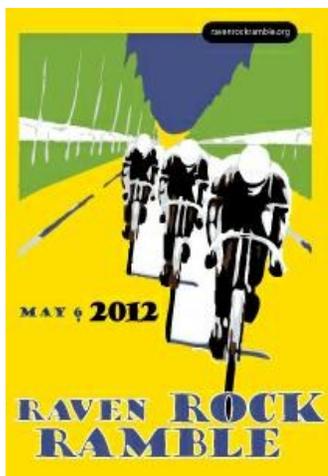




# THE KEOP FILTER

## Upcoming KEOP Fundraising & Awareness Events:



March 17th

If you have one or more of CKD's  
primary risk factors:

- ◆ Diabetes
- ◆ Hypertension
- ◆ Heart disease
- ◆ Family history of kidney disease

Remember to ask... HEY DOC,  
HOW ARE MY KIDNEYS?

## WILLIAMS FAMILY REACHES OUT TO PROMOTE AWARENESS ABOUT KIDNEY TRANSPLANTATION AND ORGAN DONATION

In the fall of 1999, Sophia Williams, a vibrant sixteen year old from Zebulon, North Carolina, was focused on her academics and active in a variety of extracurricular activities, especially her church. But for several years, fatigue had been a nagging problem for Sophia and swelling and fluid retention were the catalysts for her referral to a nephrologist. A December appointment revealed that dialysis would be necessary. The forthcoming holiday season would bring unexpected challenges for this young woman and her family. Renal failure was not something that Sophia or her parents had anticipated. It was a game changer. The physicians needed an immediate decision about what mode of dialysis Sophia preferred. Sophia chose peritoneal dialysis because she wanted to maintain as normal a schedule as possible and keep up with her school work. The Williams family made adjustments and rallied to support Sophia: everyone had to be home by six o'clock each night when the dialysis would begin; an adoptive family had to be found for the family dog; and, the family's evening excursions, including their participation in weekly church services, were replaced by at-home family game nights and family-led devotionals. When asked about the challenges of home dialysis, Kim Williams, Sophie's mother, recalls that, "We had another child, Rosalind, and you feel like you're not giving her the time...it was tough and everyone had to be cross-trained to know what to do just in case I could not be there or something came up. Everybody learned how to do everything (to assist Sophia)." Sophia was placed on the kidney transplant waiting list and life in the Williams home continued to center around Sophia and her dialysis treatments.



From left: Rosalind Williams and son (Sophia's sister and nephew), Sophia Williams, and Kim Williams (Sophia's mother).

In May, just three and a half months after dialysis was initiated, Sophia's mother received a call that a kidney was available. Sophia remembers being called from her third-period class and told that her mother was on the way to take her to UNC. The subsequent transplant was successful and Sophia describes how she felt after the transplant, "I was excited for the unknown...the future and there were so many new options for me!" Sophia returned the marching band, went to the prom and graduated with her classmates in 2002. She then continued her education, got a job and got married. Life was good.

But in 2007, Sophia's kidney was rejected following a difficult pregnancy. She was placed on center-based hemodialysis, but within three months she was again doing peritoneal dialysis at her parents' residence. In 2008, Sophia had a stroke and was in a coma for a week and hospitalized for two months. "I had to learn how to do everything all over again—it was hard but I was determined to push myself to reach my goals and to trust in God," says Sophia. It has been a long journey back for this young woman as she now does home-based hemodialysis and hopes for another kidney transplant.

Along with her family, Sophia has experienced the sadness and physical illness associated with kidney failure, accepted the adjustments required for a good life while on dialysis, and realized the exhilaration of receiving a healthy kidney. Sophia and her family are partnering with the KEOP to promote better education about kidney replacement therapies for at-risk patients and to inform all North Carolinians about the life and opportunity afforded by kidney transplantation. "At a time when sorrow is in the midst, know that you can give a gift that is priceless, life changing and that truly makes a difference," says Sophia.

—The KEOP is grateful to Sophia, Robert, Kim and Rosalind Williams for sharing their story and for being a public face for the many North Carolinians awaiting a donated kidney—

## KEOP HIGHLIGHTS

The **KEOP**, in partnership with local residents, clinics, churches, businesses and civic groups, promotes awareness about CKD and provides free CKD screenings to at-risk populations in North Carolina.

**For further information about CKD and its risk factors or to schedule a screening or education event**, please contact:

Donna Harward  
919.966.2561 x 300  
donna\_harward@med.unc.edu

**To donate to the KEOP, contact**

Suzie Hosman  
Development Officer, UNCKC  
Suzie\_hosman@med.unc.edu  
919.966.2561 extension 311

### Upcoming KEOP Outreach:

#### Screenings:

##### February

- ◆ 22nd—St. Mary's Free Will Baptist, La Grange
- ◆ 25th—Liberty Baptist, Snow Hill

##### March

- ◆ 21st—Senior Center, Windsor
- ◆ 24th—NCHCAP Cares—Hargraves Center, Chapel Hill

##### April

- ◆ 4th—Washington Health Dept., Plymouth
- ◆ 12th—UNC Health Care System Transplant Awareness Fair
- ◆ 28th—Hood Chapel AME Zion Church, Biscoe

#### Community Conversations:

##### February

- ◆ 9th—Bladen Health Department, Elizabethtown

##### March

- ◆ 13th—UNC Meadowmont Wellness Center, Chapel Hill
- ◆ 22nd—Bladen Cooperative Extension, Elizabethtown

##### April

- ◆ 25th—Bladen Health Department, Elizabethtown

### KEOP Outreach Team:

**Donna H. Harward**

Director of Education & Outreach  
UNC Kidney Center

**Terry Carver**, MOU operator

**Courtney Detwiler**, Program Assistant

**Iris Hutcherson**, RN, MS

**NC Community partners**

- Comprehensive KEOP campaigns initiated in Greene and Bladen Counties in January.
- Washington County residents: Mavis West, Bob Moulden, Julius Walker, Jr., and Ann Keyes are the KEOP's newest billboard spokespersons (see below, left to right)
- 7th annual Kidney Kare 5K Run/Walk and Kids Kare 1/2 mile Run/Walk will be Saturday, March 17th at McDougle Middle School in Chapel Hill. For more information: <http://www.active.com/running/chapel-hill-nc/kidney-kare-5k-run-walk-and-kids-kare-1-2-mile-run-2012>
- On Sunday, May 6th the 11th annual Raven Rock Ramble begins at 8:30 AM, Harris Lake Country Park, New Hill, NC. For more information: <http://www.ravenrockramble.org/>
- KEOP implements *SAVE the VEIN* campaign for UNC Division of Nephrology and Hypertension patients
- KEOP partners with Eshelman School of Pharmacy students to provide "brown bag medication reviews" for senior adult screening participants.
- On February 25th, the KEOP conducted its 127th screening event.



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### PROMOTING KIDNEY HEALTH IS A FAMILY AFFAIR... 2011 KKR PARTICIPANTS

