

prevent. educate. empower.

December, 2008

Since the KidneyMobile® program began in 2005, the National Kidney Foundation of Illinois (NKFI) has provided more than 13,000 *free* screenings for high blood pressure, diabetes and chronic kidney disease. We know that when high blood pressure and diabetes are diagnosed early and treated aggressively, coupled with healthy lifestyle changes, kidney disease can be delayed and, more importantly, kidney failure may be prevented. A multitude of complications associated with diabetes, high blood pressure and cardiovascular disease can also be addressed and possibly avoided with early diagnosis.

In addition to these vital programs, the NKFI looks forward to 2009 and:

- continuing to provide free screenings and further developing community and corporate resources to provide hands-on education and support to individuals who have little or no access to exercise or healthy eating programs.
- providing education to patients and family members on understanding and adhering to medication protocol, healthy lifestyle choices and treatment options.
- working with primary care providers to ensure that your physicians have the tools to aggressively treat diabetes, high blood pressure and chronic kidney disease long before the onset of kidney failure. The Primary Care Provider Toolkit and physician education programs keep the medical community current on the latest treatment guidelines so that everyone has the care they deserve.

With the growing incidence of obesity, especially in children, the prevalence of diabetes and high blood pressure, and the increasing wait for a kidney transplant, **the National Kidney Foundation of Illinois desperately counts on your generosity to keep our unique and critical programs free and accessible to the public, especially for those who are in need of these services the most.**

Preventing disease in the first place is the best strategy for our struggling healthcare system today. If we can prevent chronic kidney disease, diabetes and high blood pressure, we will also help save lives and keep families together when people need that support the most.

We hope you will consider making a generous year-end gift to the NKFI.



**National Kidney Foundation™
of Illinois**

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