

KIDNEY CONNECTION

FALL 2006

NxStage is the Next Stage in Hemodialysis Treatment

by: Andreas R. Price

If you are a patient having to deal with End-Stage Renal Disease (ESRD), I hope you recognize the importance of a positive attitude when it comes to trying to maintain your health. Part of keeping that positive attitude is a desire to take more ownership over your own care and treatment. Many dialysis patients have been searching for a treatment method that allows them both the convenience and the flexibility of choosing their own treatment times without having to be concerned about compromising their health. While peritoneal dialysis may be an option, hemodialysis patients have been limited in their choices for home treatments.

Because of my own busy schedule, which includes frequent travel out of town, I was looking for an alternative to having to schedule my in-clinic treatments at a unit in another city. As such, when I was approached with the opportunity to participate in the NxStage hemodialysis home training program sponsored by the University of Louisville, I quickly jumped at the chance because of the personal freedom and fulfillment it offered.

NxStage treatments are normally done six days per week, but only for approximately two hours per treatment versus the standard 4 to 4 1/2 hour treatments done three times per week in-clinic. While the frequency of six days per week might be a drawback, the improvement in health and well-being makes the more frequent treatments worth it. Also, the more frequent treatments are offset by the flexibility provided by performing dialysis in the comfort of the patient's own home (or wherever the patient chooses).

While the NxStage provides numerous benefits, three particular benefits stand out:

1. It provides more patients with access to home hemodialysis.
2. It improves overall patient health and gives patients greater control over their treatment and their lives.
3. Because of the portability of the machine and no need for a dedicated pure water source, it allows patients the ability to travel.

Andreas R. Price has been an ESRD patient for 26 years and returned to dialysis in 2003 after nearly 14 years of transplantation.

US Transplant Games brings Thousands to Louisville

More than 1,200 athletes competed in their own field of dreams at the National Kidney Foundation's Olympic-style 2006 U.S. Transplant Games held in Louisville in June. The four day athletic event showcased the success of transplantation while calling for the critical need for organ donors. Over 7,000 spectators were at the Games.

Team Kentucky marched in the Opening Ceremonies boasting 65 athletes from ages five to 75. Altogether, Team Kentucky earned 46 medals among fourteen sports.



The 2008 US Transplant Games will be held in Pittsburgh, Pennsylvania July 11-16. University of Pittsburgh and the University of Pittsburgh Medical Center (UPMC) will serve as the host facility.

The 16th World Transplant Games will be held next year in Bangkok, Thailand. Over 50 countries are expected to participate.

For the complete medal results or for more information on upcoming Transplant Games, please visit www.transplantgames.com. For more information on Team Kentucky, please call 502-585-5433 or visit www.nkfk.org.



National Kidney
Foundation
of KENTUCKY

ON SALE NOW!

Donate Life Wristband	\$1
Cookbook	\$10
Team KY T-shirts	\$5
Organ Donation Car Magnets	\$3

**SUPPORT TEAM KY
TODAY!**

CALANDAR OF EVENTS

Krazy for Kidneys
Oct. 12, Nov. 9, Dec. 14
Call 502-585-5433
for information

KEEP Schedule

October 21
Maysville, KY
Maysville
Community
College

November 4
Richmond, KY
Mason Co.
Health Dept.

November 9 & 10
Paris, KY
Legion Park Office

Kidney Walk: Walking the Path to Prevention

Chronic kidney disease is a public health issue affecting 20 million Americans. The NKFK Kidney Walk, held on September 16, brought together dialysis patients, organ transplant recipients, donor families, and others in the medical community to celebrate life and walk the path to the prevention of kidney disease.

The Kidney Walk welcomed Honorary Chair and guest speaker, Louisville Metro Councilman and kidney patient George Unseld. Councilman Unseld welcomed over 250 walkers and encouraged all to continue the fight against kidney disease. Walkers of all ages enjoyed the 2 mile walk at Waterfront Park and visited the Wellness Tent, Hero's Tent, Activity Center, and Silent Auction Area.

Generous contributions from corporate sponsors and individuals totaled over \$40,000, funding that will support the Foundation's mission of making lives better for those affected by kidney disease and organ donation.

Thank you to all who supported this year's Kidney Walk and a special thanks to our volunteers. The Kidney Walk couldn't have been successful without your support!

Prevent Kidney Disease KEEP Screening



Just last year, over 2,000 people were diagnosed with chronic kidney disease (CKD) in the state of Kentucky. In

2005, the NKFK screened 722 participants for CKD and its leading causes, high blood pressure and diabetes. The results are staggering: 7% learned they have diabetes, 12% learned they have hypertension, 66% learned they have kidney disease, and 87% of participants had at least one value out of the normal range.

The Kidney Early Evaluation Program (KEEP), a free screening offered to those at increased risk of developing CKD, provided these individuals with life-saving information otherwise unavailable to them. The NKFK continues to conduct these thorough, one hour screenings throughout the state and Southern Indiana. KEEP screenings include blood pressure and weight measurements, blood and urine analysis, and consultation with an on-site health professional. Participants are also provided with physician referrals for follow-up care and a variety of educational materials.

For more KEEP information or to make an appointment, please call the NKFK office at 1-800-737-LIFE.



The NKFK staff would like to thank all of our volunteers for the time that you have dedicated to *make lives better* for individuals with CKD.

THANK YOU FOR ALL OF YOUR SUPPORT!

Kidney Walk Awards

Dialysis Team Challenge—Largest Team
Marilyn's Angels - Fresenius, Louisville Area

Dialysis Team Challenge - Top Fundraiser
**Bethany's Bardstown Brats -
Fresenius, Bardstown**

Largest Team
KPMG

Top Team Fundraiser
Sassy Sisters

Top Individual Fundraiser
Sherry Graham

Congratulations!

2006 Golf Tournament Results

The National Kidney Foundation of Kentucky continues to host one of the most premier golf events for charity in the country. 200 golfers competed in the 2006 NKF Golf Classic held at Lake Forest Country Club on June 26, 2006. Brad Rives and John Voyles, Jr., co-chaired the event again and provided another outstanding year with almost \$224,000 in gross revenue to benefit the National Kidney Foundation of Kentucky. Golfers from across the globe graced the challenging, yet spectacular course managed by Golf Pro Matt Taylor. The double flight tournament produced two first place teams; National Environmental Contracting and E.ON-US. Congratulations to both teams, great job and enjoy the National Tournament at Pebble Beach in 2007!

On July 26, 2006 another team was added to the National tournament register for Pebble Beach in 2007. Team WKYT-TV Lexington took first place at the NKF Cadillac Invitational held at the University Club. Golf Chairman Chris Chaffin of Traditional Bank and the committee made possible another great event doubling the net revenue from last year. Thanks to all who made that possible and to our Platinum sponsor, Quantrell Cadillac. We look forward to seeing everyone there again next year.



Golf Tournament Winners

Louisville NFK Golf Classic	Lexington Cadillac Invitational Golf Tournament
1st Place National Environmental Contracting E.ON-US	1st Place Bill Pabst Randy Burke Corky Gillis Stephen Mann
2nd Place Mechanical Construction Services Pullman Power/Mellinger & Associates	2nd Place Justin Dankel Brian Sayre Jason Gabbard Todd Whan
3rd Place Roche Transplant PIC Energy Services	3rd Place David O'Donnell Jason Collier Jimmy Nash Derek Gordon

In Loving Memory...

The following individuals donated to the National Kidney Foundation of Kentucky in memory of loved ones from **May 16, 2006** through **September 20, 2006**. We are very grateful for these thoughtful contributions and wish to express our sympathy to the family and friends of the deceased.

In Memory of Susie W. Adams
Ed Radjunas

In Memory of Mary J. Bensing
Peter B. Doyle
Ron Livingston
Robert M. Pharris
Bill Vaught

In Memory of Charles L. Bishop
Bill Reynolds
Bill Reynolds

In Memory of Jerry W. Blair
Charles R. Blandford
Dr. John McCrillis

In Memory of John Clark
Marlene R. Kochert
Charles E. Murphy
Christopher S. Pendleton
Ty & Tayleigh

In Memory of Gary Cox
Tricia Adler
Sherry Breeding
Mary Jo Brown
Henry Downey
Henry County Board of Education
Sue Kelly
Tim Miller
LaVon Rose

In Memory of Ron Deaton
Jan & Darlene Knepshield

In Memory of John Everett
Eddie W. Bowling
Herman Bush
Marjorie Fischer
Joseph Norman Ryan
Ruth M. Spada
Carolyn R. Wilson

In Memory of Eva Jean Ezell
Rachel Barner
Stephen Chaffin

In Memory of Deborah A. Gambrell
Lisa Higgins

In Memory of Mary Lou Gardner
Keith E. Johnson

In Memory of Joseph Ghilardi
Aaron Grau

In Memory of Carl Givens Jr.
Martha F. Gamble

In Memory of James P. Goodlett
Donna M. Mayes
William T. Royalty

In Memory of Geraldine Hammond
William Koshewa

In Memory of Lillian Hester
David Nedros

In Memory of Margie Hines
Joel S. DeMoss

In Memory of Roy Huff
Joseph E. Crawford
Rodney Nay

In Memory of Mary E. Kasse
Arlene Booker
Carl E. Booker
Donald G. Gardiner
Robert G. Wright

In Memory of Laura K. Knopp
American Legion Post 229
Dennis Helms

In Memory of James F. Lawson
Lawson's Tractor & Implement

In Memory of Fred Macklin
Margaret Borglum

In Memory of James McMahan
Les D. Burton

In Memory of Shirley Metzger
Mark Menendez

In Memory of Frank Miller
Dan R. Coots

In Memory of James A. Newton
Janet Connell

In Memory of Donald Northcutt
Gerald D. Howard
Jan L. Neace

In Memory of Carl Oeth
Orena C. Branson
Harold Deig
Roger Deig
Merle H. Gould

In Memory of Bud Perkins
Gary A. Jones
Richard A. Martin
H. Minzenberger
K. E. Minzenberger
Shirley Minzenberger
Thomas E. Perkins
Nicholas E. Warris
Lisa Perkins
National City Bank

In Memory of Michael Pierce
Marietta Bickett
Richard A. Mahoney

In Memory of Kenneth Porter
Pat Robertson

In Memory of David B. Puetz
Arthur E. Adams

In Memory of Anna Remer
Harriet E. Green
Patricia P. Taylor

In Memory of Norma J. Trayner
Mark L. Gardner
Billy Mefford
Donald Mefford
Peak Mills Christian Church

In Memory of Roger Waddell
David O'Leary

In Memory of Una Walton
Deena Drexler

In Memory of William Webb Sr.
Pat Botner
Michael E. Braden
Ann Marie Brickzen
Ruth Ann Burks
Carrol J. Clements
David Lands
Linda Meier-Selvidge
Mark A. Sheridan
Donna Smith

In Memory of Shervita West-Jordan
Cheryl Ben-David

In Memory of Davis Willett
Arnold R. Durwood
B.G. Willett Farms
James E. Fay
Michael P. Hardesty
Susan Knapp
Beatrice Marvel
Clifton Scott Morgan
Rebecca Massey Assoc.
Doye Steele
Curtis Tucker
Ben F. Weaver
White Farms
Mason H. Willett
Vicky Lee Willett

Need Help? Dial 2-1-1!

The NKF is a participating organization in the Metro United Way's 2-1-1 call system, a service that connects people to community resources. A 2-1-1 caller is connected with a counselor who directs them to organizations that can assist them with their needs. Metro United Way CEO Joe Tolan says 2-1-1 will "help people navigate what can be a complicated network of services." Callers will receive information on a wide range of community organizations that provide anything from clothing to support groups. 2-1-1 is available 24 hours a day, 7 days a week and serves Southern Indiana (Clark, Floyd, and Harrison) and nine counties in Kentucky (Bullitt, Carroll, Jefferson, Henry, Nelson, Oldham, Shelby, Spencer, and Trimble).

Holiday Eggnog

Ingredients:

1 1/2 cups liquid non-dairy coffee creamer
1/2 cup frozen eggs or 1/2 cup liquid low-cholesterol egg substitute
2 tablespoons sugar
1 1/2 teaspoons vanilla
Nutmeg

Directions:

Combine first 4 ingredients in blender or beat with an electric mixer until well mixed. Chill thoroughly. Serve with a sprinkle of nutmeg.

Analysis: Calories 134; Carbohydrates 13; Protein 3; Fat 8; Sodium 88; Potassium 159; Phosphorus 53; *Renal and Renal Diabetic Exchanges:* 1 Milk, 1 Fat

Recipe from "Living Well on Dialysis: A Cookbook for Patients and Their Families" available free online at www.kidney.org.

Board Members

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News Update from the National Kidney Foundation of Kentucky

The NKFK is proud to announce that the **Kentucky Medical Association** adopted a **CKD resolution** written by Dr. R. Scott Cornell. The resolution, titled "Measurement of Glomerular Filtration Rate in Chronic Kidney Disease," recognizes the growing public health concern CKD has become and calls for physicians to recognize the importance of GFR. The resolution states, "[it is] resolved, that the Kentucky Medical Association urges physicians to consider ordering a glomerular filtration rate calculation when a serum creatinine is ordered on patients at highest risk for kidney disease." The **Bowling Green Chapter** is heading up the first **Kidneys in the Classroom Program** in the area in October. Chapter volunteers will introduce the program to hundreds of students in Warren County. Kentucky passed the **Donor Registry Bill**. Contact **Trust for Life** at 1-866-945-5433 for more information regarding the registry and how to sign up.

You can learn more about this exciting news in the next issue of *Kidney Connection!*

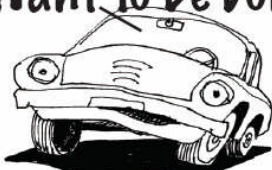
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www.nkfk.org

Yes! I would like to receive the *Kidney Connection*

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Address _____
City _____
State _____ Zip _____
Email _____

Please complete and send to:
National Kidney Foundation of KY
250 East Liberty Street, Ste. 710
Louisville, KY 40202
Or email Johanna Clapp at jclapp@nkfk.org

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