

April 2015



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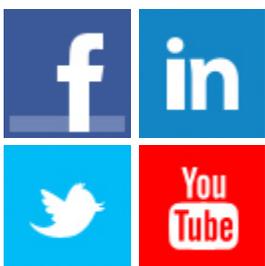
Kidney transplant recipient Elizabeth Dowling shares her experience struggling with kidney disease before receiving a transplant at the Crozer-Keystone Regional Kidney Transplant Center.

HEALTH E-TOOLS

[QUIZ: How Much Do You Know About Kidney Health?](#)

The kidney's main job is to get rid of extra fluid and waste material in your blood. Kidneys harmed by disease, injury or birth defects lose their filtering ability. Learn more about kidney health by taking this quiz.

STAY CONNECTED



Featured Story

The Importance of Kidney Donation

Across the U.S., there are approximately 118,000 people on waiting lists for life-saving organ transplant, including approximately 96,000 people waiting for a kidney. In our region alone, there are 5,233 approved candidates for kidney transplant. Unfortunately, the reality is that this year less than 17,000 people across the nation will receive an organ from a deceased donor. [There simply aren't enough donors.](#)

Meet the Doctors

Crozer-Keystone Regional Kidney Transplant Center

With organ transplant, there is just no substitute for experience. The Kidney Transplant Team is one of the most experienced and highly skilled in the Delaware Valley, having cared for more than 1,000 transplant patients. As important, the team has earned a reputation for clinical and practice excellence and transparency.

Meet our transplant surgeons:

- [Cosme Manzarbeitia, M.D.](#)
- [Sunny L. Fink, M.D.](#)

Learn More

Join Team CKHS for the Gift of Life Donor Dash

In honor of Organ Donor Awareness month, join Team CKHS for the Gift of Life Donor Program's 20th Annual Dash for Organ and Tissue Donor Awareness on Sunday, April 19, 2015 at the Philadelphia Museum of Art. Crozer-Keystone is teaming up with The Gift of Life Donor Program and the Pennsylvania Donate Life Hospital Challenge to support the Donor Dash.

[The Donor Dash promotes organ and tissue awareness and consists of 10K and 5K races, as well as a 3K walk.](#) All proceeds from the Donor Dash support and create the programs that educate the public about the importance of this awareness.

Are You At Risk for Kidney Disease?

Your kidneys have a big job to do – they filter waste and excess fluids from your blood. They also control the chemicals and fluids in your body, control your blood pressure, keep your

bones healthy and help you make red blood cells.

If kidneys become diseased or damaged, they may not work as well as they're supposed to. And [if they're not treated, diseased kidneys can eventually stop functioning](#). This is serious and potentially fatal.