



National
Kidney
Foundation®

Young Professionals Group



**YOU CAN MAKE A POSITIVE INFLUENCE IN THE
COMMUNITY THROUGH THE NKF!**

MISSION AND OPPORTUNITIES THROUGH THE YOUNG PROFESSIONALS GROUP

MISSION

The Mission of the National Kidney Foundation's Young Professionals Group (YPG) is to introduce professionals to kidney disease education, prevention, and awareness programs offered by the Foundation. Through social events, educational programs, networking and mentoring opportunities, the YPG will help raise awareness of kidney disease, prevention, and treatment, while raising funds to support the programs, objectives, and vision of the National Kidney Foundation (NKF). The Young Professionals Group of the National Kidney Foundation hopes to cultivate the next generation of leaders in the fight against kidney disease.

PARTICIPATE THROUGH EDUCATION

The National Kidney Foundation's Your Kidneys & You program was developed to raise awareness among the general public and individuals at risk for kidney disease through education about kidneys, risk factors for and prevention of kidney disease. Volunteers can become trained to present this slide presentation to their communities. Outreach opportunities include workplaces, faith-based centers, schools, friends, and family.

CREATE A FUNDRAISING EVENT

The National Kidney Foundation's Young Professionals Group invites its members create fundraising events which may include educational, athletic, and social events. Marketing and program materials may be provided by the Foundation. However, approval is required when using the Foundation's branded materials, programs, and/or events.

VOLUNTEER FOR NKF EVENTS

The NKF hosts a variety of fundraising events including NKF Golf Classic, NKF Kidney Walk, and NKF Kidney Ball. Young Professionals Group members can become volunteers for these programs or serve on a committee.

NKF YOUNG PROFESSIONALS GROUP LEADERS

NKF YOUNG PROFESSIONALS GROUP CHAIRMAN

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NATIONAL KIDNEY FOUNDATION PROGRAMS SERVING THE DELAWARE VALLEY

KIDNEY WALK

The National Kidney Foundation's **Kidney Walk** is a fun, inspiring community fundraiser that calls attention to the prevention of kidney disease and the need for organ donation. It is also an opportunity for patients, family, friends, and businesses to work together. Nationally, the Kidney Walk is the NKF's largest fundraising program with a total of 80 walks nationwide. The NKF Serving the Delaware Valley holds eight walks locally, welcoming over 9,000 walkers and raising more than \$700,000.

GOLF CLASSIC

The **NKF Golf Classic** is the nation's premier amateur golf event for charity. Each year, thousands of golfers from across the country participate in the exciting competition and the chance to win great prizes.

KIDNEY BALL

The **Kidney Ball** is the National Kidney Foundation's black-tie affair with approximately 400 people attending annually. The Gala honors those in the renal community that have made a difference in the lives of patients and who show a dedication to the National Kidney Foundation's mission.

KIDNEY CARS PROGRAM

The National Kidney Foundation's **Kidney Cars** Program enables you to turn in your used car, van, truck, motorcycle, or boat into funding for kidney education, research, and organ donation programs.

LOVE RUN HALF MARATHON

Join team 'Love Your Kidneys' every spring at the **Love Run Half Marathon** in Philadelphia, PA sponsored by the National Kidney Foundation. The Love Run will donate a portion of the registration fee to the NKF.

INTER CITY KIDNEY ROUNDS

Offered to nephrologists for Continuing Medical Education credits, these sessions are brought to the Philadelphia region by the National Kidney Foundation's **Medical Advisory Board**. They are designed to improve the quality of care for individuals with kidney disease by addressing the latest advances in nephrology clinical assessment and management.

KEEP HEALTHY

The National Kidney Foundation's **KEEP Healthy** community-based initiative to educate about the kidneys, risk factors for kidney disease, and steps to take to keep kidneys healthy and reduce risk. Check-up includes: risk survey, body mass index (BMI), blood pressure check, free educational materials, and an opportunity to speak with a health care professional.

KIDNEY LIVING

The National Kidney Foundation's free magazine, **KIDNEY LIVING!** Each issue features stories from people who are living well on dialysis, as well as tips for coping with kidney disease, healthy eating, finding support, and so much more.

THE NATIONAL KIDNEY FOUNDATION

The National Kidney Foundation (NKF) is the leading organization in the United States dedicated to the **AWARENESS, PREVENTION, and TREATMENT** of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of people at risk.

AWARENESS

- Most people in the United States have a close connection to kidney disease, although they may not be aware of it. It is called the “Silent Killer” because it may not have recognizable symptoms.
- 1 in 3 Americans over age 20 years, approximately 73 million people, are at risk for kidney disease because they have one of the following:
 - High blood pressure, diabetes, family history of kidney disease, obesity, age over 60 years, and/or members of minority groups including African Americans, Hispanics, Asian-Americans, and Native Americans.
- 1 in 9 Americans, approximately 26 million people, already have chronic kidney disease.
- The NKF mission is to promote early detection to individuals and health care professionals.

PREVENTION

- If you, a family member, or a friend has any of the risk factors mentioned above, we urge you to log onto kidney.org for more information and have your kidney function evaluated.
- See your doctor for 3 quick tests – blood, urine, and blood pressure check. The NKF offers free kidney health screenings across the country.
- The NKF helps people recognize the risk factors and teaches them how to manage and live with their disease. Eating right, exercise, regular monitoring and medication may help prevent kidney disease and progression of early kidney disease to complete kidney failure.

TREATMENT

- Through comprehensive education and the development of guidelines for managing kidney disease, NKF provides healthcare professionals with the latest screening and management information so they can detect kidney disease early and initiate treatment to maximize the chances of slowing disease progression. This can improve survival rates and quality of life.
- Through legislative advocacy, NKF is an engaging and respected presence in Washington DC and represents those at-risk, patients with chronic kidney disease, dialysis patients, living kidney donors, transplant recipients, their friends, family, and caretakers.