A Newsletter from The UNC Kidney Center's
Kidney Education Outreach Program (KEOP)

THE KEOP FILTER

UNC KIDNEY CENTER

February 2015

Special Events

10th Annual Kidney Kare 5K Run/Walk—Chapel Hill
Saturday, March 14th
http://sportoften.com

Raven Rock Ramble Century Ride—Raleigh
Sunday, May 3rd
http://www.meetup.com/OnDraft/even

KEOP *on the Road*:

March 5th
Kidney Health Awareness Day
NC General Assembly-Raleigh
March 19th
KEOP Screening—Clayton
March 21at
KEOP Screening—South Raleigh
March 28th
KEOP Screening —Tillery
April 11
KEOP Screening
Chapel Hill Hargraves Center
May 20
KEOP Community conversation
1st African Baptist Church, Goldsboro

KEOP CELEBRATES A DECADE OF REACHING OUT: THANK YOU, COMMUNITY PARTNERS

Allied Health Faculty

In October of 2005, the KEOP conducted its first kidney screening in partnership with Montgomery County Community College's Department of Allied Health. The screening followed multiple community-based meetings and awareness sessions to introduce the topic of kidney health among high-risk populations. Donna Harward, Director of Education and Outreach for the UNC Kidney Center, met with county commissioners, community college leadership, allied health faculty, churches, and civic groups to promote awareness about the relationship between CKD's progression and the presence and management of chronic illnesses frequently associated with CKD: diabetes, heart disease and high blood pressure.

The KEOP is celebrating a decade of leaning in to community partnerships following the Center of Disease Control and Prevention's evidence-based *Principles of Community Engagement Guidelines.* The KEOP is grateful to every community partner that hosts community conversations or screening events; local partners are essential to connect the UNCKC's early intervention and education resources to at-risk residents. These collaborations have resulted in a KEOP presence in 46 counties—pages 3 and 4 of this newsletter include a list of our community partners and a map of the counties with KEOP programs.

This past year, the KEOP conducted 29 screening events and a dozen community conversations. Most screening events followed targeted community conversations about the CKD's primary risk factors and the importance of early diagnosis and intervention. Free screening detects early indications of decreased kidney function; the personal consult is an opportunity to explain each participant's results in the context of CKD risk factors, and most importantly, to educate him about self-management strategies that can help preserve kidney function.

Targeted screenings make a difference. The most recent review of KEOP screening results from October 2009 through December 2014 suggests that the KEOP continues to reach high-risk populations—71% of the 3,439 persons screened during this period tested positive for microalbuminuria—a form of protein that may indicate increased risk for developing CKD.

Kidney Health Corner

KEOP Update

By the Numbers (2/2015)

Persons Screened:
5,850
Free Community Screenings
196
Counties with KEOP Presence:
46
Community Conversations:
122

Common symptoms of decreased kidney function are often subtle…

Fatigue

Foamy urine

Metallic taste

Puffy eyes

Hypertension

Itching

Changes in urine: how much and how often

DID YOU KNOW?

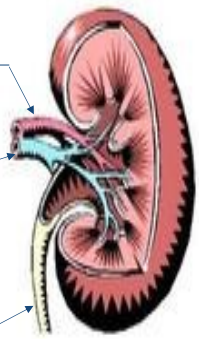
Pain Medications Can Be Harmful to Kidney Health

Analgesics are medicines that help to reduce pain and fever and are available over-the-counter. Examples include acetaminophen, aspirin, ibuprofen, and naproxen sodium. These medicines should always be used according to the instructions; when kidney disease is present, a doctor should be consulted about whether these medicines are safe to use.

Nonsteroidal anti-inflammatory drugs (NSAIDs) are pain relievers. Some are available over-the-counter, such as certain brands of ibuprofen, naproxen sodium and ketoprofen. These are usually safe when taken as directed; however, if a person has reduced kidney function, NSAIDS should be avoided.

How Do Healthy Kidneys Work?

- Blood, water and waste enter the kidney through the **renal artery** to be filtered
- Filtered blood and water leave the kidney through the **renal vein**
- After being filtered, extra water and waste are called urine and exit the kidney through the **ureter**



KEOP Screenings List of Counties and Locations from 2005 - 2014

Alamance County
- Beyond Measure Ministries
- Mt. Moriah Missionary Baptist Church
- Rock Creek AME Church
- Fresenius Dialysis Unit

Anson County
- Taylor-Lockhart Center (2)
- New Zion Baptist Church
- Hendersonville Baptist Church
- Ebenezer Baptist Church (2)
- First Presbyterian Church
- South Piedmont Community College

Beaufort County
- Beaufort Community College
- Mt. Hebron Church of Christ

Bertie County
- Sandy Branch Missionary Baptist Church
- Wynn's Grove Baptist Church
- Cashie Conference Center
- Bertie Senior Center
- Bertie Memorial Hospital
- Bertie County Hospital
- Cashie Medical Center
- Bertie County Council on Aging

Bladen County
- Baltimore Center

Cabarrus County
- H.A.R.V.E.S.T. Festival
- Historic Logan/Shanketown Reunion

Caswell County
- Caswell County Senior Center
- Piedmont Community College

Catawba County
- Cooperative Christian Ministry Health Clinic

Chatham County
- St. Julia Catholic Church
- Carolina Dialysis – Pittsboro

Columbus County
- Hanna Lodge

Cumberland County
- Cape Fear Numoja Festival
- Savannah Missionary Baptist Church
- Simon Temple AME Zion Church

Davidson County
- Richard Childress Enterprises

Duplin County
- RAI/Liberty Dialysis Center
- Community Center

Durham County
- First Calvary Baptist Church West End

Edgecombe County
- South Rocky Mount Community Center
- Bloomer Hill Community Clinic
- Downtown Rocky Mount
- Edgecombe County Admin Building
- New Hope Baptist Church

Franklin County
- Terrell Lane Middle School (2)

Greene County
- Washington Branch Free Will Baptist Church
- Greene County Senior Center
- Liberty Baptist Church
- St. Mary's Free Will Baptist Church
- Victory & Dominion World Outreach Center

Guilford County
- Piedmont Race Track (2)
- Whitestone Masonic Community
- Greensboro Grasshoppers Game

Halifax County
- HealthLink (2)
- 4-H Rural Life Center
- Kirkwood Adams Senior-Expo
- Senior Expo

Harnett County
- Erwin Business Center

Hertford County
- First Baptist Church

Johnston County
- First Missionary Baptist Church (2)

Lee County
- Civic Center

Lenoir County
- St. Peter Church of Christ DOC
- Family Affair Day Pearson Park
- Kinston Community Health Fair
- Lenoir Memorial Hospital
- St. Peter Church of Christ Disciples of Christ (2)
- Lift Up Jesus Ministries Health Screening

Martin County
- Senator Martin Agricultural Center (4)
- Promise Land Church of Christ
- Senior Center
- Martin County Department of Aging
- Martin County Community College

Mecklenburg County
- Charlotte Convention Center

Montgomery County
- Troy Senior Center
- James Garner Center (2)
- Hood Chapel AME Zion Church
- Montgomery County Health Department (2)
- Montgomery Senior Citizens Center (2)
- Community Center/Daycare
- Montgomery County Correctional Facility
- East Montgomery Auditorium
- Our Lady of the Americas Catholic Church
- Montgomery County Community College

Moore County
- Moore County Diabetes Health Fair – FIRSTHEALTH
- Moore County Senior Enrichment Center

Nash County
- County Government Complex (2)
- County Doctor Museum
- County Health Fair

Northampton County
- Creezy Community Center (2)
- Roanoke Salem Baptist Church
- Cool Spring Baptist Church
- Nebo Baptist Church
- Health and Wellness Center
- Rural Health Group Clinic
- Sallie B Jordan Memorial Health Clinic
- Garysburg Town Hall (2)
- Northampton County Cultural and Wellness Center

Orange County
- Project Connect/Hargraves Community Center (10)
- UNC Health Care Transplant Awareness (4)
- Cedar Ridge High School
- NewSharon United Methodist Church
- Orange County Senior Center
- Seymour Senior Center
- St. Thomas More Catholic Church
- UNC Womens & Childrens Hospital

Person County
- Piedmont Community College

Pitt County
- Farmville Community Center

Randolph County
- First Baptist Church of Asheboro

Richmond County
- Piney Grove Free Will Baptist Church
- The Rock Dragway

Robeson County
- Prospect United Methodist Church
- Sandy Plains United Methodist Church
- St. Matthews Methodist AME Zion Church
- Broad Stree UMChurch
- Ashpole United Methodist Church
- West Robeson United Methodist Church

Rockingham County
- Albaad Inc.
- Annie Penn Hospital
- Liberty Wesleyan Church

Rowan County
- YMCA

Sampson County
- Coharie United Methodist Church
- BCCCP Health Event
- Center
- First Baptist Church (2)
- Clinton Drug Company (4)
- Roseboro Senior Center
- Garland Senior Center
- Bellamy Research Center
- Union Grove Church of Christ

Stanly County
- Albemarle Correctional Facility (2)
- New Direction Life Ministries

Vance County
- VG Civic Center – Community College

Wake County
- Garner Road YMCA
- Departments of Labor and Justice
- General Assembly
- Oak Grove Church
- NCGA and Corner of Wilmington and Lane
- St. Augusta Missionary Baptist Church

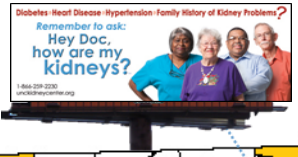
Warren County
- Warren County Free Clinic

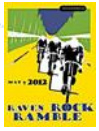
Washington County
- A Plus Results Living for Seniors (2)
- Elks Lodge (2)
- Washington County Health Department (2)
- Bethel Church of Christ
- Roanoke Landing Rehabilitation and Nursing Center
- Vernon G James Research Center
- Windows on the World
- St. John's Missionary Baptist Church
- Skinnersville Civic Center/Shiloh Church of Christ
- Womble Drug Store
- Washington County Senior Center (2)

Wayne County
- St. Mark's Church of Christ

Wilson County
- Harvest Family Health Center
- Wilson Community Health Center

Kidney Education and Outreach Program (KEOP)





- KEOP target counties
- Comprehensive KEOP media campaigns
- KEOP screening and community conversations
- Annual Raven Rock Ramble Century Ride for kidney health & transplant awareness
- Annual Kidney Kare 5K Run/Walk for kidney health

KEOP Spotlight

Native American Methodist Churches Step Up to Promote Kidney Health

The kick-off session for the annual women's conference of the North Carolina Native American United Methodist Church featured a presentation entitled, "Chronic Kidney Disease: Common Harmful, Treatable." An engaged and enthusiastic audience with representatives from 13 associational churches had many questions about the increased risk for CKD among the Native American population, the best strategies to reduce CKD risk factors and how individual churches could serve as kidney health messengers in their respective communities. Ms. Harward encouraged the attendees to distribute the KEOP's kidney health self-assessment cards among their respective congregations and to host kidney health community conversations in preparation for hosting KEOP screening events in their home communities. Since the conference, 8 of the 13 district churches have hosted KEOP community conversations and/or KEOP screening events.

KEOP Brochure Series Available to Community Partners

The following brochures are recommended for use in raising awareness about the importance of improved self-management of chronic illnesses often associated with chronic kidney disease; understanding how healthy kidneys work and recognizing the most common symptoms of kidney disease; managing medications properly; and knowing the options for kidney replacement therapy when the kidneys fail. The KEOP will provide KEOP partners with up to 50 of each brochure.

- Chronic Kidney Disease (CKD)
- Diabetes and CKD
- How Kidneys Work
- Kidney Transplant: Living Donor
- Managing Medications
- Minimal Change Disease
- Vascular Access (VA)

For brochures:
919.445.2639
Donna_harward@med.unc.edu

University of North Carolina Kidney Center
Ronald J. Falk, MD, Director
Burnett Womack Bldg.
Chapel Hill, NC 27599

For further information about CKD and its risk factors or to schedule a screening or community awareness event, please contact
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919.445.2639
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To donate to the KEOP, contact
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1 in 3 adult North Carolinians are at increased risk for chronic kidney disease

If you have diabetes, heart disease, hypertension or a family history of kidney disease,

Remember to ask…

Hey doc, how are my kidneys?®

KEOP 2014 postcards…

Campus Box # 7156
Burnett-Womack Bldg.
Chapel Hill, NC 27599-7156