



# FIGHTING KIDNEY DISEASE IN THE BAY AREA: APRIL 29 IS AMERICAN KIDNEY FUND'S 'KIDNEY ACTION DAY' IN SAN JOSE

*American Kidney Fund to host family-friendly event raising awareness kidney disease in the Bay Area*

SAN JOSE, CALIFORNIA, USA, April 27, 2018 /EINPresswire.com/ -- The American Kidney Fund will host Kidney Action Day® in San Jose for the second year in a row on Sunday, April 29 from noon-5

p.m. at the San Jose Flea Market. Kidney Action Day is a free, fun-filled, family-friendly event that helps people understand their risk for chronic kidney disease (CKD) and how to prevent it.



Visitors to Kidney Action Day can take proactive steps to protect their health and help prevent kidney disease. Together, we can make a difference fighting kidney disease in San Jose and the Bay Area.”

*LaVarne A. Burton*

The event will feature free blood pressure, glucose and kidney function screenings, along with kidney health education, fun fitness activities including seated yoga and strength training, and children's activities including face painting. Cucina Bambini Chef Linda Hills will provide cooking tips and show attendees how to make simple, healthful foods that taste great.

More than 30 million Americans are living with chronic kidney disease (CKD), the nation's ninth-leading cause of death, but the vast majority of them are unaware of it. Diabetes and high blood pressure are the leading causes of kidney disease, and learning to control these underlying conditions is key to preventing kidney disease or keeping it from getting worse. African-Americans, Asian-Americans and Hispanics are at increased risk for kidney disease and kidney failure. Left undiagnosed and untreated, CKD can lead to heart attacks, stroke, kidney failure and death.

“Kidney disease is a serious health concern, particularly in regions with large Hispanic and African-American communities,” said LaVarne A. Burton, president and CEO of the American Kidney Fund. “Visitors to Kidney Action Day can take proactive steps to protect their health and help prevent kidney disease. Together, we can make a difference in fighting kidney disease in San Jose and the Bay Area.”

Kidney disease is known as a silent killer because it typically has no symptoms until the kidneys begin to fail, but it is often preventable. Early CKD can be detected through testing, and it can often be slowed or stopped so that it does not progress to kidney failure. Nearly 20,000 Bay Area residents are living with kidney failure, or end-stage renal disease, and more than 12,000 of them depend on dialysis to stay alive.

Kidney Action Day is part of AKF's nationwide education and prevention effort through its Know Your Kidneys™ program, which targets communities at high risk for kidney disease. Last year, AKF provided free health screenings to more than 12,000 people in 25 cities, including San Jose.

Kidney Action Day is made possible through the generous support of Lead Sponsor San Jose-based Satellite Healthcare and Regional Screening Sponsors Ardelyx, Inc. and Akebia Therapeutics. AKF's nationwide Know Your Kidneys program is supported by Presenting National Screening Sponsors American Renal Associates and U.S. Renal Care.

For more information on San Jose Kidney Action Day, visit [www.kidneyfund.org/prevention/free-kidney-health-screenings/kidney-action-day/san-jose/](http://www.kidneyfund.org/prevention/free-kidney-health-screenings/kidney-action-day/san-jose/). Join the conversation on social media using the hashtags #KidneyActionDay #SanJose.

#### About the American Kidney Fund

As the nation's leading nonprofit working on behalf of the 30 million Americans with kidney disease, the American Kidney Fund is dedicated to ensuring that every kidney patient has access to health care, and that every person at risk for kidney disease is empowered to prevent it. AKF provides a complete spectrum of programs and services: prevention outreach, top-rated health educational resources, and direct financial assistance enabling 1 in 5 U.S. dialysis patients to access lifesaving medical care, including dialysis and transplantation. AKF holds the highest ratings from the nation's charity watchdog groups, including Charity Navigator, which includes AKF on its "top 10" list of nonprofits with the longest track records of outstanding stewardship of the donated dollar, and GuideStar, which has awarded AKF its Platinum Seal of Transparency. For more information, please visit [www.KidneyFund.org](http://www.KidneyFund.org), or connect with us on Facebook, Twitter and Instagram.

Alice Andors  
American Kidney Fund  
2402927053  
email us here

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2018 IPD Group, Inc. All Right Reserved.