

KIDNEY DISEASE: FAITH GUIDES THE JOURNEY THAT LEADS TO PRAISE

Growing up in Nashville, Tennessee, 29-year-old Markeya Douglas attended the First Baptist Church South Inglewood her entire life. As a youth, she watched people praise God and she was in awe of their testimony. So, when asked how she's dealing with abrupt kidney failure and a life that now includes dialysis, she refuses to complain. Instead, she knows God is seeing her through her kidney journey. She is certain that her struggle will become a part of her testimony allowing her to praise God even more and witness to others.

Markeya's unexpected battle with kidney disease began in July 2017 when she visited an urgent care clinic thinking her tiredness was related to a sinus infection but instead learned her blood pressure was high. The next morning, her mother overheard her mentioning her high blood pressure and took Markeya to the emergency room. The emergency room doctor reviewed blood work and confirmed that Markeya had severe kidney disease.

"I was shocked to learn I had kidney disease," said Markeya. "Two years before the emergency room visit, I had a routine gynecologist visit and the gynecologist mentioned that my kidney function looked low, but when



Markeya Douglas (Left) and Christa Lawson (Right)

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I followed up with her in the next visit, she said it was nothing to worry about. I never questioned it. Learning in the emergency room that my kidneys were failing was alarming. I didn't know what to do!"

The next step led Markeya to her primary care doctor and then to a nephrologist, Dr. Dunn, who explained that she had about 9% remaining kidney function. The nephrologist asked her to take blood pressure medication and work with REACH Kidney Care to learn about nutrition and treatment options for kidney failure.

"Dr. Dunn referred me to REACH Kidney Care. I went into REACH and everyone was nice and helpful. In two sessions I was able to get diet information and make a treatment decision," said Markeya. "I was able to stick to the diet and delay kidney failure for a while."

As her kidney function was winding down, her family and friends were gearing up to support Markeya. Her brothers volunteered to be her living kidney donor, but due to a genetic condition, they were both ineligible to donate. While additional members of her family were going through the screening process, her father decided they needed to turn to the church for help.

"Dad called REACH and talked to them about coming to our church to talk about kidney disease and living organ donation."



(Left to Right) Markeya Douglas, Christa Lawson, Pastor Jonathan Trees, and Shannon Rappe.

REACH connected Markeya's family with Pastor Jonathan Trees who'd had a similar event as his church. Christa Lawson, REACH transplant coordinator, explained the importance of a kidney champion at the event.

On Sunday, February 25, 2018, Markeya's need for a kidney was made public at the First Baptist Church South Inglewood. Jasmine Hall, the wife of Markeya's cousin Torrian, stood before the congregation and explained kidney disease facts. She also made a personal plea for the congregation to step out on faith and be tested. REACH Kidney Care was represented by Christa Lawson, transplant coordinator, and Shannon Rappe', chronic kidney disease

care coordinator. They hosted a table with kidney disease and living kidney donor information. At the conclusion of service that day, 19 members of the congregation signed up to be tested as living kidney donors for Markeya.

"I started in-center dialysis about two months ago. It was a struggle in the beginning, but I've gotten used to it now. I'm in good spirits about it. God is going to bring me through this so I can praise him and tell others."

Markeya Douglas is working with Centennial transplant center. She has type A blood. If you are interested in being tested as a living kidney donor, please call 615-342-5626.

DO YOU HAVE A KIDNEY CHAMPION?

A kidney champion speaks on behalf of a recipient's need for a living kidney donation. A kidney champion should know the recipient well, be able to explain his/her story, and provide information regarding how to become a living kidney donor.

Jasmine Hall is acting as the kidney champion for Markeya Douglas. Markeya describes Jasmine as a go-getter and someone who is really good and "there for me."

When asked why Jasmine wanted to be Markeya's kidney champion, she said, "I chose to be her kidney champion because she's my husband's cousin. And, my grandmother was on dialysis. She received a kidney transplant and I saw how it improved her quality of life. I want that for Markeya."

Jasmine delivered a powerful message on February 25th, 2018, at the First Baptist Church South Inglewood. You can view her message on [YouTube](#).

If you need a kidney champion, ask your family and friends for help. Share your story. Let them know how difficult it is to ask for a kidney. Be willing to share your story on Facebook and other social media channels. Be willing to talk about it at church and at work. Contact your REACH Kidney Care coordinator and see if she is able to host a living kidney donation table at your church or other community spot.



Markeya Douglas (Left) and Jasmine Hall (Right) standing next to the REACH booth at their church.

Basic information a kidney champion should share:

- According to UNOS, as of March 21, 2018, there are 95,249 candidates on the kidney transplant waiting list.
- The average wait for a deceased donor kidney is 3-5 years.
- A living donor's kidney is shown to last longer than a deceased donor kidney, on average 18 years for a living donor kidney compared to 13 years for a deceased donor.
- In general, to be a living donor an individual must be physically fit, in good health, free from high blood pressure, diabetes, cancer, kidney disease and heart disease.
- Routine tests are performed to determine the potential donor's level of physical and mental health and their compatibility with the recipient.
- If someone is interested in testing to be a match, share the blood type of the recipient and the transplant hospital phone number where a potential donor can be tested.

CHRONIC KIDNEY DISEASE CARE COORDINATOR 2017 AWARDS



CKD Transition Readiness: *Programs that had the highest percentage of patients (GFR 25 or less) ready for transition to treatment*

Excellence Plaque - Spartanburg
Excellence Certificate - Kansas City
Excellence Certificate - New York
Performance Certificate - Nashville
Performance Certificate - New Jersey



CKD Outpatient Transitions: *Programs that had the highest percentage of patients to start in the outpatient setting*

Excellence Plaque - New York
Excellence Certificate - New Jersey
Performance Certificate - Kansas City



CKD Transitions to Home Therapy: *Programs that had the highest percentage of patients starting home therapy on the first treatment*

Excellence Plaque - Nashville
Excellence Certificate - Mid-Missouri (Columbia)
Performance Certificate - New Jersey

The REACH Kidney Care CKD Care Coordinators met in Nashville from March 13-15, 2018. CKD programs were recognized for their continued efforts to improve patient care outcomes. The outcomes were derived from January through December 2017 data.



CKD Access Transitions: *Programs that had the highest percentage of patients who started hemodialysis with a fistula or graft first treatment*

Excellence Plaque - Spartanburg
Excellence Certificate - Kansas City
Performance Certificate - New York



CKD Program Growth: *Programs that increased their census by the most percentage*

Excellence Plaque - New York
Excellence Certificate - Albany GA
Performance Certificate - Nashville



CKD Transition to Treatment: *Programs that had the highest percentage of patients who transitioned to treatment from their program (compared to the total number of patients who transitioned in their area)*

Excellence Plaque - Kansas City
Excellence Certificate - New Jersey
Performance Certificate - Spartanburg
Performance Certificate - New York

3 THINGS NOT COMMONLY MENTIONED THAT YOUR DIETITIAN WANTS YOU TO KNOW

We sat down with renal dietitian Collette Powers, MA, RDN, LDN, ACSM EP-C, to discuss what dietitians want their patients to know. Collette stressed the importance of taking binders and watching fluids, and then addressed a few things we don't always hear.

- Be engaged in your care. Don't be afraid to ask questions.
- Attend treatments. The dietitian can't help you if you aren't there.
- Take care of yourself socially and mentally. How you do nutritionally relates to how you're doing mentally.

RAISING AWARENESS OF KIDNEY DISEASE THROUGH RADIO!

On March 14th, Pamela Sparks, clinical care coordinator, and Alexandra Lautenschlaeger, renal dietitian, visited the radio station WBCU 1460AM in Union South Carolina to discuss National Kidney Month, National Nutrition Month, and National Social Worker month. They spent nearly 45 minutes on live radio talking about chronic kidney disease, disease state, nutrition, exercise, and a team approach to kidney care. Now that's a great way to get the message of kidney disease out into the community! Thanks, Pamela and Alexandra!



Pam Sparks (Left) and Alexandra Lautenschlaeger (Right) at the radio station

SUPER KIDNEY WOMAN

NOW PLAYING!



WORLD KIDNEY DAY 2018

World Kidney Day took place on Thursday, March 8. To raise awareness of kidney disease, we produced a humorous video! The comical skit highlights our noble heroine, Super Kidney Woman, and her battle with kidney disease. Drama unfolds as Super Kidney Woman defeats kidney disease, along with his evil minions, diabetes and hypertension who attempt to use sweets, sodium, and cigarettes to try and bring Super Kidney Woman down!

You can watch all of our videos, including Super Kidney Woman, by visiting DCI's YouTube channel at www.youtube.com/c/DialysisClinicInc1971. Make sure you subscribe to our channel to stay up-to-date on events and other fun celebrations!



DCI AND DCI DONOR SERVICES STEP CHALLENGE RAISES \$25,000 FOR AAKP

In recognition of National Kidney Month, Dialysis Clinic, Inc. (DCI), hosted a Kidney Disease Warriors step challenge encouraging all employees to walk and raise awareness of kidney disease on March 16th, 2018. \$25,000 was raised and will be donated to the American Association of Kidney Patients, AAKP.

"We were really excited to connect our mission of caring for kidney patients with AAKP's need for resources and a step challenge that allowed employees to be actively engaged in their own health," stated Doug Johnson, MD, Vice-Chairman of DCI.

1,001 DCI and DCI Donor Services employees participated in the Kidney Disease Warriors step challenge, taking a combined total of 8,803,524 steps. The challenge was tracked through the Go365 employee wellness program. DCI agreed to pay \$0.003 per step, or \$3 per 1,000 steps, up to \$25,000.

AAKP President Paul T. Conway stated, "AAKP is deeply appreciative of the genuine empathy and understanding DCI employees have toward the kidney patients and communities they serve and we are grateful to Dialysis Clinic, Inc. and DCI Donor Services for donating the proceeds of their step challenge. Patients and their care teams, united by principle in a common cause, share the title of Kidney Disease Warrior and AAKP is committed to building the capacities necessary to keep the independent voice of patients in every national discussion that might impact health outcomes." Conway has managed kidney disease for over thirty-seven years, including over two years on dialysis and for the past twenty-one years as a transplant recipient.

AAKP, founded in 1969, is the largest and oldest fully independent patient lead advocacy and education organization in America and is governed by a patient-majority Board of Directors. AAKP conducts national education programs designed to better inform kidney patients, care-givers and policy-makers about the true impacts of kidney disease, prevention efforts and treatment methods. AAKP executes a national advocacy strategy in conjunction with allied kidney organizations designed to insert the patient voice into proposed policies, research efforts and care deliberations before the Executive Branch and the U.S. Congress.

DCI, founded in 1971, is the nation's largest non-profit dialysis provider in the U.S. with over 240 dialysis clinics across 28 states and a chronic kidney disease program, REACH Kidney Care, focused on early intervention and care coordination for kidney disease patients. DCI started DCI Donor Services to connect lives through donation and transplantation. DCI Donor Services maintains a tissue bank, eye bank, and organ procurement organizations in Tennessee, California, and New Mexico.

"Every step you take in your walk brings patients like me a step closer to helping others triumph over kidney disease!"

