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## MEDIA ADVISORY

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### Healthy Eating for People with Chronic Disease

*Vancouver, BC* – For many of us, meal planning involves little more than a quick consideration of what's in the fridge or kitchen cupboard.

However, for someone with kidney disease, heart disease and/or diabetes – three conditions that are strongly linked – spending a bit more time on meal planning is critical to staying healthy. In fact, a good diet can slow the progression of kidney disease and help some people avoid the need for dialysis.

Making meal planning easy for people with these conditions is just one of the presentations being featured at BC Nephrology Days, Thursday and Friday, October 11 and 12 at the convention facilities of Vancouver's Renaissance Hotel.

Sponsored by the BC Provincial Renal Agency, the annual BC Nephrology Days event brings together more than 450 experts and health care practitioners from across the province and the country to discuss issues and developments related to kidney disease.

Despite the acknowledged overlap of kidney disease with diabetes and heart disease, and the similarities in recommended care strategies, it is only recently that prevention and treatment efforts in BC are becoming aligned. A coordinated approach to care for people with diabetes, heart disease and/or kidney disease is a strong focus of Nephrology Days, which this year also features presentations about depression among people with chronic diseases, and why kidney disease should not be a barrier to a fulfilling sex life.

In British Columbia, an estimated 145,000 people live with some form of kidney disease, whose early-stage symptoms are easily misunderstood or ignored. Early diagnosis and treatment are critical, however, since dialysis – necessary for survival when the kidneys have failed – has generally poor outcomes. The annual mortality rate for patients on dialysis is ten percent, and the five-year survival rate is worse than for all cancers except lung cancer.

For more information about BC Nephrology Days visit [www.bcrenalagency.ca](http://www.bcrenalagency.ca).

To arrange an interview with one of the expert presenters featured at the event, contact Bev Holmes at 604 873 1353 or pager 604 645 0055.