



St. Clair Nephrology

KIDNEY DISEASE • HYPERTENSION • TRANSPLANT

We are here to help you control your blood pressure and decrease your risk of a cardiovascular event such as heart attack, stroke, congestive heart failure, and kidney failure. If you have kidney disease, improved control of your blood pressure will often slow down or stabilize your kidney injury.

We will work as a team to reach your goal of better health. Your healthcare team is composed of your Doctor, Advanced Practitioners, Certified Medical Assistants and office staff. We utilize an electronic medical record (EMR) for your prescriptions and medical documentation. Our staff will take all questions and prescription refill requests and promptly forward them to us for response.

Blood Pressure Helpful Hints

Together, we can control your Blood Pressure!

1. Bring all your MEDICATIONS to your appointment, or put a current medication list in your wallet. Include all allergies.
2. Call our office for all medication refill requests. Allow 24-48 hours for processing.
3. Bring your blood pressure cuff to the clinic once a year to check its accuracy
4. DIET: Think fresh, non-processed foods. 80% of the salt in our diet comes from processed foods (i.e., soup, lunchmeat, spaghetti sauce, fast food, frozen entrees, etc). Follow the DASH Diet.
5. EXERCISE: Walk at least 30 minutes every day.
6. SLEEP at least 7 hours every night.
7. DO NOT stop medications without calling.
8. DO NOT take any supplements or over the counter medications without calling us. Some common over the counter medications that can increase your blood pressure include but are not limited to: decongestants (Sudafed™) and cold medicines (NyQuil, ™), Alka-Seltzer, Ibuprofen (i.e., Advil™, Motrin™) and Naproxen (i.e., Aleve™).
9. Call our office if you think you are having a medication reaction.
10. If for any reason you think you are having an emergency, Call 911 and go to the nearest emergency room.
11. If you have not heard from us within 7 days of any testing call our office for results.

We can be reached at: 586-218-2805

Christopher Provenzano, MD
Director of Hypertension Clinic