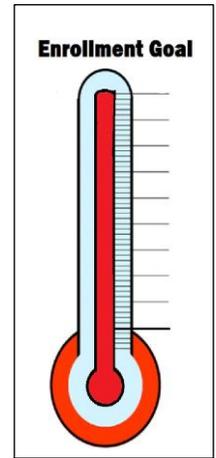




## CKiD Progress

- The third wave of enrollment is complete!
- Over 1000 total participants enrolled (includes all three waves of enrollment)
- Over 6000 study visits
- 18 visits for participants who have had a transplant or started dialysis
- The oldest participant is now 30 years old
- The youngest participant enrolled was 8 months old



**STUDY GOALS:** A major goal over the next four years of the CKiD study is to find ways to change the course of chronic kidney disease (CKD) and its complications. We hope to collect data which will help us better understand how we can significantly delay or prevent the progression of CKD at all stages of the disease for infants through young adulthood. One way of doing this is by finding abnormalities early in the disease process which can lead to earlier treatment.

With enrollment now open for dialysis and transplant participants, we also plan to collect data that will help us improve the overall care of patients with end-stage kidney disease (ESKD), with a particular emphasis on heart health. We will use new technology to help achieve these goals:

- **The NIH toolbox** – a standardized iPad program that is used to show how you think and learn.
- **The ActiGraph** – an activity monitor that is worn on the wrist like a watch and measures your activity.
- **The QardioArm** – a blood pressure (BP) monitor that you take home. It uses blue tooth technology and an app on your smart device to take your blood pressure.

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## Did You Know



- In 2018, we started a CKiD Parent Advisory Group. With CKiD nephrologists and ethicists, parents of CKiD participants discuss and provide guidance on issues such as sharing the results of genetic testing with CKiD families.
- We hope to start a CKiD Participant Advisory Group in the near future.



## Kidney Friendly Nutrition Tips

Eating well and exercising are extremely important for keeping your kidneys and the rest of your body healthy. Here are some kidney friendly tips to try out, but since everyone is different, make sure to always follow your kidney doctor's or dietitian's advice.



**Meals from restaurants and cafeterias are often high in sodium, so it's a good idea to prepare meals at home.**

### Show Stealing Entrees

- Look for low-sodium sliced meats, such as turkey or beef (found at the deli counter)
- Use spreads like mustard, mayonnaise, hummus, or margarine to spice up sandwiches
- Add lettuce or sliced cucumber to sandwiches for freshness and crunch
- Use a flour tortilla, a pita pocket, a roll or a bagel sliced in half instead of sandwich bread for variety
- Find lower sodium breads at the store
- Make your own Lunchables® with low-sodium crackers, low-sodium deli meat, and cream cheese or mozzarella cheese
- Pack a taco-making kit with flour tortillas, cooked ground beef or turkey seasoned with cumin and garlic, avocado, and lettuce
- Fill a thermos with low-sodium homemade soup

## SNACK IDEAS

**\*Apple and peanut butter wrap (whole wheat tortilla, 2 tbsp peanut butter, 1 medium banana)**

**\*Green pepper slices and Carrots**

**\*1/2 cup milk**

**\*2 cups mixed salad with carrots, tomatoes, mushrooms, and shredded cheese**

**\*1 tbsp dressing**

**\*3 oz sliced chicken breast**

**\*Apple wedges**

**\*Unsalted crackers or Pretzels**

**\*Water**



# 18 and Up



## Transplant Trivia

Which celebrities have had a kidney transplant? (fill in the blanks)

\_ e \_ e \_ \_ G \_ \_ e \_

(Hint: Singer who used to date Justin Bieber)

\_ a \_ a \_ Hy \_ \_ \_ d

(Hint: Plays Haley Dunphy on Modern Family)

T \_ a \_ \_ \_ o \_ g \_ n

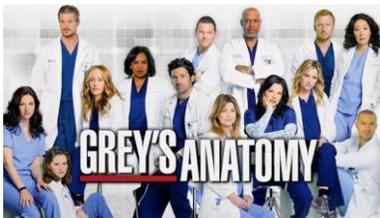
(Hint: Actor from 30 Rock and Saturday Night Live)

\_ e o \_ \_ e \_ o p \_ z

(Hint: Late night talk show host)

A \_ o \_ z \_ \_ o \_ \_ n \_ n g

(Hint: Player on Miami Heat when they won the NBA Championship)



- Who dropped the kidney in the Operating Room in Grey's Anatomy episode: "There's no 'I' in Team"?
- Dr. Bailey was involved with trying to pull off a "domino surgery". What was involved in this procedure?

Answers on pg. 4

## Focus on Protein

Chicken Sandwich	29 grams/1 sandwich
Hot dog	9 grams/1 hot dog
Hamburger	27 grams/1 burger
Egg (large)	6 grams/1 egg



Protein helps build and maintain muscle, bone, organs, and blood. It provides energy, helps fight disease, and heals wounds.

However, protein breaks down into waste products that must be cleaned from the blood by the kidneys or by dialysis. Increased levels of protein in your diet may make your kidneys work harder to remove the waste products from your blood.

Find out from your dietician how many grams of protein you should eat per day.



# Kid's Corner!



DRAW A LINE FROM THE ENGLISH WORD TO THE PICTURE TO THE SPANISH WORD

Kidneys



Corazón

Blood Pressure



Sal

Heart



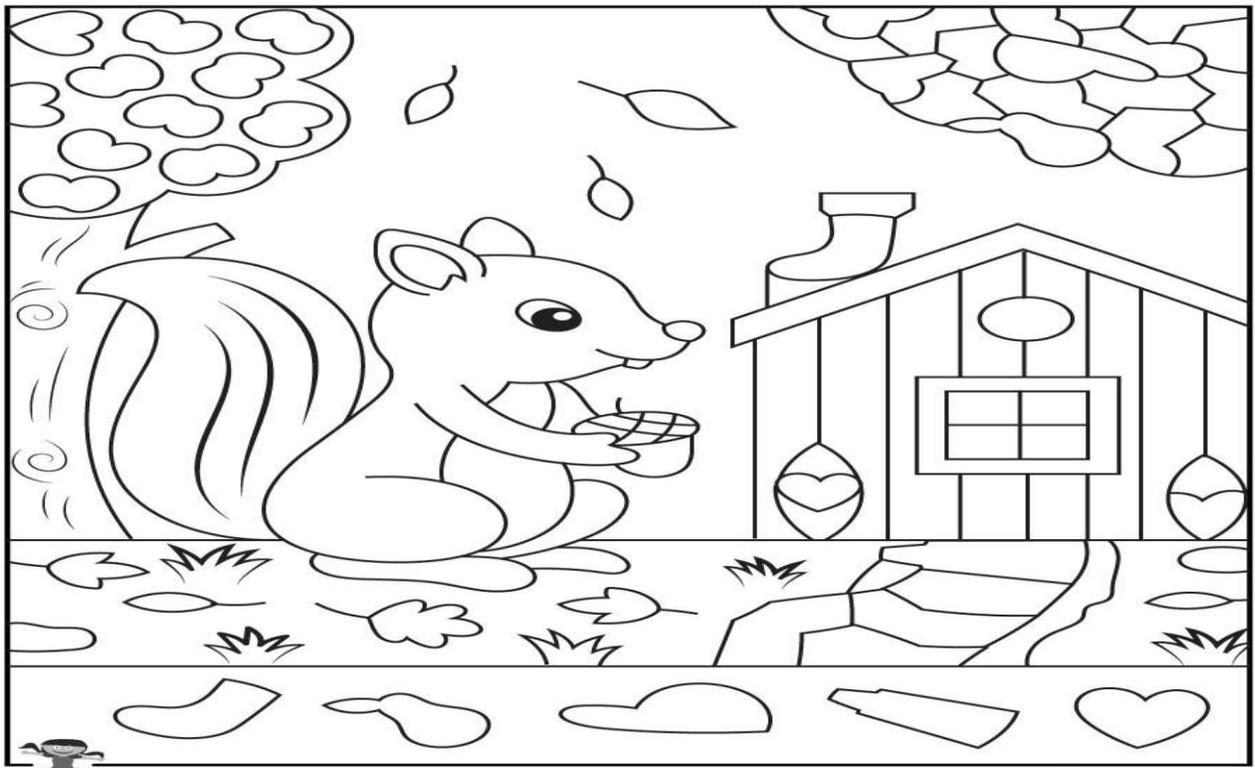
Presión Arterial

Salt



Riñóns

FIND: SOCK, PEAR, BASEBALL CAP, BOTTLE, & HEART



**Clinical Coordinating Centers:**  
Children's Hospital of Philadelphia  
Dr. Sue Furth  
Jackie Ndirangu, Natalie Walker  
3535 Market St., Suite 870  
Philadelphia, Pennsylvania 19104

Children's Mercy Kansas City  
Dr. Brad Warady  
Julie Starr, Chris Smith, Sarah Smiley  
2401 Gillham Road, POB 2M01.04  
Kansas City, Missouri 64108

**Data Coordinating Center:**  
Johns Hopkins University  
Bloomberg School of Public Health  
Dr. Alvaro Muñoz  
Dr. Derek Ng  
Judith Jerry-Fluker, Lucy Mulqueen  
615 Wolf St, E7648  
Baltimore, Maryland 21205

**Central Laboratory:**  
University of Rochester  
School of Medicine  
Dr. George Schwartz  
Paula Maier  
601 Elmwood Avenue, Box 777  
Rochester, New York 14642

**We're on the web!**  
<https://statepi.jhsph.edu/ckid/family.html>

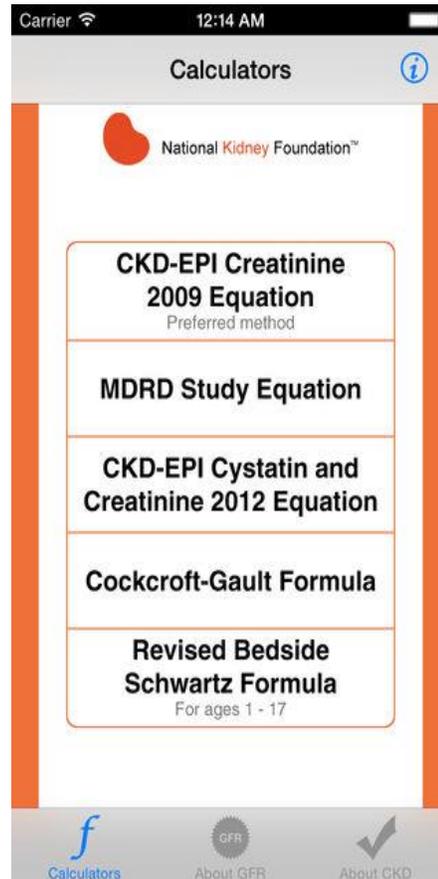
## CKiD Family Corner has:

[Family Newsletters](#)

[Letters to CKiD Participants & Families](#)

[Home BP Guidelines](#)

[A list of CKiD Publications](#)



Download the National Kidney Foundation (NKF) app that has the CKiD estimating formula (also known as the Revised Bedside Schwartz Formula) that the CKiD study developed to quickly estimate (or give an approximation) how well your kidneys are working. Other kidney function estimating formulas developed for adults are also included on the app. The formula most widely used for adults (18 years of age and older) is called CKD-Epi.

**Your participation in the CKiD study helps us learn more about kidney function, heart health, growth, cognition, and quality of life for children and young adults with kidney disease. Thank you so much for your important contributions.**



# Answer Key



Celebrities who have had a kidney transplant:

Selena Gomez



Sarah Hyland



Tracy Morgan



George Lopez



Alonzo Mourning



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1. Meredith Grey
2. For a team of surgeons to perform six kidney transplants in one day.

