

KidneyTexas Runway Report, September 26

On Tuesday, September 26, 2023, The Runway Report Luncheon and Style Show will be held at Brook Hollow Golf Club with **Venise Stuart** serving as the Luncheon Chair.

The event was announced at the Spring Tea held at Venise Stuart's home. **Christian Isles** was the Tea Chair. The event was well attended with about 100 people in attendance.

Venise is asking that KidneyTexas, Inc. members and friends join her this year as a member of the Host Committee. As a committee member, you will join us in efforts to cultivate and educate by being an advocate for this important mission and be recognized for your support in this year's luncheon efforts.

To serve on the Host Committee, please make a commitment to host a table, host a Dutch treat table or purchase a \$500 ticket by May 15.

Since its founding in 1999, KidneyTexas has contributed more than \$4.6 million to the search for cures, to promote research and to improve treatments for kidney disease in our region. We would like to continue this progress and once again are presenting our annual Runway Report Luncheon and Fashion Show to raise funds for this most worthy cause. This spectacular event will be held on Tuesday, September 26, 2023 at 10:30 am at Brook Hollow Golf Club. **Cindy Feld** is the Honorary Chair. The fashion show will be presented by **Jan Strimple Productions** and **Scott Murray** will be the Master of Ceremonies.

Each year, more people die from kidney disease than from breast cancer or prostate cancer, and debilitating kidney diseases impact approximately 20 million people overall in our country today. Double and triple that amount of people are affected by the enormous financial and emotional toll these diseases take, be it on the patients, families, friends or caregivers. We at KidneyTexas, Inc. work very hard at transforming



Left to right: **Nancy Greenbach**, KidneyTexas, Inc. President; **Christian Isles**, Tea Chair; **Venise Stuart**, Fall Luncheon Chair.

lives in North Texas for all people impacted by kidney disease.

This year the beneficiaries to the luncheon are **Children's Hospital**, 2 Hemodialysis Machines; **Camp Reynal/National Kidney Foundation**, Camp for 80 campers + other expenses; **Texas Health Resources Foundation**, Hemodialysis Machine; and **Methodist Health System Foundation**, 2 Bladder scanners for Transplant Patients. KidneyTexas, Inc. raises money for designated beneficiaries and awareness for Kidney disease. The success of this event depends heavily upon the contributions and dedication of our Dallas business and community leaders. All funds raised by KidneyTexas, Inc. remain in the north Texas area. Learn more about KidneyTexas, Inc. and how to become involved www.kidneytexas.org.





President's Message

It is my pleasure to welcome you to the 2023 year of KidneyTexas! As your President, I am honored to be involved with an organization full of heart to help make a difference in changing fellow Texan's living with kidney disease through our funding efforts to Regional Medical facilities. Our mutual purpose is to improve, cure and prevent kidney disease.

Our starting year was hampered with freezing weather resulting in cancellation of the scheduled February 3rd Charity Selection/Board Meeting which was rescheduled to March 10. The Board heard seven worthwhile Charity presentations and chose four beneficiaries to be funded with anticipated fundraising from our annual signature Luncheon/ Fashion Show scheduled September 26, 2023. The remaining three are on a contingency list which can join the beneficiaries funding depending on our exceeding fundraising goal. This is doable if each of us commit now to attend, organize or buy a table(s), join the Host Committee, or be an underwriter. We are so fortunate that **Venice Stuart** is bringing her experience and leadership skills as Chair of the Luncheon. We are also fortunate that **Cindy Feld** has agreed to be the Honorary Chair!

The Spring Tea held March 28,2023 was a smashing success! Our new Board Member, **Christian Iles**, chaired the Tea at Venice Stuart's beautiful home. The talented Christian is the first male to serve on KidneyTexas Board and brings a new perspective. What was expected attendance to be around 50, was doubled with 100 attendees. Seven guests joined as members. Thank you Christian for your commitment and efforts. Thank you Venise for your hospitality and overseeing the event in your home and thanks to **Donna Weitzman / Cottonwood Mall** for underwriting. Of course, behind the scene was **Deborah Brown** who managed all the registration and invitations. Stay tuned for the Fall Tea chaired by **Monica Cooley**.

Our KidneyTexas theme for this year is Cultivate and Educate. Cultivate our donors by showing our appreciation and keeping them invested in KidneyTexas and educate our membership and community on combating kidney disease and what Texans are up against. I refer you to the article written by **Lexie Adams** in this newsletter which shines a light on Kidney disease in our state. Lexie is a nurse and started her business as a nurse writer. She has offered her services pro bono to KidneyTexas which supports our education theme. Thank you Lexie.

Our other goals for the year are to increase membership to 300 plus and almost there if each member would sponsor one or two people; expand men's membership; update the data base; update the KidneyTexas website; become member of Charity Navigator, publicize the percentage of KidneyTexas funding to programs. We have such low overhead that it should be in the 90's; set up telephone tree; expand tours of our medical beneficiaries. In this regard, we have toured The Transplant Unit at Methodist Hospital January 25, 2023; a Luncheon/Board Meeting and Tour of Southwest Transplant Alliance is scheduled for April 26, 2023; and in planning stages with other Medical Beneficiaries.

We will be proud of our efforts at the end of the year working together in a fun and productive way. And to all the new and potential members, remember there are no KidneyTexas strangers, just friends we have not met!!

Nancy Greenbach
President 2023

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KidneyTexas in the Community



1. Charity Selection Meeting at Royal Oaks Country Club, **Nancy Greenbach**, KidneyTexas, Inc. President,, **Nancy Taylor**, **Venise Stuart**, **Christian Isles**, **Mary Miller**, **Jeanne Lewis**, **Regina Bruce**. 2. Charity Selection Meeting, **Therese Rourk**, **Dyann Skelton**, **Nancy Dennis**.3. Charity Selection Meeting, **Donna Arp Weitzman**, **Nancy Greenbach**, **Christian Isles**. 4. Methodist Hospital Tour. 5. Methodist Hospital Tour.

Photographer: Deborah Brown

KidneyTexas Tea



1. Donna Arp Weitzman, Nancy Greenbach - KidneyTexas President, AB Aston.

2. Therese Rourk, Monica Cooley, President-Elect.

3. Dyann Skelton and Cindy Hanson.

4. Jill Goldberg, Barbara Bigham and Susan Fisk.

5. C'mone Wingo and Jolie Humphrey.

6. Maggie Powell, Nancy Dennis.

7. Kathy Dewbre, Jan Ward, Debi Dubord.

8. Pam Brannon, Vicki Keltner, Jeannie Nethery, Natalie Taylor.

9. McKamy Looney and Jan Harbour.

Photographer: Rob Wythe/Wythe Portrait Studio

KidneyTexas Tea



March Tea - 1. Susan Scullin, Betsy Simpson. 2. Abby Yates, Lorraine Meenan, Ramona Jones, and Nancy Ashley. 3. Martha Tiller, Pat Holder-Ritter. 4. Martha Cox, Giana DePaul, Barbara Dianis. 5. Sarah Hardin, Venise Stuart, KidneyTexas Luncheon Chair. 6. Debbie Murray, Christy Harder. 7. Lexie Adams, Margo Blakouri, Mercedes Hotz. 8. Venise Stuart and Deborah Brown.

Photographer: Rob Wythe/Wythe Portrait Studio

Combating Kidney Disease

Combating Kidney Disease: What Texans Are Up Against

In 2022, 2,394 kidney transplants were performed in Texas. At a glance, to have a high number of transplants appears beneficial, but wouldn't it be better if Texans didn't need new kidneys in the first place?

Out of all the great states, Texas has the largest percentage of patients with kidney disease on dialysis. Many of us are fortunate enough not to know the tremendous burden of chronic kidney disease. We must do what we can to educate the public to prevent kidney disease and support those who are suffering.

What Is Kidney Disease?

Our kidney's job is to filter our blood and remove the waste and extra fluids from our body. They also balance our blood chemistry and play a role in producing red blood cells. When these "filters" are damaged over a long span of time, it is diagnosed as Chronic Kidney Disease (CKD). When the kidneys don't filter, fluids and toxins build up in the body and electrolytes and minerals become imbalanced. The amount of work the kidneys can still accomplish is measured and organized into Stages I-V. Once the kidneys are completely incapable of performing their functions, it is classified as End Stage Renal Disease (ESRD). At this point, the body will rely on dialysis or a kidney transplant to survive.

Early Detection for Early Interventions

When the kidneys are in the beginning stages of CKD, they are symptomless. Kidney disease can fly under the radar, growing in severity, if routine testing isn't performed. We are learning that early detection of CKD is key in creating positive outcomes for patients. Resources are needed to educate the public on protecting ourselves and what makes specific individuals at risk for kidney disease. In Texas, medical professionals are not required to test for CKD when people come in for their yearly examinations. Even when some people are tested and found to have early stages of CKD, the patient may not always have the results communicated to them. The sooner a medical professional can identify and communicate that an individual's kidneys are showing signs of damage, the sooner treatments and lifestyle changes may be applied to preserve the health of the kidneys.

Who Is At the Greatest Risk

African American and Hispanic ethnicities are the most affected by kidney disease in the United States. They also have a greater risk for diabetes and high blood pressure, which are leading causes of CKD. To prevent CKD we must also put a stop to:

- Diabetes
- Obesity
- High Blood Pressure
- Heart Disease

Unfortunately, the statistics show less than 10% of people with high blood pressure and less than 40% of people with diabetes receive testing for kidney disease. The limited availability of healthcare is another factor that prevents people from getting tested or taking care of their already difficult diagnoses. Expanding resources like telemedicine to those at risk and affected by CKD should be encouraged to dismantle this deadly barrier.

Transplants

As of March 5th, 2023, there are 8,269 candidates in Texas waiting for a kidney transplant. We must continue to work to prevent ESRD because not everyone who needs a kidney will be designated as a candidate. The patient is not a candidate for a kidney transplant if they are diagnosed with the following:

- Advanced cardiopulmonary disease
- Active malignancy
- Active malignancy (except for skin cancer)
- Severe local or systemic infection
- Severe neurologic deficits
- Active substance addiction/abuse
- Major psychiatric illness or active

substance abuse that cannot be managed sufficiently to allow post-transplant care and safety

There are other factors like peripheral vascular disease, morbid obesity, and bloodborne illnesses that may decrease the chance of someone becoming a transplant candidate. Whether that patient is ruled a candidate or not a candidate is based on the assessment of the deciding transplant team.

Put It On Our Tab

The costs for treating CKD patients are high and the complications that can arise demand even more money. Catching kidney disease in the early stages not only is beneficial for the health of the patient but demands a much lower cost than the more progressed stages. In 2019, the cost of treatments for patients with ESRD or kidney failure was \$86,400 per person, and the cost for patients with CKD stages

Combating Kidney Disease

I-IV was \$24,453 per person.

Keeping Our Eyes on The Horizon Minuteful Kidney

As mentioned above, our country is struggling to detect the early stages of kidney disease which causes a negative impact on our fight against kidney disease. The Minuteful Kidney at-home testing kit is a smartphone-compatible software that allows people to test their kidney function and get immediate results. This novel tool makes it easy to detect kidney disease in the early stages, thus resolving the grave issue of people only finding out they have kidney disease when it's too late. It is pertinent to support our communities by making this life-changing instrument available and well-known.

SGLT2 Inhibitors

If only there was a pill that could instantly cure kidney disease, right? A relatively new medication in the United States is now available to decrease mortality in patients with kidney disease. The SGLT2 inhibitor, a medication originally prescribed for the treatment of diabetes, has now been approved for patients with kidney disease. It works by slowing the progression of kidney disease, reducing the need for dialysis,

and preserving kidney function. The medication isn't a cure, but a great discovery to help patients with CKD. Research is still being done to identify if there are benefits from SGLT2 inhibitors if prescribed to transplant recipients or patients with ESRD.

Staying Optimistic

Texas ranks fourth in the U.S. for having the highest population of kidney disease and 10% of the ESRD population in the United States comes from Texas. With the help of technology, educational resources, and teamwork, these numbers don't stand a chance for 2023.

Lexie Adams, RN, BSN

After graduating with a BSN from the University of Texas at Arlington in 2019, I was hired as a nurse in the Medical ICU at Baylor University Medical Center. There, I was trained to perform peritoneal dialysis and continuous hemodialysis on the sickest of patients. I have worked in many different ICU's across the United States caring for patients and families affected by kidney disease. I recently started my own business as a nurse writer so that my voice and expertise could be devoted to the betterment of our community's health and wellness.

KidneyTexas Calendar for 2023

January 11, Board Kick Off Luncheon hosted by President Nancy Greenbach

January 25, Tour of The Transplant Unit at Methodist Hospital

March 10, Board Meeting/Charity Presentation Meeting

March 28, Spring Tea

April 26, Board Meeting/Luncheon and Tour of Southwest Transplant Alliance

May 31, Camp Reynal Trip

June, Board Meeting TBA

August, Board Meeting TBA

September 26, Luncheon/Fashion Show

September, Luncheon Patron Appreciation Event

October, Fall Tea TBA

December, Kidney Texas Christmas Party (date set by hospital)

December, Susanaustx@aol.com Check Presentation Party TBA