



National Kidney Foundation™

of CENTRAL NEW YORK

SPOTLIGHT ON KIDNEY DISEASE/ KNOW YOUR NUMBERS CAMPAIGN

For twenty-five years the National Kidney Foundation of CNY, Inc (NKFCNY) has been providing services to the residents of Central New York (13 counties) including the medical community, the dialysis community and those with known and unknown risks for kidney disease. As research has evolved, it has become evident that early intervention in the management of hypertension and diabetes can prevent the devastating cascade into kidney failure.

Our effort in the early detection and prevention of kidney disease has focused mostly in Onondaga County but we need to move with concerted effort into our other counties. Evidence of risk factors in the 18 and over population is significant and stimulates us to plan our outreach into the other counties we serve.

At a recent health fair we screened for hypertension. Of the 212 individuals screened only 22 had normal blood pressure. On inquiry most were ignorant of sodium content in commercially prepared foods. According to the Center for Disease Control the rate of kidney failure due to hypertension has increased by 8% while the rate of kidney failure due to diabetes only increased by 1%.

We also recognize that the overarching cause of these chronic diseases is obesity. The NKFCNY is embarking on an intensive campaign to educate the public on the importance of **KNOW YOUR NUMBERS** - specifically, your blood pressure, your blood sugar, your cholesterol, your GFR and your BMI. Rather than focus on the risk factors identified in our screening we will teach the individual to become intelligently involved in managing their own health by understanding the impact of their own clinical numbers.

To accomplish this goal we hope to provide our 13 county areas with screening programs that involve physical testing, results of testing and educational programs to improve their understanding of the simple life style changes that can improve their health status. Our proven education program has demonstrated the necessary lifestyle changes that occur when a participant returns for blood pressure monitoring. With your financial assistance we can make a difference in the physical state of our citizens.

Be part of this effort targeting the need for an individual
TO TAKE CONTROL OF THEIR OWN HEALTH.

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Serving 13 Counties: Broome, Cayuga, Chenango, Cortland, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga, Tompkins

Mission: To prevent kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases and increasing the availability of all organs for transplantation.