



NEW YORK STATE SENATOR

Joseph E. Robach

National Kidney Foundation's Kidney Early Evaluation Program

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**National Kidney
Foundation®**

**KEEP™ – Kidney Early
Evaluation Program**

On Saturday, January 23rd, The National Kidney Foundation is hosting a FREE Kidney Early Evaluation Program (KEEP). Screening takes place from 10:00 a.m. until 1:00 p.m. at Memorial AME Zion Church, 549 Clarissa Street, Rochester.

KEEP is a health screening program designed to help identify and educate individuals who are at increased risk for developing kidney disease. It is the most comprehensive screening program in the nation. KEEP is of no cost to the participant.

Who should attend a KEEP Screening?

You should attend a KEEP screening if you are 18 years or older and have one or more of the following:

- * Diabetes
- * High blood pressure
- * A parent, brother or sister with diabetes, high blood pressure or kidney disease

KEEP focuses on reaching those with known diabetes and/or hypertension or those who have first-degree relatives with hypertension, diabetes or chronic kidney failure in an attempt to delay or prevent the development of chronic kidney disease.

What takes place at the screening?

The KEEP screening program offers blood and urine testing, on-site consultation by a physician, referrals and additional follow up for those whose test results are outside normal ranges. All participants whose test values are outside normal range are contacted and those without access to medical care are referred to appropriate health care providers.

Tests are:

- * Blood Pressure
- * Height and Weight Measurements
- * Body Mass Index (BMI)
- * Waist Circumference
- * Blood Glucose
- * Hemoglobin A1c (conducted only on participants with self-reported diabetes or blood glucose levels indicative of diabetes)
- * Albumin to creatinine ratio (urine dipstick check for ratio of protein in urine)
- * Pyuria (urine dipstick for white blood cells)
- * Hematuria (urine dipstick check for red blood cells)
- * Hemoglobin (check for anemia)
- * Serum creatinine (check for how well kidneys are filtering blood)
- * Estimated Glomerular Filtration Rate (check for kidney function)
- * Lipid Panel (including total cholesterol, direct HDL and LDL, triglycerides)
- * Reflex Tests (these are bone and mineral tests for participants whose eGFR falls below 60)

More than 300,000 Americans are currently being treated for chronic renal failure, a condition that requires dialysis or a kidney transplant for patient survival. The number of individuals affected by kidney failure has been increasing by 6 to 8 percent each year.

KEEP is an early intervention program of the NKF Serving Upstate New York supported by an educational grant from Amgen and Genzyme with additional support from Abbott, SIEMANS, Novartis, LIFESCAN, Ocean Spray Cranberries, Inc., Suplena and Quest Diagnostics.

New KEEP Screening sites and volunteers are always sought. Call the NKF Serving Upstate New York at (585) 697-0874 or e-mail infoUpny@kidney.org to volunteer sites, people power, or for free upcoming KEEP dates.