



The foundation of kidney care.

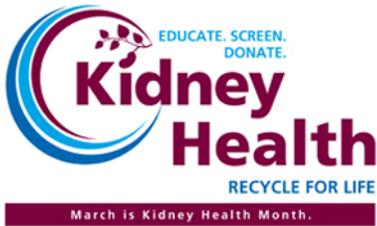
PR-kit

NEWS FROM THE KIDNEY FOUNDATION MARCH 2010



March is **Kidney Health Month**

www.kidney.bc.ca



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March is Kidney Health Month Are your kidneys OK?

Kidney Disease is incurable, undetectable in its early stages and on the rise.

2,720 people are on life-saving dialysis in BC *
230 are on the BC Transplant waiting list for a kidney**

February 11, 2010: In British Columbia, it is estimated that 145,000* people have Chronic Kidney Disease (CKD). Many don't even know they have developed this life-threatening disease because the symptoms in the early stages are silent. They don't discover they have kidney disease until they have lost over 50% of their kidney function.

The main risk factors are **diabetes and high blood pressure**. Other contributors include a family history of kidney disease and being of Aboriginal, Asian, South Asian or African descent.

The Kidney Foundation of Canada is urging everyone who is at risk of developing CKD to ask their family doctor for a simple eGFR Test (estimated Glomerular Filtration Rate) to determine their level of kidney function. If CKD is detected early, its progression can often be slowed and sometimes even stopped through lifestyle, diet and medication changes. If kidneys fail, dialysis or kidney transplant is necessary for survival.

March 11, 2010 is World Kidney Day. Kidney Foundation volunteers will join organizations and communities around the world who will be participating in events and promotions to help spread the word.

World Kidney Day activities in BC, at the time of writing, are included in this media kit. Regular updates will be sent as they become known.

March Drive is The Kidney Foundation's annual door to door campaign. In BC, approximately 7,000 volunteers will be canvassing to increase awareness of the importance of kidney health and to raise money to help The Kidney Foundation fund research, provide education and support for kidney patients, promote access to high quality health care and increase public awareness and commitment to the importance of kidney health and organ donation. Please give generously when a canvasser comes to call, or donate online at www.kidney.bc.ca

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* BC Provincial Renal Agency www.bcrenalagency.ca
** BC Transplant www.bctransplant.bc.ca

For contact with a person in your community who has been affected by kidney disease,

Contact:
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March 11, 2010 is World Kidney Day

Since 2006, World Kidney Day has been held annually on the second Thursday of March. Launched jointly by the [International Society of Nephrology](#) and the [International Federation of Kidney Foundations](#) the purpose is to increase awareness and draw attention to the urgent global need for early detection and prevention of the growing epidemic of kidney disease.

Every year on World Kidney Day and throughout the month of March, The Kidney Foundation of Canada, BC Branch, partners with The BC Renal Agency and health authority renal programs in BC on a range of activities and events.

World Kidney Day Events planned to date include:

Abbotsford	Information table at Seven Oaks Mall and the Sikh Temple
Duncan	Information display at Mill Bay Shopping Centre
Prince George	Walk through Pine Centre Mall: Information booth Information table at Prince George Hospital
Kamloops	Sahalee Mall – large event with the Mayor conducting official opening. All merchants to get involved, wearing WKD T-Shirts. Activities include information table with a night cyclist and possibly a hemodialysis machine on display for people to see, and a walk around the mall.
Nanaimo	Walk for Kidney Health around Nanaimo General Hospital
Surrey	Information at Surrey Memorial Hospital March 11 and 12.
Victoria	Walk around Royal Jubilee Hospital with the Renal Unit Sidney the Kidney to lead the walk
Vancouver	BC Children's Hospital Blood Pressure Clinic

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For Immediate Release
February, 2010

Kidney Kids Benefit from Fundraising Campaign

Forty four kids with kidney disease were treated to a week of outdoor fun at the Zajac Ranch in August, 2009. Ranging in ages between 7 and 17, each of these youngsters was able to “just be a kid” as opposed to being someone with a life threatening disease. They swam, hiked, rode horseback and started food fights with their new friends – just like “normal campers”, and for some of them it was the first time they could socialize without feeling different. The cost for this wonderful opportunity? \$50,000. The funders? The many generous and caring people that The Kidney Foundation reached out to for financial assistance.

This March, over 7000 volunteers will canvass door to door in communities all across British Columbia, raising funds and awareness for kidney disease. The March Drive campaign has traditionally been the Foundation’s largest source of revenue and funds medical research, education and support for kidney patients, and public awareness campaigns about the importance of kidney health and organ donation. We hope to raise half a million dollars during this year’s campaign. Please give generously when a canvasser comes to call, or donate online at www.kidney.bc.ca

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To interview a person in your community who has been affected by kidney disease,

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WE'RE BEHIND YOU ALL THE WAY



What Can You Do For Your Kidneys?

Kidney disease can be a silent killer. There are however several ways to reduce the risk of developing kidney disease.

Keep fit and active

Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease.

Keep regular control of your blood sugar level

About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney functions. Kidney damage from diabetes can be reduced or prevented if detected early. It is important to keep control of blood sugar levels with the help of doctors or pharmacists who are always happy to help.

Monitor your blood pressure

Although many people may be aware that high blood pressure can lead to stroke or heart attack, few know that it is also the most common cause of kidney damage. The normal blood pressure level is 120/80. Between this level and 129/89, you are considered pre-hypertensive and should adopt lifestyle and dietary changes. At 140/90 and above, you should discuss the risks with your doctor and monitor your blood pressure level regularly. High blood pressure is especially likely to cause kidney damage when associated with other factors like diabetes, high cholesterol and cardiovascular diseases.

Reduce your salt intake - Eat healthy and keep your weight in check

This can help prevent diabetes, heart disease and other conditions associated with chronic kidney disease. Reduce your salt intake. The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon). In order to reduce your salt intake, try to limit the amount of processed and restaurant food and do not add salt to food. It will be easier to control your intake if you prepare the food yourself with fresh ingredients.

Do not smoke

Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.

Do not take over-the-counter pills on a regular basis

Common drugs such as non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage and disease if taken regularly. Such medications probably do not pose a significant danger if you use them only for emergencies and if your kidneys are relatively healthy. But if you are dealing with chronic pain, such as arthritis or back pain, work with your doctor to find a way to control pain without putting your kidneys at risk.

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The symptoms of Kidney Disease are silent Early Detection and Prevention are Possible

February 11, 2010 - Many of the symptoms of Chronic Kidney Disease (CKD) are difficult to diagnose. Dr. Adeera Levin, Director of the B.C. Renal Agency explains “In some cases, when a person’s kidneys fail, it seems to happen suddenly, without warning. They learn afterwards that their kidney function had been deteriorating slowly – unknown to them – for quite some time. Perhaps they did not have obvious symptoms, or the signs were there, but mistaken for something else.”

Symptoms of CKD: (noticeable after approximately 50% of kidney function is gone)	High Risk Factors to developing CKD
<ul style="list-style-type: none"> ● Foamy or bloody urine ● Fatigue ● Loss of appetite which can lead to weight loss ● Nausea ● Headaches ● Frequent night time urination ● Puffiness of ankles, feet, or eyes ● Persistent generalized itching ● Bad taste in the mouth ● Shortness of breath 	<ul style="list-style-type: none"> ● Diabetes ● High Blood Pressure ● Heart Disease ● Family History of Kidney Disease ● An ancestral background that is Aboriginal, African, Asian, South Asian, or Hispanic ● Over 50 years of age

March is Kidney Health Month. The Kidney Foundation of Canada urges everyone who is at risk of developing Chronic Kidney Disease (CKD) to see their doctor for an eGFR test (Glomerular Filtration Test) to determine their level of kidney function. Early Detection can prevent or delay the need for life-saving dialysis or kidney transplantation.

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Kidney Care Patients in British Columbia*



Health Authority (HA)	Registered Pre-dialysis (CKD)	Hemodialysis			Home HD					Peritoneal Dialysis				Health Authority Total
		Total	In-Centre	Community	Total	Training	Conventional	Short Daily	Nocturnal	Total	CAPD	APD	IPD	
IHA	1807	257	167	90	35	0	6	12	17	93	35	58	0	2192
FHA	1932	577	365	212	26	2	6	7	11	240	44	193	3	2775
VCH/PHC	2838	642	457	185	54	7	1	16	30	190	56	132	2	3724
VIIA	3338	342	148	194	26	0	0	0	26	72	11	61	0	3778
NHA	453	110	73	37	11	1	6	0	4	45	22	23	0	619
BC Total	10366	1928	1210	718	152	10	19	35	88	640	168	467	5	13088

* Data as of December 31 2009

* Data source: PROQMS database of BC Provincial Renal Agency

Legend: IHA=Interior FHA=Fraser VCH/PHC=Vancouver Coastal/Providence Health Care VIIA=Vancouver Island NHA=Northern