

ISOLA

CONDOMINIUM ASSOCIATION, INC

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ISOLA Condominium Association, Inc.

770 Claughton Island Drive
Miami, Florida 33131

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Monday - Friday ...9:00 AM - 5:00 PM



March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY

- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE

- Cardiovascular disease
- Heart attack
- Stroke
- Anemia/ low red blood cell count
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure

4 RISK FACTORS

- Diabetes
- High blood pressure
- Age 60+
- Family history

7 SYMPTOMS

- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



WACKY WARNING LABELS

Every year, the Michigan Lawsuit Abuse Watch (M-LAW) organization holds a contest to find the wackiest warning labels on products, intended to highlight the potential for frivolous lawsuits. In recent years, companies have been coming up with more and more warnings on their products in the hopes of protecting themselves from lawsuits by consumers who have used their products in ridiculous ways. Since 1997, they've been collecting submissions for their Wacky Warning Label Contest, with submissions including the funniest warning labels around. Here is a sampling of some past winners:

- On a bottle of drain cleaner: "If you do not understand, or cannot read, all directions, cautions and warnings, do not use this product."
- On a snow sled: "Beware: sled may develop high speed under certain snow conditions."
- On a fishing lure: "Warning, harmful if swallowed."
- On a carpenter's electric router: "This product not intended for use as a dental drill."
- On a baby stroller: "Remove child before folding."
- On a package of sleeping pills: "Warning: may cause drowsiness."

- On a public toilet: "Recycled flush water unsafe for drinking."
- On a snow blower: "Do not use snow blower on roof."
- On a dishwasher: "Do not allow children to play in the dishwasher."
- On a container of underarm deodorant: "Caution: do not spray in eyes."
- On a household iron: "Never iron clothes while they are being worn."
- On a wheelbarrow: "Not intended for highway use."
- On a common dust mask: "Warning, does not supply oxygen."
- On a box cutter: "Blades are sharp."
- On a children's scooter: "This product moves when used"



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IRISH BOXTY

Boxty are Irish potato pancakes. This iconic Irish dish is served all year round, and produces potato pancakes that are crispy on the outside, but perfectly tender on the inside. Try it out this St. Patrick's Day!

Ingredients

- 1 ½ cups grated raw potatoes
- 1 cup all-purpose flour
- 1 cup leftover mashed potatoes
- 1 large egg
- 1 tablespoon skim milk
- salt and pepper to taste
- ¼ cup olive oil

Directions

1. Toss grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined.
2. Whisk egg and milk together in a separate bowl; mix into the potatoes. Season to taste with salt and pepper.
3. Heat oil in a large skillet over medium-high heat. Drop in potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.







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