Meet Dr. Paul Crawford

Dr. Crawford specializes in nephrology at Advocate Trinity Hospital in Chicago.

From the start, Dr. Paul Crawford enjoyed solving problems. When reflecting on his thirty-one year career, he jokes, “I was drawn to nephrology because I liked chemistry and detective work!” Then, as a medical student, he noticed a disproportionate number of African-Americans with kidney disease. That clinched his choice of nephrology.

Chronic kidney disease (CKD) has changed considerably since Dr. Crawford began practicing medicine. “Today more time is spent with dialysis and kidney transplants,” he comments, “because CKD has reached epidemic proportions.

“Before 1993, hypertension was the main cause of CKD, then it shifted to diabetes. Unfortunately, in many cases, it’s both.” This bothers Crawford deeply.

“People need to make the connection between CKD, hypertension, and diabetes, and they need to make that connection early to control their blood pressure and blood sugars properly,” he warns. “Lifestyle change is crucial.”

Dr. Crawford has many heartfelt views about health. “Obesity, inactivity, poor diets, diabetes, high blood pressure – these are precursors of disaster. Lifestyle changes are needed, but people prefer taking a pill to giving up the salt shaker!”

This kind doctor is candid and tough on faith communities, too. “Spiritual health and physical health are related. Faith leaders have an obligation to help their parishioners change their lifestyles . . . and they need to lead by example.”

• advocatehealth.org
• kidney.org – The National Kidney Foundation
• kidney.org/news/keep/index.cfm – National Kidney Foundation’s Early Evaluation Program (KEEP)
• diabetes.org – American Diabetes Association
• americanheart.org – American Heart Association

Related to the Evangelical Lutheran Church in America and the United Church of Christ (www.advocatehealth.com)