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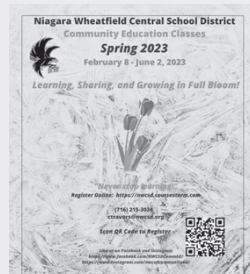
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Emergency preparedness is a focus for World Kidney Day

Submitted by the Kidney Foundation of Western New York

World Kidney Day will be celebrated globally on Thursday, March 9. This year's theme is "Kidney Health for All - Preparing for the unexpected, supporting the vulnerable."

Worldwide, 850 million people are affected by chronic kidney disease, and more than 2 million people receive dialysis or are living with a kidney transplant. In the United States, about one in seven adults has kidney disease. People with kidney disease are among the most vulnerable populations in an emergency because of their ongoing need for consistently coordinated care, which is often lifelong and involves complex ongoing treatment.

Recognizing the challenges faced by kidney patients and caregivers, the Kidney Foundation of Western New York is sharing emergency preparedness tips:

Those with chronic health conditions should prepare an emergency kit that includes food, water, medical supplies and medical records. Check items every six months to ensure medications have not expired, that food is still fresh, and batteries are working.

People who rely on dialysis should stock up on food items for the three-day emergency kidney diet. This diet can reduce the buildup of fluids and toxins within the blood when dialysis treatment is not available.

Dialysis recipients, transplant



recipients and people with diabetes should wear a medical ID bracelet or pendant that indicates medical conditions and any allergies.

People receiving in-center dialysis should make sure that the dialysis clinic has a current address, phone number and emergency contact information.

People on home dialysis should inform their local power company. This will make their service a priority if there is a power outage.

Emergency preparedness handouts are available from the Kidney Foundation of Western New York, dialysis providers and the IPRO End Stage Renal Disease Network of New York.

"The whole of society, including policymakers, health care services, governments, industry, as well as people living with kidney disease and their carers, must be

prepared for unexpected events to avoid any disruption in access to diagnosis, treatment and care," the International Society of Nephrology noted in announcing this year's World Kidney Day theme.

The Kidney Foundation of Western New York joins the International Society of Nephrology and World Kidney Alliance in calling for improved care and preparation through the following actions:

Policymakers need to adopt integrated health strategies that prioritize prevention, early detection, and management of noncommunicable diseases, including kidney disease.

Health care services should provide equitable and proper access to care for chronic disease patients in times of emergency.

Governments should include emergency preparedness plans in the management and detection of noncommunicable diseases and

prioritize the prevention of these conditions.

The Kidney Foundation of Western New York and local partners will be working to increase awareness about kidney health throughout the month of March.

The Buffalo City Hall, local landmarks and the Peace Bridge will be illuminated in yellow and blue for kidney health on the evening of March 9. Niagara Falls will be lit up in yellow and blue beginning at 10 p.m.

More information is available at kfwny.org and the Kidney Foundation of Western New York's social media. The foundation can be reached by phone at 716-529-4390.

The Kidney Foundation of Western New York thanks the Buffalo and Fort Erie Public Bridge Authority, the Niagara Falls Illumination Board, the Home of the Dome and Buffalo Landmark Illumination Team (LIT) and other community partners for helping to raise awareness about kidney health.

The Kidney Foundation of Western New York works to increase awareness of kidney disease, provide education on kidney health, and support patients and their families. The locally based non-profit serves Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming counties.

For more information on World Kidney Day, visit worldkidneyday.org.

YMCA Buffalo Niagara launches 2023 annual campaign

YMCA Buffalo Niagara's annual campaign kicked off Tuesday. Collectively, the association is seeking financial contributions to support the organization's planned \$1.6 million charitable impact in 2023.

A press release stated, "The YMCA annual campaign runs through April 20. Every gift received, no matter the size, helps fund the Y's efforts to address critical community needs and issues, including bridging the achievement

gap, combating hunger and food insecurity, making kids of all ages safe in the water, and equitable access to health and wellness resources."

Last year, YMCA supporters gave over \$1.1 million to provide scholarships and subsidize programs and services, making a difference in the lives of nearly 4,500 families. Forty percent of the funding allocated came through gifts made to the Y's annual campaign.

Anyone wishing to support the Y's mission work can do so online at YMCABN.ORG/GIVE, by texting ACCESS4ALL to 71777, or by reaching out to their local YMCA branch.

The press release stated, "Locally founded in 1852, YMCA Buffalo Niagara is a charitable, community-based organization committed to providing programs designed to build a healthy spirit, mind and body for all. The YMCA's focus on

youth development, healthy living and social responsibility is reflected in the variety of programs that are offered to all ages and abilities. A not-for-profit organization, YMCA Buffalo Niagara serves over 100,000 people annually through six membership branches and four camps throughout Western New York, as well as at over 40 community-based program sites. For more information, visit www.YMCABN.org."

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