

# WELL BOUND

**FREE - PUBLIC INVITED!!!**

## **Kidney Health Fair**

**Saturday April 26th**

**10:00am-2:00pm**

**Arnett Nephrology Clinic**

**1500 Salem Street**

**(765) 446-1627**

**Come and visit educational booths, guest speakers, refreshments, local donors and transplant recipients and educational materials provided by:**

- **National Kidney Foundation**
  - **UNOS (IOPO)**
  - **Minority Health Coalition**
- **Clarian (IU/Methodist) Transplant Centers**
  - **Wellbound of Lafayette**
- **Pharmaceutical companies**
  - **Satellite Healthcare**

## **WHAT IS THE KIDNEY EARLY EVALUATION PROGRAM (KEEP)?**

**KEEP** is a free health screening program offered by the National Kidney Foundation (NKF) for individuals at increased risk of developing kidney disease.

### **WHAT ARE THE GOALS OF THE PROGRAM?**

*The goals of KEEP are to:*

- Raise awareness about kidney disease especially among “high risk” individuals
- Provide free testing for people at increased risk for kidney disease
- Encourage people “at risk” to visit a doctor and follow the treatment plan recommended
- Provide educational information so that “at risk” individuals can prevent or delay kidney damage
- Provide doctor referrals for follow-up care, if needed
- Provide ongoing information and support

### **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, grandparent, brother or sister with diabetes, high blood pressure or kidney disease

### **WHAT TAKES PLACE AT THE SCREENING?**

One or more of these services will be provided to you at the screening:

- Blood pressure and weight measurements
- Blood and urine tests for signs of diabetes and kidney disease, including
  - Blood glucose check blood sugar
  - Hemoglobin check blood test for anemia
  - Urine dipstick test for microalbumin protein in urine
  - Urine dipstick test for hematuria red blood cells in urine
  - Albumin to creatinine ratio (protein in urine)
  - Serum creatinine (measures how well kidneys are filtering blood)
  - Estimated Glomerular Filtration Rate (test for kidney function)

Test results are provided on site by a doctor or other qualified health professionals.

Free educational materials are also available.

### **WHAT HAPPENS AFTER THE SCREENING?**

The National Kidney Foundation will:

- Contact you with your results
- With your permission, send your results to your doctor
- Refer you to a doctor or public health facility, if needed
- Provide additional information, education and support

***THERE WILL BE INFORMATION ABOUT RENAL TRANSPLANTS, INCLUDING LOCAL DONORS AND RECIPIENTS SHARING THEIR EXPERIENCES AND HOME DIALYSIS TREATMENT OPTIONS. PLEASE TELL/BRING FRIENDS AND FAMILY MEMBERS!!!***