of numerous cysts filled with fluid in the kidneys that replace normal kidney tissue by non-functional cysts.

