Regd. No. 8808

About KEEP

WHAT IS KIDNEY EARLY EVALUATION PROGRAM (KEEP)?

KEEP is a free health screening program offered by the UTKAL KIDNEY FOUNDATION (UKF)for individuals at increased risk of developing kidney disease.

WHAT ARE THE GOALS OF THE PROGRAM?

The goals of KEEP are to:

- Raise awareness about kidney disease especially among “high risk” individuals
- Provide free testing for people at increased risk for kidney disease
- Encourage people “at risk” to visit a doctor and follow the treatment plan recommended
- Provide educational information so that “at risk” individuals can prevent or delay kidney damage
- Provide doctor referrals for follow-up care, if needed
- Provide ongoing information and support

WHO SHOULD ATTEND A KEEP SCREENING?

You should attend a **KEEP** screening if you are 18 years or older and have one or more of the following:

- Diabetes
- High blood pressure
- A parent, grandparent, brother or sister with diabetes, high blood pressure or kidney disease

WHAT TAKES PLACE AT THE SCREENING?
One or more of these services will be provided to you at the screening:

- Blood pressure and weight measurements
- Blood and urine tests for signs of diabetes and kidney disease, including
    - Blood glucose check blood sugar
    - Hemoglobin check blood test for anemia
    - Urine dipstick test for pyuria (white blood cells in urine)
    - Urine dipstick test for hematuria (red blood cells in urine)
    - Albumin to creatinine ratio (protein in urine)
    - Serum creatinine (measures how well kidneys are filtering blood)
    - Estimated Glomerular Filtration Rate (test for kidney function)

Test results are provided on site by a doctor or other qualified health professionals. Free educational materials are also available.

WHAT HAPPENS AFTER THE SCREENING?
The UTKAL KIDNEY FOUNDATION will

- Provide free advice if you need
- Refer you to a doctor or public health facility, if needed
- Provide additional information, education and support

HOW CAN I PARTICIPATE?

To obtain more information on **KEEP** and for a listing of **Kidney Early Evaluation Programs (KEEP)** taking place in your area, call the phone n

1. **Blood Pressure**: Blood pressure is the force your blood puts on the walls of your blood vessels as your heart works. Uncontrolled high blood pressure can cause heart disease, stroke, kidney disease and damage to the blood vessels. The guidelines presented in the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC VII) are used in the KEEP program for classification of values and referral guidelines. The JNC VII classifications for adults 18 years and older are defined below.

   The classification of prehypertension was created to increase the awareness of the possibility of developing hypertension so that measures, such as adopting a healthy lifestyle, can be taken to prevent high blood pressure.

Understanding Blood Pressure Reading

Systolic

Upper number (systolic) is less than 120 mm Hg..... **Normal**

Upper number (systolic) is 120 - 139 mm Hg..... **Pre hypertension**

Upper number (systolic) is 140 - 159 mm Hg..... **Hypertension (stage 1)**

Upper number (systolic) is 160 mm Hg or greater..... **Hypertension (stage 2)**

Diastolic

Lower number (diastolic) is less than 80 mm Hg..... **Normal**

Lower number (diastolic) is 80 - 89 mm Hg..... **Pre hypertension**

Lower number (diastolic) is 90 - 99 mm Hg..... **Hypertension (stage 1)**

Lower number (diastolic) is 100 mm Hg or greater..... **Hypertension (stage 2)**

2. **Blood Glucose Check**: Blood glucose is the concentration of sugar in the blood. This test is done to check for diabetes. A drop of blood placed on a glucose monitor is used to determine your glucose value. Glucose is the sugar in your blood.

Understanding Blood Glucose Reading

No known Diabetes		**Known Diabetes**	
Fasting (Before eating)		Fasting (Before eating)	
Less than 100 mg/dl	Normal	Less than 80 mg/dl	Below target range
100-125 mg/dl	Impaired Fasting Glucose	80 - 120 mg/dl	Within target range
More than 125 mg/dl	Indicates diabetes	More than 120 mg/dl	Above target
Non-Fasting (After eating)		Non-Fasting (After eating)	
Less than 140 mg/dl	Normal	Less than 180 mg/dl	Within target range
140-200 mg/dl	High	More than 180 mg/dl	Above target range
More than 200 mg/dl	Indicates diabetes		

3. **Microalbuminuria**: The microalbuminuria measurement tells if a small amount of protein is present in the urine. Protein is usually not found in the urine. Urine is tested with a special dipstick at the KEEP screening. Increased levels of albumin in your urine may indicate you have kidney disease.

   Understanding Microalbuminuria Reading

Less than 30 mg/L	**Normal**
Greater than 30 mg/L but less than 300mg/L	**Microalbuminuria**
Greater than 300 mg/L	**Macroalbuminuria**

4. **Albumin to creatinine ratio**: The albumin to creatinine measurement estimates the amount of protein (albumin) found in your urine in a day and avoids the need to collect a 24-hour urine specimen. This test also helps measure for protein in the urine more accurately, since it corrects for differences in urine concentration.

Less than 30 mg/gm	**Normal**
30 mg/gm or Greater	**Abnormal**

5. **Pyuria** : The pyuria test checks for high level of white blood cells in the urine. Normally, white blood cells are not found in the urine. Urine is tested with a special dipstick to see if you are at risk for infection, inflammation and other abnormalities in the urinary tract.

   Understanding Pyuria Reading

Negative	**Normal**
Positive	**Abnormal**

6. **Hematuria**: A dipstick test checks for red blood cells (blood) in the urine. Red blood cells are not normally found in the urine. Urine is tested with a special dipstick to see if you are at risk for kidney disease and other abnormalities in the urinary tract.

   Understanding Hematuria Reading

   Negative **Normal** Positive **Abnormal**

- **Hemoglobin**: A hemoglobin test is done to determine anemia or low red blood cell count. There are many reasons why the hemoglobin level can be low. Individuals with advanced kidney disease and poor kidney function can develop anemia.

  Female: 12.0 - 15.6 gm / dl-**Normal** Male: 12.6- 16.8 gm / dl-**Normal**
  <12 gm / dl-**Low** <12.6-**Low**

-
- **Lipid Panel**

  This test is used to evaluate your risk of heart disease and includes the measurement of cholesterol and triglycerides.

  Total Cholesterol

  Less than 200 mg/dl - Normal
  Greater than 200 mg/dl - Elevated

  Triglycerides:

  Less than 150 mg/dl - Normal
  Greater than 150 mg/dl - Elevated

- **Estimated Glomerular Filtration Rate (eGFR)**: This test is used to get a better estimate of your kidney function. Your serum creatinine, age, race and gender are needed so we can provide this measurement to you.

  ≥90 ml / min / 1.73 m² **Normal**

  ≤90 ml / min / 1.73 m² **Abnormal**

- **Calcium, Phosphorus, PTH**

  Calcium, Phosphorus and PTH tests are being conducted to assess bone health, which may be related to kidney disease and/or other problems. The following blood tests will be done in an eGFR below 60 only.

  A. **Calcium** - tests for levels of calcium in the blood
  B. **Phosphorus** - tests for levels of phosphorus in the blood
  C. **PTH** - test for levels of parathyroid hormone in the blood