



MARCH is National Kidney Awareness Month



KIDNEY FUNCTIONS

HELPS REGULATE

blood pressure with the release of hormones

HELPS CONTROL

the production of red blood cells

FILTERS OUT

waste from 200 liters of blood per day

REGULATES

the potassium, salt and acid content in the body

REMOVES

drugs from the body

BALANCES

the level of fluids within the body

PRODUCES

an active form of vitamin D essential for healthier bones

DEMOGRAPHICS & STATS

9th { leading cause of death in the United States }

{ adults in the U.S. with chronic kidney disease (CKD) } **20MM**



{ 1 out of every 3 Americans is at risk of CKD due to high blood pressure (hypertension), family history of CKD, or diabetes }

{ people in need of a kidney transplant } **95,000**

590,000,000+ { Americans have experienced kidney failure }

EARLY DETECTION

THERE ARE USUALLY NO SYMPTOMS
ASSOCIATED WITH EARLY STAGE KIDNEY DISEASE
THUS LAB TESTS AND SCREENINGS
ARE ESSENTIAL

In most cases, there are **no symptoms** of kidney disease

Screening is essential for **early detection** of CKD

High levels of creatinine indicate abnormal kidney function

Lab technicians are able to calculate the **glomerular filtration rate (GFR)**, to determine stage of CKD

Age, gender, ethnicity, and creatinine level are factored into GFR

Obtain an **overall evaluation** of current kidney function from a kidney screening

WHAT IS HEMODIALYSIS?

Hemodialysis is a form of renal replacement therapy, a treatment which fills in for failed kidneys.

Here's how it works:

Hemodialysis will filter out bodily waste, this procedure removes excess fluids

Can balance electrolyte levels including bicarbonate, calcium, potassium, chloride, phosphate, magnesium

Blood is removed from patient's body and filtered through a dialyzer then returned to the patient's body

EVENTS & FUNDRAISERS



THE NKF KIDNEY WALK



KIDNEY ACTION DAY ON THE HILL, HELD ON MARCH 7TH



NKF CADILLAC GOLF CLASSIC



18TH ANNUAL CALENDAR KIDS ART CONTEST



WALK FOR PKD

FOODS THAT PROMOTE KIDNEY HEALTH



CABBAGE



GARLIC



CAULIFLOWER



APPLES



ONIONS



BLUEBERRIES



CRANBERRIES



RASPBERRIES



STRAWBERRIES



CHERRIES



FISH



EGG WHITES



RED GRAPES



OLIVE OIL

NATIONAL ORGANIZATIONS FOR KIDNEY HEALTH



NATIONAL KIDNEY FOUNDATION



PKD FOUNDATION



THE KIDNEY TRUST



AMERICAN KIDNEY FUND



NATIONAL RENAL ADMINISTRATION ASSOCIATION



AMERICAN ASSOCIATION OF KIDNEY PATIENTS



AMERICAN FOUNDATION FOR UROLOGIC DISEASE



AMERICAN SOCIETY OF NEPHROLOGY



AMERICAN NEPHROLOGY NURSES ASSOCIATION



DIALYSIS PATIENT CITIZENS (DPC)

SOURCES

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- <http://www.kidneyfund.org/kidney-month/>
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- <http://www.kidneyfund.org/kidney-month/10-ways-to-celebrate-national-kidney-month/>