



National Kidney Foundation™ of Illinois

The KidneyMobile® is the nation's first mobile screening and education vehicle for diabetes, high blood pressure and chronic kidney disease. We are traveling across the state to provide comprehensive early detection and education programs for communities most at risk. Since its launch in November 2005, the KidneyMobile® has screened more than **26,000 people**, and **75% of them were found to have at least one abnormal** result. Furthermore, 80% of those who were found to have a problem learned about it for the first time from the NKFI.

In addition, the NKFI provides follow-up services so that individuals who are cited with abnormal results from the screenings will have an opportunity to learn more about their results and treatment options. Check out www.kidneymobile.org to view the KidneyMobile® schedule as well as receive more information about the program.

KidneyMobile® Screening Stations

(Please note: not all screenings are available at each KidneyMobile® site. For more information on a particular screening please speak with a NKFI staff member.)

Blood Pressure

Untreated and/or undiagnosed high blood pressure can cause kidney disease. Normal blood pressure is below 120/80.

Body Mass Index (BMI)

Body Mass Index is the relation of height to weight. Obesity can cause diabetes and cardiovascular complications.

Waist Circumference

This is a simple measurement of the waist. Carrying too much weight around your middle can increase your risk of developing diabetes and other disease.

Blood Glucose

This finger prick is used to assess how much glucose (sugar) is in your blood. It is NOT a definite indicator for diabetes. Diabetics and others may have a HbA1c test which provides a 3-month 'snapshot' of the amount of sugar attached to red blood cells.

Blood draw

A blood draw provides information on serum Creatinine and eGFR, an estimation of kidney function.

Urinalysis

A urine sample determines if there is an infection or if there are microscopic amounts of protein present. This can be an early sign of kidney disease, sometimes referred to as "spilling protein."

Private Consultation

The NKFI wants to make sure you understand your screening results and important next steps to better your health. Each participant will have a private consultation at the end of the screening where you receive your individual test results.

KidneyMobile® Tours

Everyone is encouraged to board the KidneyMobile® for an educational tour with hands-on displays as well as view a short video featuring people whose lives have been touched by kidney disease.

For more information please contact Nicole Sisen at 312-321-1500 or nsisen@nkfi.org.

www.nkfi.org | www.kidneymobile.org