



**BC Renal  
Agency**

An agency of the Provincial  
Health Services Authority



The Best Place on Earth



The foundation  
of kidney care.

**For more information of  
names of local contacts:**

Pauline Buck  
The Kidney Foundation  
604.736.9775 or  
Cell 604.812.1995

Bev Holmes  
BC Renal Agency  
604 873 1353 or  
pager 604 645 0055

Pauline Buck  
The Kidney Foundation  
604.736.9775 or  
Cell 604.812.1995

## MEDIA RELEASE

**March 10, 2008**

### **Nanaimo Renal Community Celebrates World Kidney Day, March 13, 2008**

March 13, 2008 is a day of international celebration and education, with renal communities worldwide raising awareness of the kidneys' vital role in the maintenance of good health.

Chronic kidney disease (CKD) is one of the fastest growing epidemics of the western world with one in 10 people affected.

"In British Columbia up to 145,000 people have this life-threatening condition and most people don't even know it," says B.C. Minister of Health George Abbott. "World Kidney Day helps remind all British Columbians that early detection of CKD helps prevent or delay serious health measures up to and including life-saving dialysis and kidney transplants."

Known as the body's master chemist, kidneys remove wastes from the body (by filtering over 200L of blood a day), regulate the levels of water and minerals in the body and produce hormones that control important body functions. If kidneys stop functioning, the body can't survive, and dialysis is required.

The Kidney Foundation of Canada, BC Branch, is partnering with the BC Renal Agency, an agency of the Provincial Health Services Authority, on a range of activities throughout March -from media releases to a kidney quiz to promotional articles in partner newsletters. The partners are also challenging renal programs to celebrate World Kidney Day through such events as a morning or lunchtime "walk around the hospital/community dialysis unit" with as many staff/patients/volunteers as possible.

Some of the activities taking place in Nanaimo on March 13<sup>th</sup> are:

- **Nanaimo General Hospital** - Members of the Renal Team from the Dialysis Unit, wearing WKD T-shirts, participate in a Walk for Kidney Health around the outside the hospital to promote the importance of exercise to maintain good kidney health.

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## Backgrounder

### ***Are Your Kidneys OK?***

Test your knowledge of kidney disease by filling out the quiz posted throughout Kidney Month at [www.bcrenalagency.ca](http://www.bcrenalagency.ca). or [www.kidney.bc.ca](http://www.kidney.bc.ca) . At the end of March, random draws will be made and prizes awarded.

### ***What are some of the symptoms to look for?***

In the early stages of kidney disease, many individuals experience no symptoms. However, common early symptoms of kidney disease include: foamy or bloody urine; a frequent need to urinate at night; headaches; and puffy eyes or ankles.

### ***Why is there a Kidney Month?***

While patients with kidney disease in British Columbia have some of the best outcomes in the country and a broad range of care options, early diagnosis and treatment are essential to achieve the best patient outcomes, as changes to diet or medication can slow or even stop the progress of kidney disease.

### ***During the March Drive...***

More than 8,000 Kidney Foundation volunteers will canvass homes across BC to raise awareness and funds for research and patient programs.

### ***Where can I find out more about World Kidney Day?***

[www.worldkidneyday.org](http://www.worldkidneyday.org)

### ***Where can I learn more about kidney disease?***

[www.bcrenalagency.ca](http://www.bcrenalagency.ca)

[www.kidney.bc.ca](http://www.kidney.bc.ca)

The BC Renal Agency ([www.bcrenalagency.ca](http://www.bcrenalagency.ca)) and the Kidney Foundation of Canada, BC Branch ([www.kidney.bc.ca](http://www.kidney.bc.ca)) are good sources of information for patients and their families. The BC Renal Agency has also created a new DVD that can be played in English, Chinese (Mandarin and Cantonese), Punjabi and Tagalog and is available free to anyone who requests a copy on a first-come, first-served basis. The focus of the DVD is on patients who tell their own stories about their experiences in dealing positively with kidney disease.