

National Kidney Foundation™

of NORTHEAST
NEW YORK



A Newsletter of

The National Kidney Foundation of NORTHEAST NEW YORK

FALL | 05

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What My Kidneys Did On Summer Vacation . . .

It's been an astounding year for our Gift of Life Kidney Walks. So far, over 600 of our friends in Glens Falls and Albany have helped us to raise close to \$60,000 to support the National Kidney Foundation of Northeast New York's (NKF of NENY) vitally important outreach, education and screening programs!

On **Sunday, September 25th**, the NKF of NENY will host its first-ever Gift of Life Kidney Walk in Cooperstown! The Walk will take place from 10 a.m. to 1 p.m. and will kick off from Bassett Healthcare on Atwell Road. We would like to thank Bassett Healthcare for their support as the founding Title Sponsor of this first-time Cooperstown event.

On **Sunday, October 2nd**, the NKF of NENY will hold its 2nd Annual Gift of Life Kidney Walk in Plattsburgh. The Walk will take place from 10 a.m. to 1 p.m. at Melissa Lahtinen Penfield Memorial Park. Last year, over 100 NKF of NENY supporters took part in the Plattsburgh Kidney Walk

and raised a stellar \$7,000!

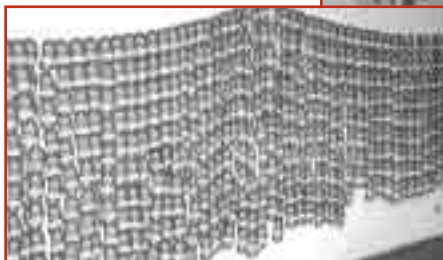
If you are interested in signing up for the Walk, forming a Walk team, volunteering or donating, call the NKF of NENY at 1-800-999-9697, or send an e-mail to info@nkfneny.org. We want to get as many of our friends in the North Country and Leatherstocking Region involved as possible, so make sure to bring along your family and friends, too! You can also take advantage of a brand new feature this year by developing your very own personal fund raising page. It's fast, easy and fun! Visit www.justgiving.com/nkf and set your page up today!

"We've really been blown away by the great response to the Kidney Walks in 2005," said Carol

LaFleur, Executive Director for the NKF of NENY. "The Glens Falls Walk on May 1st was wonderful. There was so much enthusiasm, which showed us that this area really cares about organ donation and kidney health.

"The Albany Kidney Walk on June 5th was phenomenally successful. It was our biggest Walk yet," continued LaFleur. "We raised \$20,000 more than we did in 2004, and we had 200 more walkers than last year! We also added, for the first time, a Kidney Early Evaluation Program, a screening for the early detection of kidney disease. We screened nearly 40 people that day and plan to

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Kidney Wall at Huck Finn's Warehouse

Message from the Chair and Executive Director



Hello Friends of the NKF:

As we move into autumn, I'm happy to report that our NKF family is continuing to grow and many new people have joined us over the past several months. These people are not only the volunteers who give their time at our various events, but we also have some new members on our Board of Directors. Together, we are planning many new events and hope to continue to become even stronger in the community.

As the temperatures drop and the leaves begin to fall, I urge all of you to help us out. The more volunteers we have to serve as members of the Board of Directors or on event committees, the

more success we can expect. As I've asked each of you in the past, please give us a call if you or anyone you know can help. We need your help so that we can continue to grow.

Several other articles in this newsletter will detail all of the events and successes we've had recently. As Kidney Walk Chairman, I can tell you that this year's Gift of Life Kidney Walk in Albany was extremely successful and raised well beyond what we had hoped for. Thank you all for your support and keep up the good work!

I do want to take a moment to say how saddened we were to learn of Dr. Abe Sherer's recent pass-

ing. Abe was a good man, very generous and always looking to help others in need. His commitment, his involvement and his contributions over the years are very much appreciated. We will continue to move forward with him in our minds while we work toward our common goals.

Thank you and please be sure to call the NKF of NENY at 1-800-999-9697 to discuss how you can help us reach our goals!

All the best,



Howie Altschule
Chairman



Dear Friends,

I hope this newsletter finds you all well as we wind down the summer and enter the crispness of the fall. The fall is my favorite time of the year--the leaves turn beautiful brilliant colors, the air is crisp and fresh, our children go back to school, and we wait for the holiday season to arrive with the snow, reminding us that the spring will not be far behind. For me, the changing of the seasons is symbolic of the circle of life. You can't have the spring without the winter--just as you can't have the flowers without the rain.

And, speaking of brilliant colors, I'm sure you've noticed that our logo and our signature color have changed. The National Kidney

Foundation has just unveiled this new "look" for NKF and its affiliates, which represents the concept of "partners for life" in the fight against kidney disease.

This newsletter will pay tribute to a man that I feel very blessed to have known--Dr. Abraham Sherer, who offered us many life lessons. Perhaps the most significant is the importance of giving back to our community in whatever way we can. Each of us has a responsibility to leave a place better than we found it, and Dr. Sherer epitomized this philosophy to the fullest. We will miss him beyond words but will be touched forever by his legacy. It is only fitting that as we pay tribute to Dr. Sherer, we introduce a new feature of

our newsletter--our new volunteer highlights--which will allow us to recognize in a small way others who give so generously of their time. We have so many wonderful volunteers who work tirelessly on our behalf every day, I wish we could recognize each and every one of you. You are all leaving this place better than you found it, and for that we owe you our gratitude. Thank you for helping us to make lives better.

Sincerely,



Carol LaFleur
Executive Director

AND WHAT A CELEBRATION IT WAS!

On Friday, May 20th at the Desmond in Albany, the National Kidney Foundation of Northeast New York held its second annual Gift of Life Celebration Dinner, marking another year of making life better for the people and families we serve. We came together to celebrate the achievements of the past year and to honor two individuals and two organizations that have contributed substantially to our success:

Assemblywoman Teresa Sayward, who received the *Gift of Life Award for Public Service* from NKF Board member Dave Bonner

Albany Medical Center Transplant Unit, which received the *Contributions to Healthcare Award* from Dr. Vincent Verdile, Dean of Albany Medical College

Albany Medical College PA Program, which received the *Volunteerism Award* from Dr. Verdile and

Steve Baldwin, who received the *Patient Services Award* from Kim Healy, NKF past board president and Co-Chair of the Programs and Services Committee.

Highlights of the evening included an inspiring film about the U.S. Transplant Games and moving remarks by Team NENY member Alice Zayac and NKF Patient Advocate Patricia Colongione. Most of us wiped away a tear or two hearing how our work impacts people right here in our community.

The Gift of Life Celebration Dinner was a success, raising \$28,000 for our programs and services. We would like to thank our major sponsors, without whom this event would not have been possible: Adirondack Area Network, Astellas, Pfizer, Roche, Albany Medical Center and CDPHP. Many thanks to our Honorary Chair Benita Zahn and our Honorary Committee, which helped us reach our financial goals for the evening. Hats off to our steering committee for planning the event: Gift of Life Event Chair James Sinkoff, NKF Chairman Howie Altschule and committee members Radhika Reddy Chappidi, Kim Healy, Carol

LaFleur, Leigh Nowicki, Patricia Shapiro, Lillian Somma and Terry Tyson. And lastly, our thanks to all the local individuals and businesses that contributed items for our silent auction. We hope you'll support them as they have supported us!

Please mark your calendars now for the 3rd annual Gift of Life Celebration Dinner on Thursday, May 18, 2006. It's an event you won't want to miss!



Dr. Vincent Verdile (right) and David Irvine, Ph.D.



Hon. Teresa Sayward and Dave Bonner



Benita Zahn, Honorary Chair



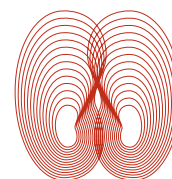
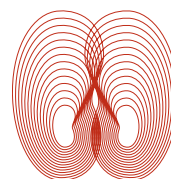
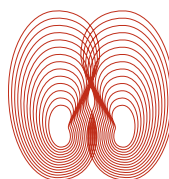
Dr. Andrew Isenberg (left) and Dr. Vincent Verdile



Steve Baldwin and Kim Healy



Howie Altschule (left) and Jim Sinkoff



What My Kidneys Did On Summer Vacation . . . *continued from page 1*

make this a regular part of the Gift of Life Kidney Walks.”

The NKF of NENY sends our sincerest thanks to all those who have helped us so far on our greatly successful 2005 Gift of Life Kidney Walks: Assemblywoman Teresa Sayward, the Glens Falls Hospital Renal Dialysis Center, Adirondack Area Network, Amgen, Bayer Healthcare Diagnostics, Bluzhouse Rockers, Bruegger's Bagels, Cohoes Savings Bank, Crowley's, Culligan, the Desmond Hotel, Huck Finn's Warehouse, Dunkin' Donuts, Empire Corporate Federal Credit Union, TD Banknorth, Astellas, Future Media, Genzyme, Ocean Spray, the Post Star, Price Chopper, the Sweat Shop, the Times Union, Whitney M. Young, Jr. Health Services, the WB—45, our KEEP Screening (Kidney Early Evaluation Program) volunteers, and of course, our dedicated Walk committee. We couldn't have done it without all of you!

New Guidelines Urge More Research for Treatment of Cardiovascular Disease in Dialysis Patients

Experts have been aware for some time that the prevalence of cardiovascular disease (CVD) was higher in patients undergoing dialysis treatment, but recent findings from the National Kidney Foundation have shown that there are far more serious implications than originally realized.

In a supplement to the April 2005 American Journal of Kidney Diseases, the National Kidney Foundation explained that while CVD was the leading cause of

death in dialysis patients, current treatments for CVD are less effective for dialysis patients. In addition, dialysis patients are far more prone to the side effects of current CVD treatments. Over 300,000 Americans are currently receiving dialysis to treat kidney failure.

Key findings also noted in the report:

Pediatric chronic dialysis

patients are 1,000 times more likely to die from cardiovascular disease than the general pediatric

population.

Dialysis patients often have CVD-related risk factors, including anemia, hyperparathyroidism, hypoalbuminemia, and chronic inflammation.

The National Kidney Foundation is urging for increased research on the treatment of cardiovascular disease in dialysis patients. The NKF also recommends that all dialysis units have the capability for on-site external cardiac defibrillation, such as automatic external defibrillators.



click on "KDOQI"

www.nkfneny.org

New CKD Diagnosis Codes to Be Based on KDOQI Guidelines

The National Kidney Foundation announced in late May that terminology and classifications developed by their Kidney Disease Outcomes Quality Initiative (KDOQI) will be incorporated into the International Classification of Diseases, Ninth Revision. The new revision will be available in October.

The new guidelines can be applied to all stages of the diagnosis and treatment of kidney disease. In 2002, KDOQI clinical practice guidelines were revised to define the five stages of chronic kidney disease (CKD).

"Until now, the majority of CKD patients were lumped into the chronic renal failure category, which was not very well defined. CKD has five stages, based on estimates of glomerular filtration rate, and the treatment plan for each of these stages becomes more detailed and specific as the disease progresses," said David Warnock, M.D., president of the NKF. "We are optimistic that by using the KDOQI guidelines in conjunction with the revised codes, medical professionals will be able to detect and treat CKD in their patients earlier, the government will glean new information about the estimated 20 million people with CKD and related health problems such as diabetes, anemia and heart disease, and most importantly, the overall outcome of our patients with CKD will be optimal."

Outcomes Quality Initiative

NEW MEDICATION NOW AVAILABLE FOR EARLIER TREATMENT OF SECONDARY HYPERPARATHYROIDISM

Abbott Laboratories recently announced that the U.S. Food and Drug Administration (FDA) has approved Zemplar® (paricalcitol) Capsules, an oral, activated vitamin D therapy for prevention and treatment of secondary hyperparathyroidism (SHPT). Zemplar Capsules are indicated for the prevention and treatment of SHPT in stages three and four chronic kidney disease (CKD) patients, before the need for dialysis or transplantation.

When kidneys start to fail, they gradually lose their ability to activate the vitamin D they obtain through diet and other sources. As a result, many kidney patients develop SHPT, a serious disorder that causes bone disease and can affect many organs and tissues, including red blood cells, the heart, nerves and muscles. If SHPT is not managed early it can worsen, leading to other related conditions and progression of the underlying

kidney disease.

One in nine adults in the U.S., or 20 million people have CKD and another 20 million are at risk for developing CKD from underlying causes such as diabetes and hypertension. Until now, physicians have had limited treatment options to manage secondary hyperparathyroidism in earlier-stage CKD patients.

Zemplar Capsules are a new, oral formulation of Zemplar Injection, which was introduced in 1998 and is the most widely-used activated vitamin D for the prevention and treatment of SHPT among dialysis patients.

The National Kidney Foundation guidelines recommend testing for and treating SHPT early in CKD, well before the need for dialysis. Earlier management of CKD and its complications may reduce the devastating consequences of the disease, such as bone

loss and cardiovascular events.

Study results from three Phase III trials showed that Zemplar Capsules are safe and effective in reducing parathyroid hormone (PTH) levels in stage three and four kidney disease patients with SHPT.

Phase III clinical trials for Zemplar Capsules included patients in stages three (moderate) and four (severe) of chronic kidney disease, who were treated and evaluated in three prospective, randomized, placebo-controlled, double-blinded studies at multiple centers over a 24-week period. Additionally, this trial represents the largest number of patients studied in the early-stage CKD population with SHPT.

This information is excerpted from an Abbott Laboratories press release that can be accessed at: http://www.abbott.com/news/press_release.cfm?id=939

Got Milk? No, Seriously!

Dialysis patients go through a lot: time-consuming treatments, exhausting side effects, and a world of special dietary restrictions. But there's good news: The Delicious Milk Company, Inc., has developed DairyDelicious, real milk with half the potassium and phosphorus of regular 2% milk!

Fully-functioning kidneys filter excess phosphorus from the blood. When a patient receives dialysis

treatment, however, phosphorus levels can become dangerously high, which can lead to heart disease and endocrine dysfunction. As a result, dialysis patients must carefully monitor the amount of potassium and phosphorus in their diets. Milk is naturally very high in phosphorus, so most dialysis patients are forced to avoid dairy products in their diets.

DairyDelicious was developed by nephrologists specifically for

patients on reduced-phosphorus diets. An 8 oz. container of DairyDelicious has only 116 mg of phosphorus compared to 244 mg in regular 2% milk. DairyDelicious can be ordered by

calling the Delicious Milk Company at 1-877-4DAIRY7 (877-432-4797).



WHITER TEETH, PINKER KIDNEYS!

Can whiter teeth lead to healthier kidneys? Thanks to one local dental practice, the answer is yes!

The NKF of NENY would like to thank Colin Morton, D.D.S., and the staff of his Ballston Lake dental practice for hosting a recent Smiles for Life campaign on our behalf. From January to June of this year, Dr. Morton's practice offered professional tooth whitening services at reduced costs to raise funds for the NKF of NENY.

Smiles for Life is a national charitable organization of dental health professionals. Half of all proceeds raised by Smiles for Life events go towards helping children facing serious health conditions and educational deficiencies throughout North America—in Dr. Morton's case, the great pediatric programs of the NKF of NENY.

Dr. Morton's office was very successful in their efforts. They raised over \$6,300 from the promotion, half of which was then donated to the NKF of NENY.

"My office manager's husband had a kidney transplant," explained Dr. Morton on his choice of NKF of NENY as his beneficiary. All of the proceeds from Smiles for Life events benefit kids, said Morton, "so when we found out the NKF has a pediatric program, we knew we wanted to help."

The pediatric programs of NKF of NENY sponsor educational programs like "Kidneys in the Classroom," an interactive educational program for children in grades 3-5. NKF of NENY also supports a summer camp that is fully equipped to meet the needs of our pediatric dialysis and transplant patients.

The NKF of NENY extends our deepest thanks and congratulations to the winner of our summer 50-50 raffle, Bob Reiter. Not only did Reiter, an employee of the Veteran's Administration, win over \$8,000 in the raffle, he immediately gave \$2,000 back to the NKF of NENY! Reiter, pictured here with 2-year-old granddaughter and kidney disease patient Maddia Reiter, received his winnings at a check presentation at the NKF of NENY offices on July 12th.



A VOLUNTEER DUO

Meet Tricia Shapiro and Irma Lettrick —two sisters who are committed volunteers with the National Kidney Foundation of Northeast New York.

Tricia first became involved with the NKF in 1998, when her husband, Ed, joined Team Northeast New York and participated in the U.S. Transplant Games in Columbus, Ohio. Ed received his kidney 17 years ago.

Irma is the unofficial Financial Secretary of Team Northeast New York. Both sisters are fully engaged in fund raising because each Team must cover the cost of the trip for the athletes, the manager and one donor family member. The Team raises funds by selling Avon products, catalog items; home interior products; Hoffman car wash tickets; and bears with the Team logo. They hold bowl-a-thons; a fundraising dance and conduct a Sponsor-An-Athlete appeal. For the upcoming Games in 2006, they plan to add a pancake breakfast and a spaghetti supper.

"We've formed such amazing friendships since becoming involved," said Tricia. "And attending the Transplant Games is an indescribable experience. There are always lots of tissue boxes around because there are so many emotional moments—especially when donor families connect with organ recipients and see the impact of their donation."

Tricia and Irma are always there for us, whether it's the Transplant Games, the Kidney Walk, the Gift of Life Dinner, stuffing envelopes or wrapping gifts for our annual holiday party.

Thanks, Tricia and Irma, for all you do for NKF of NENY!



Tricia Shapiro and Irma Lettrick

NATIONAL KIDNEY FOUNDATION OF NORTHEAST NEW YORK BOARD OF DIRECTORS 2004-2005

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Farwell to a Good Friend

The National Kidney Foundation of Northeast New York lost a wonderful friend and colleague this past June when Dr. Abraham Sherer passed away after a lengthy illness.

An outstanding member of the NKF of NENY board of directors for over a decade, Dr. Sherer initiated many projects and programs that are still going strong today. Among them, he was the inspiration behind the NKF Kidney Walk and the development of the Kidney-Kare patient support and counseling group.



Abe Sherer's connection to kidney disease was personal. He first became involved with the National Kidney Foundation when his wife Eunice began dialysis in 1987. Ironically, shortly after her death, Dr. Sherer experienced renal failure and had to go on dialysis for the rest of his life.

Throughout his years of affiliation with NKF, Abe was a strong patient advocate, giving countless hours to the Programs and Services Committee. He volunteered his time, treasure and talent to NKF because he believed in helping individuals cope with the financial and emotional trauma of living with kidney failure. He always made certain there were services such as

transportation available for kidney patients, support groups and patient outings to keep up morale, emergency funds for medication and teaching days to keep families and patients abreast of the latest advances. When the Capital Region experienced a blackout several summers ago, Dr. Sherer's own dialysis unit was forced to close for lack of a generator. Always a man of action, Dr. Sherer enlisted fellow board member Kim Healy and together they began a campaign to make back-up generators for New York State dialysis units a state requirement.

In addition to his involvement with the National Kidney Foundation of Northeast New York, Dr. Sherer was also extremely active in the Jewish community and the interfaith community. Throughout his life, he served on numerous boards and worked tirelessly to further understanding, acceptance and tolerance. The life he lived exemplified the Jewish ethic "Tikkun Olam," symbolizing the healing of the world. We will miss his compassion for others, his enthusiasm, his dedication, and his great sense of humor. He leaves behind a legacy of good works that will continue to make life better for all of us.

Support for Stem-Cell Research by *Samantha Breault*

I am twelve years old and have had Type 1 diabetes for five years. I had to start taking shots of insulin 3 or 4 times a day when the doctors told me I had diabetes. A

couple of years ago I started on the insulin pump. I don't have to take as many shots, but I still have to stick my self with a needle in my stomach for the insulin pump every couple of days. I keep on poking my finger to test my blood sugar



Samantha with Mary Tyler Moore

10 to 12 times a day. It really hurts sometimes. I work hard everyday on my diabetes, I watch what I eat and check my blood sugar a lot. But, sometimes even though I work really hard to keep my blood sugar where my doctor wants it, it runs high. I know that high blood sugar can lead to heart attack, stroke, kidney problems, blindness and foot amputations. I don't want that to happen to me. It really scares me. It makes my parents sad too.

Last summer, I went to Washington D. C. to talk to members of Congress at the Juvenile Diabetes Research Foundation's Children's Congress. I really want Congress and President Bush to increase support for embryonic stem cell research. I take good care of myself, but it's very hard to keep my blood sugars normal even on an insulin pump. A cure for diabetes is very important so kids like me don't have to be afraid or grow up and have those complications.

I watched Mrs. Nancy Reagan speak about the hope of stem cell research. She said it may help lead to cures or new treatments for a lot of diseases like cancer, heart disease, diabetes, Parkinson's disease and spinal cord injuries. My parents watched with me. They told me that some stem cells could come from fertility clinic embryos where people are not using them. My father explained that embryonic stem cell research is like organ donation, that stem cell research does not involve choosing one life over another. Donated organs and donated embryos can both help save lives. Otherwise if these embryos cannot be used for stem cell research, they would be thrown out which *continued page 8*

Support for Stem-Cell Research by Samantha Breault | continued from page 7

would not give any hope of a cure to kids like me.

I know that President Bush didn't stop stem cell research, but he put some limits on it. I know that stem cell research may not cure all the diseases. But the scientists who make the new medicines and treatments say that the limits put on stem cell research are slowing down research that could help kids like me. I would like President Bush and Congress to work together to increase government support for the expansion of stem cell research. I don't want kids like me to be afraid of the serious complications of diabetes and I don't want to

spend the rest of my life with diabetes.

Samantha is the daughter of Art Breault, Emergency Medicine Outreach Coordinator at Albany Medical Center. Not only did Samantha attend the 2005 Children's Congress, but this article was printed in the Schenectady Gazette, and also appeared on Capital News 9. We want to commend Samantha for taking a proactive role in her health care, and for creating the awareness that diabetes can lead to kidney disease, among other complications. We urge you to know your risk factors, talk to your doctors, and be tested.

NKF Calendar of Events

The following is a list of upcoming events for the National Kidney Foundation of Northeast New York. Please check the NKF website at www.nkfneny.org or call 1.800.999.9697 for new events and updated information.

Sept 13th : Professional Education: Metabolic Syndrome and Cardiovascular Risk, NKF of NENY offices, East Greenbush

Sept 14th : KEEP Screening, Albany Medical Center, Albany

Sept 22nd : "Medicare and You", an overview of the Medicare Modernization Act, NKF of NENY offices, East Greenbush

Sept 25th Gift of Life Kidney Walk in Cooperstown

Oct 1st & 2nd : Organ Donor Drive, Ultimate College Weekend, Pepsi Arena, Albany

Oct 2nd Gift of Life Kidney Walk in Plattsburgh

Oct 20th : KEEP Screening, Trinity Institution, Albany

Oct 25th : KEEP Screening, Albany College of Pharmacy, Albany

Nov 8th : Board of Directors meeting, NKF of NENY offices, East Greenbush.

Nov 10th : Dialysis Unit Roundtable Luncheon, NKF of NENY offices, East Greenbush (videoconferencing available)

Nov 10th : Professional Education: Managing Bone Disease, NKF of NENY offices, East Greenbush (videoconferencing available)

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