



NEW YORK STATE SENATOR

Joseph E. Robach

## National Kidney Foundation Hosts Screening Saturday March 20th

JOSEPH E. ROBACH March 18, 2010

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**National Kidney  
Foundation\***

**KEEP™ – Kidney Early  
Evaluation Program**

The National Kidney Foundation hosts FREE Kidney Early Evaluation Program (KEEP). Call (585) 697-0874 or visit our calendar for upcoming dates and locations. KEEP is a health screening program designed to help identify and educate individuals who are at increased risk for developing kidney disease. It is the most comprehensive screening program in the nation. KEEP is of no cost to the participant.

Who should attend a KEEP Screening?

You should attend a KEEP screening if you are 18 years or older and have one or more of the following:

- \* Diabetes

- \* High blood pressure

- \* A parent, brother or sister with diabetes, high blood pressure or kidney disease

KEEP focuses on reaching those with known diabetes and/or hypertension or those who have first-degree relatives with hypertension, diabetes or chronic kidney failure in an attempt to delay or prevent the development of chronic kidney disease.

What takes place at the screening?

The KEEP screening program offers blood and urine testing, on-site consultation by a physician, referrals and additional follow up for those whose test results are outside normal ranges. All participants whose test values are outside normal range are contacted and those without access to medical care are referred to appropriate health care providers.

Tests are:

- \* Blood Pressure

- \* Height and Weight Measurements
- \* Body Mass Index (BMI)
- \* Waist Circumference
- \* Blood Glucose
- \* Hemoglobin A1c (conducted only on participants with self-reported diabetes or blood glucose levels indicative of diabetes)
- \* Albumin to creatinine ratio (urine dipstick check for ratio of protein in urine)
- \* Pyuria (urine dipstick for white blood cells)
- \* Hematuria (urine dipstick check for red blood cells)
- \* Hemoglobin (check for anemia)
- \* Serum creatinine (check for how well kidneys are filtering blood)
- \* Estimated Glomerular Filtration Rate (check for kidney function)
- \* Lipid Panel (including total cholesterol, direct HDL and LDL, triglycerides)
- \* Reflex Tests (these are bone and mineral tests for participants whose eGFR falls below 60)

More than 300,000 Americans are currently being treated for chronic renal failure, a condition that requires dialysis or a kidney transplant for patient survival. The number of individuals affected by kidney failure has been increasing by 6 to 8 percent each year.

KEEP is an early intervention program of the NKF Serving Upstate New York supported by an educational grant from Amgen and Genzyme with additional support from Abbott, SIEMANS, Novartis, LIFESCAN, Ocean Spray Cranberries, Inc., Suplena and Quest Diagnostics.

New KEEP Screening sites and volunteers are always sought. Call the NKF Serving Upstate New York at (585) 697-0874 or e-mail [infoupny@kidney.org](mailto:infoupny@kidney.org) to volunteer sites, people power, or for free upcoming KEEP dates.

#### Upcoming Schedule

\* 3/20/10, Mt. Olivet Baptist Church 141 Adams Street , Rochester, NY - 585-697-0874

\* 4/17/10, Blessed Sacrament St. Peter and Paul Church Community Center 160 High St. , Elmira, NY - 585-697-0874

#### Volunteers

KEEP depends on the collaboration of community partnerships. The program involves the efforts of caring professionals and volunteers in our community who are committed to health care and the control of kidney disease.

Both general volunteers and medically-trained volunteers are needed for on-going community and business screenings. General volunteers will assist with registration and education. Medical volunteers will conduct blood pressure, blood and urine tests. Physicians, Nurse Practitioners and Physician Assistants are needed for the consultation station.

Screenings are held on both weekends and weekdays throughout the Central New York, Northern New York and Southern Tier area. Participation in a training program is required.

For more information on volunteering for the KEEP program, please call the NKF at (585) 697-0874, e-mail [infoupny@kidney.org](mailto:infoupny@kidney.org) or click the logo below for a complete list of volunteer opportunities.

[VolunteerMatch - Where Volunteering Begins.]

Volunteer Opportunities

Did you know

\* 26 million American adults have Chronic Kidney Disease (CKD), and millions more are at risk.

- \* 100,000 Americans die each year from chronic kidney failure
- \* Diabetes and high blood pressure are the two most common causes of kidney failure
- \* People with diabetes and high blood pressure are at greatest risk of developing chronic kidney disease
- \* People who have a family history of diabetes, high blood pressure or kidney disease are also at increased risk
- \* Treating diabetes will lower your risk of developing kidney disease
- \* Treating high blood pressure will lower your risk of developing kidney disease
- \* Anemia is a frequently associated complication of chronic kidney disease
- \* In many cases, kidney failure can be prevented or delayed through early detection and proper treatment
- \* Simple blood and urine tests to check for chronic kidney disease are available

View more about the screening and your test results.

Basic Kidney Health and Kidney Disease Information.

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