

Life Donated...Multiplies Life

**Save A Life**

**It Just May Be Your Own!**

The Need for Living Kidney Donors  
&  
The Importance of Checking Your Blood Pressure




Goal for Today

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**Save Lives**

**Those in Need of a Kidney Transplant**

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Transplant Waiting List

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The Long Wait for a Kidney Transplant

- ALL Organs - 123,000+ people
- Kidneys – 102,000+ people
- Kidney Dialysis Patients – 450,000+

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Benefits:  
Living vs. Deceased Donation

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- Living Donor Kidney Last Twice As Long
- New Kidney Functions Immediately
- Shortens the Waiting Time for Others
- Avoid Being on Dialysis...Pre-emptive Transplant

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Living Kidney Donors

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**Who Can Be a Living Kidney Donor**

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Another Goal for Today

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**Save the Lives of**

**Rotarians**

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## Blood Pressure

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**Controlling Blood Pressure Will Save More Lives Than Any Other Medical Intervention**

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## What is Blood Pressure

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- Blood pressure is the reading of two numbers
  - The First or Higher Number, Systolic
  - The Second or Lower Number, Diastolic
- Normal Blood pressure is 120/80

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## Blood Pressure


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**Two of the Leading Causes of Death in the U.S.**

**Heart Attacks**

**Strokes**

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## Blood Pressure

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**Sudden Cardiac Death**

**1 in 9 Men by age 45 will die of a Heart Attack**

**1 in 30 For Women**

**Lifetime risk for colon cancer is 1 in 21**

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## Controlling Blood Pressure

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- There are usually NO Symptoms
- No Cure for High Blood Pressure-Treatable
  - Lifestyle Changes (Preferable)
  - Managed with drugs
- **New Guidelines – [www.LKDN.org/BP](http://www.LKDN.org/BP)**

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## Strokes

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**Strokes**

**850,000 Americans Have a Stroke Each Year**

**Women - 475,000 Men - 370,000**

**Deaths from Strokes-Women 60% Men 40%**

**Strokes Kill 2 Times # of Women as Breast Cancer**

**9 out of 10 Strokes are **Preventable****

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## Stroke

**SPOT A STROKE**

**F** FACE DROOPING  
**A** ARM WEAKNESS  
**S** SPEECH DIFFICULTY  
**T** TIME TO CALL 911

Stroke Warning Signs and Symptoms

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Detailed description: This slide features a dark blue background with the title 'SPOT A STROKE' in white. Below the title is a graphic with four panels, each showing a person and a red letter: 'F' with a woman's face, 'A' with a man's arm, 'S' with a man's mouth, and 'T' with a hand holding a phone. Below the graphic is the text 'Stroke Warning Signs and Symptoms'. The LivingKidney logo and 'Stroke' title are in the top left and right corners respectively. The website 'www.LKDN.org' and slide number '14' are at the bottom.

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## Stroke

Or go to: [www.LKDN.org/stroke.pdf](http://www.LKDN.org/stroke.pdf)

www.LKDN.org 15

Detailed description: This slide has a white background with the LivingKidney logo and 'Stroke' title in the top left and right corners. The main text is 'Or go to: www.LKDN.org/stroke.pdf'. The website 'www.LKDN.org' and slide number '15' are at the bottom.

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## Chronic Problem in the U.S.

80 million American adults have high blood pressure:

How Many Have Their Blood Pressure Under Control?

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Detailed description: This slide has a white background with the LivingKidney logo and 'Chronic Problem in the U.S.' title in the top left and right corners. The text asks '80 million American adults have high blood pressure: How Many Have Their Blood Pressure Under Control?'. The website 'www.LKDN.org' and slide number '16' are at the bottom.

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## Chronic Problem in the U.S.

Only Half

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Detailed description: This slide has a white background with the LivingKidney logo and 'Chronic Problem in the U.S.' title in the top left and right corners. The text says 'Only Half'. The website 'www.LKDN.org' and slide number '17' are at the bottom.

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## Chronic Problem in the U.S.

What are the 2 Primary Causes of Kidney Failure in the U.S.?

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Detailed description: This slide has a white background with the LivingKidney logo and 'Chronic Problem in the U.S.' title in the top left and right corners. The text asks 'What are the 2 Primary Causes of Kidney Failure in the U.S.?'. The website 'www.LKDN.org' and slide number '18' are at the bottom.


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## Chronic Problem in the U.S.

High Blood Pressure is the 2<sup>nd</sup> Leading Cause of Kidney Failure

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Detailed description: This slide has a white background with the LivingKidney logo and 'Chronic Problem in the U.S.' title in the top left and right corners. The text says 'High Blood Pressure is the 2<sup>nd</sup> Leading Cause of Kidney Failure'. The website 'www.LKDN.org' and slide number '19' are at the bottom.

 **Chronic Problem in the U.S.**

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Diabetes is the Leading Cause of  
Kidney Failure

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 **Chronic Problem in the U.S.**

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Primary Cause of Death for:

- Diabetics
- Dialysis Patients
- Kidney Transplant Recipients


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 **Chronic Problem in the U.S.**

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Heart Attacks

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 **LKDN Program**

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Rotary Blood Pressure Screening Program


- Blood Pressure Machine for Club Use
- Add to Existing Programs
- New Preventative Health Program

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 **Closing**


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Q & A?



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**LivingKidney**  
DONORS NETWORK

Life Donated...Multiplies Life **Harvey Myssel**  
Living Kidney Donors Network  
a Nonprofit 501(c)3 Organization  
312-473-3772

[www.LKDN.org](http://www.LKDN.org)  
[www.LKDN.org/fraternal/index.html](http://www.LKDN.org/fraternal/index.html)  
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