



## **WORLD KIDNEY DAY – 10 MARCH 2011**

**From the Paediatric Nephrology Desk**

Dear Colleague

### **World Kidney Day**

World Kidney Day (WKD) is a global health awareness campaign focusing on the importance of our kidneys and reducing the frequency and impact of kidney disease and its associated health problems worldwide. The 2011 Campaign focuses on the important link between Chronic Kidney Disease and Cardiovascular Disease and the fact that Chronic Kidney Disease is a major risk for Cardiovascular Disease. The slogan for this year's campaign is *Protect Your Kidneys and Save Your Heart*

**The National Kidney Foundation has arranged several projects to celebrate World Kidney Day 2011 with the main aim of making the public aware of chronic kidney disease.**

Two consultants at the University of Pretoria, Prof G van Biljon and Dr Patience Sigwadi (fellow working in Nephrology), were invited by the National Kidney Foundation under the leadership of Prof AM Meyers to participate in a schools outreach programme.

On 10 March a schools Kidney Disease Prevention and Screening Programme will be held at two schools in Johannesburg, the St Stithians Boys' College and the St Stithians Girls' College. This programme includes educational talks on the role and functions of the kidneys as well as a talk on healthy living and exercise.

After the talks the senior learners will have the opportunity to take part in a free and voluntary screening programme where the risk factors for the development of kidney disease will be evaluated through basic tests such as taking the blood pressure and doing a urine dipstick test for each learner. These tests, together with a family history of hypertension and diabetes and the body mass index, will provide a basis to evaluate the risk for future development of kidney disease and learners with a high risk profile will be asked to take a more sensitive and accurate microalbuminuria test. These learners will also be given advice on the prevention of future kidney problems and in extreme cases will be given a reference for follow-up by their own clinic/physician.

The project is funded through a grant from the **National Lotteries Distribution Trust Fund**.

They will later report back on the outcome of this outreach programme.



Learners from the Athlone Boys School being tested during the screening project on WKD 2010.

### **CONTACT DETAILS**

For more information please contact the  
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# ARE YOUR KIDNEYS HEALTHY?

Check for these symptoms of kidney disease!

- Cloudy or reddish urine
- Needing to urinate more or less often
- Pain or burning when you urinate
- Frequent headaches or tiredness
- Itchiness or rash on your body or face
- Swollen face, hands or feet
- Your skin colour darkens
- Nausea or loss of appetite
- Pain in your back or side

If you have ANY of these symptoms, see your doctor. Even better, prevent problems in the first place:

- Have your urine checked by a doctor once a year
- Check your blood pressure every year
- Check your blood sugar levels, especially if you have diabetes

**REMEMBER, KIDNEY DISEASE CAN KILL. CARE FOR YOUR KIDNEYS - FROM TODAY!**



*national  
kidney  
foundation*  
of south africa

For more information  
contact the  
National Kidney Foundation  
on telephone number  
011 447 2531  
or visit our website at  
[www.nkf.co.za](http://www.nkf.co.za)

