



SUMMER, 2024



CKiD is the largest long-term study ever conducted on kids and young adults with chronic kidney disease. And it's all thanks to you! We've received funding from the National Institutes of Health (NIH) for another 5 years! This means the study will have been ongoing for 25 years, which is pretty amazing.

But what's even more amazing is the valuable information we've discovered (and are still discovering) about improving the health of children and young adults with chronic kidney disease. ■

CKiD Stats!

Of all the participants who enrolled in the CKiD study

846 77%

are now over 18 years old.

The oldest CKiD participant is now **35.7 years old**

The average age of CKiD participants is **23 years old**

Find CKiD on Social Media

Are you looking to engage with the CKiD study on social media? You can follow us on X (formerly Twitter) Search for us using - @CKiDStudy. You can also join our Facebook group. The best way to join is to ask your CKiD coordinator to send you a link to the Facebook group and the verification code. You may also search Facebook for the CKiD Families group by doing the following:

- After logging into your Facebook account, go to the home page and click on the "Search Facebook" function (located at the top right of the screen).
- In the search field, type "CKiD families" and hit search.
- Across the top of the page, select the groups category. Neither public groups nor my groups should be turned on for the search filter.
- At the top of the results, there will be a prompt saying, "Including results for kid families." Beneath that, there is the option to "search instead for CKiD families." Click on this option.
- The "CKiD Families" private group should be the top result.
- Once you find the group you will need to click "Request to join."

For additional information and resources visit cmkc.link/CKiDresources.

Join Facebook group: <https://statepi.jhsph.edu/ckid/ckid-fb-group/>

Twitter/X: <https://twitter.com/CKiDStudy>

Website: <https://statepi.jhsph.edu/ckid/participants-and-families/> ■

Matters of the Heart

The kidneys and heart work together, like a dynamic duo. Which means what affects your kidneys can also affect your heart, and vice versa. Chronic Kidney Disease (CKD) has been linked to heart problems,

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especially heart failure. When your kidneys struggle to flush out extra fluid, it can end up hanging around your heart, causing some serious issues.

And hey, it's a two-way street! If your heart isn't pumping enough blood like it should, your kidneys might take a hit, too. When the heart isn't doing its job properly, it can't send enough blood to the kidneys, which can impact their function.

The key takeaway is this: when you're dealing with kidney stuff, keep your heart in mind, too. ■

What's BP Got to do with it?



photo copyright: Xaver Walsler/Taro Gold

Seriously though, what does blood pressure (BP) have to do with your kidneys? The late, great Tina Turner bravely shared her story about how her uncontrolled high blood pressure hurt her kidneys.

Read her powerful story at www.showyourkidneyslove.com/articles/my-kidney-are-victims-of-my-elevated-blood-pressure-tina-turner/. ■

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Listen to your Heart



The Zio Patch is a wearable heart monitor that helps doctors understand how your heart is doing over an extended amount of time without requiring you to be in a medical setting during that time.

The Zio Patch is like a small, sticky patch you wear on your chest. It's designed to keep track of how your heart is beating over an extended amount of time, typically for a few days or even up to two weeks. The patch is discreet and lightweight, so you can go about your usual activities while wearing it.

It works by continuously recording your heart's electrical activity, much like an EKG or electrocardiogram, which is a test that measures the electrical signals of the heart. The Zio Patch is more convenient than traditional EKGs because you don't have to stay in a medical facility, and it allows for longer-term monitoring.

Once you've worn the patch for the specified amount of time, it's sent back to a health care provider who analyzes the recorded data to get a detailed picture of your heart's rhythm. This information can help diagnose various heart conditions or irregularities. ■

What's New?

There have been some exciting new advances to improve the management and treatment of chronic kidney disease. In the last year, new medications for adults have been approved by the FDA to slow the decline of kidney function, help control phosphate levels, and even treat IgA nephropathy. Also, the CKiD study has created a pediatric risk calculator that is being used by nephrologists and other healthcare providers across North America. The calculator is a helpful tool for doctors to estimate the time when a child diagnosed with CKD may require dialysis or a kidney transplant. These advances in the care and management of CKD could not have been made without participants like you volunteering to take part in research studies. We thank you for your ongoing contributions to improve the care of people with CKD. ■