

1 [National Kidney Month - March 2018]

2

3 **Resolution declaring March as National Kidney Month in San Francisco; urging all San**
4 **Franciscans at risk for kidney disease to get tested for kidney disease so that they can**
5 **seek to prevent progression of the disease.**

6

7 WHEREAS, The kidneys are essential organs that maintain overall bodily health by
8 filtering waste out of 200 liters of blood each day; regulating the body's salt, potassium and
9 acid content; removing drugs from the body; balancing the body's fluids; releasing hormones
10 that regulate blood pressure; producing an active form of vitamin D that promotes strong,
11 healthy bones; and controlling the production of red blood cells; and

12 WHEREAS, Kidney disease is the ninth leading cause of death in the United States;
13 and

14 WHEREAS, One in three Americans are at risk for kidney disease; and

15 WHEREAS, There are an estimated 30 million Americans with kidney disease, and
16 most don't know they have it, as a person can lose up to 90 percent of his or her kidney
17 function without experiencing any symptoms; and

18 WHEREAS, There are over 95,000 people waiting for kidney transplants in the United
19 States; and

20 WHEREAS, The major risk factors for kidney disease are diabetes, high blood
21 pressure, a family history of kidney failure, and age over 60; and

22 WHEREAS, If left untreated, kidney disease can lead to kidney failure; and

23 WHEREAS, More than 590,000 people have kidney failure in the United States today;
24 and

25

1 WHEREAS, African Americans, Hispanics, Asians, Pacific Islanders, Native
2 Americans, and Alaska Natives are at the highest risk for kidney disease and kidney failure;
3 African Americans are three times more likely and Hispanics are one and a half times more
4 likely to have kidney failure compared to White Americans; and

5 WHEREAS, Chronic kidney disease affects approximately 195 million
6 women worldwide and it is currently the eighth leading cause of death in women, with close
7 to 600,000 deaths each year; and

8 WHEREAS, Simple blood and urine tests can help diagnose chronic kidney disease;
9 and

10 WHEREAS, The progression of chronic kidney disease can be slowed by various
11 preventive measures, such as reducing high blood pressure, particular medications; reducing
12 salt intake to lower blood pressure; controlling glucose, blood lipids and anemia; quitting
13 smoking; increasing physical activity; and controlling body weight; and

14 WHEREAS, It is critical that attention be brought to this often-overlooked, but
15 increasingly common, disease; and

16 WHEREAS, The month of March is National Kidney Month; and

17 WHEREAS, The National Kidney Foundation - the leading patient-centric organization
18 in the United States dedicated to the awareness, prevention and treatment of kidney
19 disease – is calling on all Americans to “heart” their kidneys and their overall health, and get
20 tested if they are at risk; now, therefore, be it

21 RESOLVED, That the San Francisco Board of Supervisors recognizes March as
22 National Kidney Month in San Francisco; and, be it

23 FURTHER RESOLVED, That the Board of Supervisors urges all San Franciscans who
24 are at risk for kidney disease to get tested for chronic kidney disease so that they can seek to
25 prevent the progression of the disease.