



The foundation
of kidney care.

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MEDIA RELEASE

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World Kidney Day in Metro Vancouver

Vancouver, BC – In countries around the globe, World Kidney Day – March 10 – is recognized with events to raise awareness about kidney disease and about the role of good nutrition and exercise in protecting kidney health.

In Vancouver the BC Renal Agency (www.bcrenalagency.ca) is marking World Kidney Day (www.worldkidneyday.org) with the launch of its Kidney Smart Restaurant Campaign (www.kidneysmart.com). During the campaign, a select group of ten downtown Vancouver hotel restaurants will feature Kidney Smart meal options on their menus.

For every Kidney Smart meal they serve, participating restaurants are donating \$2 to the campaign. Donations will support research and kidney disease prevention efforts in Canada, and improved kidney care for people in the developing world.

The Kidney Smart campaign runs until April 12, the final day of the 2011 World Congress of Nephrology – an international convention for kidney care experts being held in Vancouver.

For more information about the Kidney Smart campaign, visit www.kidneysmart.com.

Also on World Kidney Day, the BC Kidney Foundation is partnering with the BC Renal Agency on a range of public awareness activities in the Metro Vancouver area.

Abbotsford

- Abbotsford Regional Hospital Kidney Care Clinic: Blood pressure and blood sugar testing, and information booths with dietitians and social workers
- Abbotsford Community Hemodialysis Unit: Blood pressure and blood sugar testing, and information booths with dietitians and social workers

Coquitlam

- Tri-Cities Dialysis Unit: Interactive contests with prizes

Richmond

- Richmond Community Dialysis Unit: Interactive contests with prizes

Surrey

- Dukh Niwaran Temple 15255 - 58th Ave. 9:00 am - 3:00 pm: Targeted screening event. People at risk for developing kidney disease can have their kidney function levels tested and learn what to do to prevent or delay the onset or progression of kidney disease

- Surrey Memorial Hospital Kidney Care Centre: Blood pressure testing, interactive educational booth, nurse, dietitian and social worker available to provide information and answer questions

Vancouver

- Vancouver General Hospital Kidney Clinic: Blood pressure testing, information display, kidney bean guessing contest, ongoing video presentation
- BC Children's Hospital: Blood pressure testing, information booth, appearance by "Sidney the Kidney"
- St. Paul's Hospital: Kidney bean guessing contest, "Spin the Wheel" kidney-nutrition knowledge game

An estimated 200,000 British Columbians have some level of kidney disease, and most don't even know it as the symptoms of early kidney disease are generally unnoticeable.

"Our Kidney Smart campaign and the events marking World Kidney Day are intended as important reminders for all of us to take action to protect our health, and especially the health of our kidneys," says Dr. Adeera Levin, executive director of the BC Renal Agency.

"Healthy lifestyle choices such as maintaining a nutritious diet and getting regular exercise are vitally important for preventing or managing kidney disease, heart disease and many other chronic conditions," says Levin.

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