



## Kidney Health for All

### March is Kidney Health Month

**March 11, 2015 – Montreal, Quebec** – One in 10 Canadians has kidney disease and millions more are at risk. Throughout March – Kidney Health Month – The Kidney Foundation of Canada, its partners and volunteers work together to host awareness events aimed at raising the profile of kidney disease and organ and tissue donation.

“On Thursday March 12, we will celebrate the 10<sup>th</sup> Anniversary of World Kidney Day, a global event which draws attention to kidney health,” said Dr. Julian Midgley, President of The Kidney Foundation of Canada. “This year’s theme, *Kidney Health for All*, raises awareness about the fact that not everyone is equal with regards to their personal risk for kidney disease.”

The Kidney Foundation encourages Canadians to take three simple steps during Kidney Health Month to improve the health of their kidneys:

- Control your blood sugar level and monitor your blood pressure. Diabetes and high blood pressure are the two leading causes of kidney failure.
- Eat healthy, keep your weight in check, and be active. This can reduce risk as you lower salt intake, increase fluid intake, and help prevent diabetes, heart disease and other conditions associated with kidney failure.
- Get your kidney function checked with a simple blood test, especially if you have one or more of the following at risk factors:
  - Diabetes
  - High blood pressure
  - Family history of kidney disease
  - 55 years or older
  - Smoker
  - Obese
  - Aboriginal, Hispanic, Asian, South Asian, or African heritage

Early detection is key because kidney disease can be slowed or prevented when detected early enough. An online assessment tool is one way The Kidney Foundation helps to inform and educate Canadians about the risk factors and warning signs.

“We encourage our supporters to help friends, family members and colleagues to understand their risks to kidney health, and to make healthy decisions about their lifestyle choices,” said Dr. Midgley.

“They can start their journey towards maintaining kidney health by completing The Kidney Foundation of Canada online risk assessment tool at [www.kidney.ca/risk](http://www.kidney.ca/risk).”

Additional public awareness comes through the dedicated support of thousands of volunteers who go door-to-door during Kidney Health Month to ask for financial support during The Kidney Foundation’s annual March Drive campaign. This fundraising campaign, which helps to support the Foundation’s programs and research investments, is also an effective way for people to further spread the word about good kidney health.

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**About The Kidney Foundation of Canada** The Kidney Foundation of Canada is the national volunteer organization committed to reducing the burden of kidney disease through funding and stimulating innovative research; providing education and support; promoting access to high quality healthcare; and increasing public awareness and commitment to advancing kidney health and organ donation. During Kidney Health Month in March, volunteer canvassers from The Kidney Foundation will be going door-to-door to raise awareness and funds for research and programs to help people living with kidney disease.

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