



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Catching Kidney Disease Early Can Reduce Cardiovascular Complications

Montreal – March 2, 2011 - Kidney disease is a major risk factor for heart disease, both of which are among the top ten causes of death for Canadians. During Kidney Health Month, March in Canada, The Kidney Foundation of Canada is reminding the public that addressing kidney disease early is one way of having a positive impact on helping to reduce cardiovascular disease. It's a goal it shares with the international community of kidney foundations, whose World Kidney Day (March 10, 2011) theme also focuses on the cardiovascular risks associated with kidney disease.

"If your kidneys are not working properly, you are at increased risk of cardiovascular diseases," says Clinician-Scientist and Nephrologist, Jean-Francois Cailhier. "When the kidneys don't work properly, the level of waste in the body increases and this can increase inflammation leading to cardiovascular diseases."

Francois-René Dussault, is a Kidney Foundation volunteer with the Peer Support Program who knows first-hand what can happen when a kidney shuts down. He received an organ donation from a deceased donor but when the transplanted organ failed almost two years to the date that he had received it, he had to start home hemodialysis treatments to cleanse his blood in a way his kidneys could not. "My nocturnal hemodialysis treatments required eight hours per night, five nights per week." It was an exacting schedule, but in 2008, he received a second transplant which he calls "a gift of life".

Paul Shay, National Executive Director of The Kidney Foundation of Canada, notes: "People should have their blood pressure checked. Individuals who have diabetes or know they have high blood pressure; and those who come from high risk groups such as Aboriginal, Asian or African, should have a blood and urine test to evaluate their kidney function. There is no cure for kidney disease, but early detection can help reverse or delay disease progression."

"The sooner we can detect the presence of kidney problems, the sooner we can treat them to prevent the bad consequences kidney disease can have," says Dr. Cailhier.

To find out more about the link between kidney disease and cardiovascular disease, visit www.kidney.ca or www.worldkidneyday.org

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Contact:

Irene Aguzzi

National Director, Communications and Marketing

514-369-4806, extension 227 or irene.aguzzi@kidney.ca

2011 Kidney Health Month and World Kidney Day Events

The Kidney Foundation of Canada is holding public education and health screening events throughout the Month of March in various communities nation-wide, while volunteers canvass to raise funds for research into kidney diseases and treatment options and to support programs to help those affected by the disease. Some community events are listed here below. For a full list, visit www.kidney.ca

Kidney Health Month

Kidney Health Bulletin Boards will be displayed all across Saskatchewan to educate people about kidney disease and how to keep your kidneys healthy.

You and Your Kidneys with Sidney the Kidney educational school booklet launches. Grade 5 educational school booklet launch events in London (March 9) and Thunder Bay (March 10) and Ottawa.

Contact: Wendy Kudeba at wkudeba@kidney.on.ca or 905.278.30030 ext.498

World Kidney Day, Thursday, March 10, 2011

What: The Windsor & District Chapter (Ontario) will host a multifaceted breakfast event featuring keynote speaker Dr. Albert Kadri. Participation at this event is \$25 (CDN). Tickets can be obtained at the door.

Where: The Giovanni Club (Windsor Hall), Windsor, Ontario

When: 7:00 – 9:00 a.m.

Contact: Jeremy Renaud at erika@mdirect.net or 519.977.9211 ext. 23

What: World Kidney Day Breakfast

Where: Norwood Hotel, Winnipeg, Manitoba

When: 7:30 a.m. – 9:00 a.m.

Contact: Val Dunphy at vdunphy@kidney.mb.ca or 204-989-0808

What: Protect Your Kidneys. Save your Heart. Blood Pressure Check.

Where: All Canada Safeway pharmacies in Saskatchewan

When: 1:00 – 3:00 p.m.

Contact: klytle@kidney.sk.ca or 306-664-8588 ext. 23