



*The foundation
of kidney care.*

News Release

World Kidney Day 2013 STOP Kidney Attack!

Protect your kidneys, find out how

March 5, 2013 – Montreal, Quebec – World Kidney Day, March 14, occurs annually midway through Kidney Health Month (March) in Canada. This year, The Kidney Foundation of Canada (KFOC) is partnering with the Canadian Society of Nephrology (CSN) and the international community to raise awareness of the importance of preventing kidney damage, sudden or long-term, by distributing an information brochure to thousands of Canadians across the country. The brochure will also be available online at www.kidney.ca/2013WorldKidneyDay.

This year's World Kidney Day theme focuses on the importance of preventing kidney attacks or acute kidney injury (AKI). AKI is a sudden decrease in a person's kidney function. It is most commonly due to low blood flow or poor oxygen delivery, and is often seen in hospital settings. It is estimated that 5-10% of critically ill patients who find themselves in intensive care units experience an attack that can have a long-term impact on their lives. Kidney attacks can also be the result of the use of prescription medications, particularly in the elderly, and can leave one at risk for chronic kidney disease.

Craig Dunbar was fit and active when he experienced a kidney attack in 2007. "I sprained my ankle while playing baseball and was given anti-inflammatory medications to help heal quickly. Then, suddenly, my body went into crisis." Craig later discovered he had a dormant kidney disease known as IgA nephropathy or Berger's Disease. Drugs can affect kidney function especially after a sudden injury or if there is an unidentified predisposition. "In a matter of days, I was being treated for kidney failure with dialysis. My life has never returned to what it was before."

"Even if we can see only small changes in kidney function, these could set up the conditions for a perfect storm and predispose a person to more severe kidney damage later," says Dr. Michael Walsh, Assistant Professor, Departments of Medicine (Nephrology) and Clinical Epidemiology and Biostatistics at McMaster University. "Those with poor kidney function to begin with are at higher risk of acute kidney injury."

Dr. Walsh and Craig Dunbar are two of the many ambassadors promoting increased awareness, prevention, early detection and management of kidney disease during Kidney Health Month. To learn more about activities and health screening events in your region, visit www.kidney.ca/2013WorldKidneyDay.

The Canadian Society of Nephrology is a society of physicians and scientists specializing in the care of people with kidney disease, and in research related to the kidney and kidney disease. **The Kidney Foundation of Canada** is the national volunteer organization committed to reducing the burden of kidney disease. In 2012, The Kidney Foundation launched the public phase of its **New Challenge Campaign** to raise \$73 million to: further invest in building world-class research capacity; foster early detection and prevention of kidney disease; power local and national program and policy initiatives; and build organizational capacity to even more effectively and efficiently serve the needs of people living with kidney disease. To find out more about this bold, new campaign, visit www.kidney.ca/campaign.

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