Selena Gomez Receives Kidney Transplant From Best Friend and Sheds Light on Living Organ Donation

Just a few weeks ago, Selena Gomez opened up and revealed through an Instagram post that she had a kidney transplant earlier this summer, and the donor was her friend, actress Francia Raisa. Gomez found out she needed a kidney transplant due to her Lupus, an autoimmune disease that she was diagnosed with in 2014 that can cause severe damage to many organs, including the kidneys, heart, and brain. “There aren’t words to describe how I can possibly thank my beautiful friend Francia Raisa”, said Gomez. “She gave me the ultimate gift and sacrifice by donating her kidney to me. I am incredibly blessed.”

This story sheds a light on living organ donation and how it does in fact give the gift of life to the person in need. According to the Organ Procurement and Transplantation Network, 116,608 people currently need a lifesaving organ transplant. Of this number, 96,666 people are waiting for a kidney. So far this year, there have only been a total of 23,091 transplants performed throughout the entire country: 19,087 coming from deceased donors and 4,004 coming from living donors (transplant numbers are not specific to kidney patients only). In order to help decrease the amount of people who are waiting for a kidney, we have launched an initiative called The Big Ask:The Big Give which helps patients in need of a kidney ask family members and friends if they would consider becoming a living donor.
THE BIG ASK: THE BIG GIVE

For people with kidney disease, asking someone to consider donating a kidney can seem impossible. Many won’t get a transplant because they don’t know how to ask or are uncomfortable with asking. The National Kidney Foundation is trying to change this by providing suggestions and tips on how to start a conversation about the possibility of donation.

The decision about whether to donate a kidney can be daunting. People considering living donation have many questions about what’s involved. The National Kidney Foundation offers factual, unbiased information addressing common concerns, and support in making the decision.

The optimal treatment for kidney failure is transplantation, and studies show that the best-functioning, longest-lasting type of transplant comes from a living donor. Living donation makes better lives possible. Whether you need a kidney, or want to learn more about donation, it starts with asking the National Kidney Foundation. Go to www.kidney.org/livingdonation in order to learn more about The Big Ask: The Big Give.
What’s Involved in Donating a Kidney?

If you choose to give the ultimate gift—donating your kidney to a person in need—there are several steps during the donation process that you’ll experience.

1. Medical exams and various tests
2. Psychiatric evaluation
3. Financial consultation
4. Nephrectomy (kidney removal surgery)
5. Recovery from surgery
6. Adapting to life with one kidney

After donating a kidney, your remaining kidney can often compensate for its missing counterpart, allowing you to continue to lead a normal and healthy life with just one kidney.

Talk with your doctor about becoming a donor. Learn more at Davita.com/Transplant.
The Alport Syndrome Foundation (ASF) is proud to announce the *Paul Silver Tribute Award* in memory of Paul Silver, an Alport Syndrome patient. Alport syndrome is a hereditary kidney disease that doctors often fail to diagnose or misdiagnose. Most men who develop it experience kidney failure by the time they reach their 20s. It also causes hearing loss, and vision problems. The Alport Syndrome Foundation estimates that 30,000 to 60,000 Americans have the disease. Although no treatment can prevent the kidney failure that it leads to, the foundation said early diagnosis is essential because medications are available that can slow its progression.

The purpose of the *Paul Silver Tribute Award* is to “pay it forward” to help other young people affected by Alport syndrome achieve one of their own goals. The award can be used to complete a project or pursue an activity that will enhance the applicant’s life. The award is open to individuals ages 16 to 22 years old. The selection committee has at its discretion $3,000 to award to one or more worthy applicants.

Applicants will be evaluated on the purpose and potential impact of the award, if the award will allow the applicant to achieve their stated goal, the quality of the essay, recommendations, and completeness of the submittal. Applicants should take the time to review the guidelines and instructions carefully before completing the application. To be considered for this award, all application guidelines must be met in full.

Completed forms must be received by November 3, 2017. No late applications will be accepted. A Selection Committee will review all submissions, and the recipient will be notified by January 5, 2018. To access the application, please click [here](#).

*Source: [Young People with Alport Syndrome Can Apply for Life-enriching Paul Silver Tribute Award](#) article*
KIDNEY WALK PIN-UP CAMPAIGNS

During the months of October and November, many different businesses throughout the New Orleans area will be holding pin-up campaigns in honor of our upcoming 2017 New Orleans Kidney Walk. Please consider stopping by one of the many different locations and purchasing a pin-up. Also, don’t forget about our give-back nights as well that will be taking place during October and November. We appreciate your support of all of our events leading up to our Kidney Walk.

October Pin-Ups:

- **Majoria Drugs**—1805 Metairie Road, Metairie, LA 70005
- **B&B Pharmacy**—612 Veterans Blvd., Metairie, LA 70005
- **Destrehan Discount Pharmacy**—12621 Airline Highway, Destrehan, LA 70047
- **Patio Drugs**—5208 Veterans Memorial Blvd., Metairie, LA 70006
- **SWEGS Kitchen**—Mid-City—231 Carrollton Ave. Ste. B, New Orleans, LA 70119
- **SWEGS Kitchen**—Benson Tower—1450 Poydras St., New Orleans, LA 70130
- **SWEGS Kitchen**—Metairie—210 Veterans Memorial Blvd. Ste. A, Metairie, LA 70005
- **SWEGS Kitchen**—Mandeville—4350 Highway 22, Ste. H, Mandeville, LA 70471

November Pin-Ups:

- **Zuppardo’s Supermarket**—5010 Veterans Memorial Blvd., Metairie, LA 70006
This is your personal invitation to attend the 27th Annual New Orleans Liberty Mutual Insurance Invitational locally sponsored by Bryan Subaru on Monday, October 16, 2017 at English Turn Golf and Country Club. Registration begins at 10:00AM. Lunch will be provided by Mr. Mudbugs and New Orleans Fish House, and the four-man scramble tournament will start promptly at 11:30 AM. Join us after the tournament for an incredible buffet dinner and awards ceremony. Also, enjoy delicious food on the course provided by Walk-On’s, Acme Oyster House, Galatoire’s Restaurant, Morton’s the Steakhouse, Pigeon Caterers, Hooters, and SWEGS Kitchen.

The general tournament format is a four-man scramble. Teams may be composed of players of any ability, and, for those teams who choose not to compete for the National sponsor prizes and the invitation to compete at Kiawah Island Golf Resort, the teams will compete for prizes in a separate low net division.

For teams wishing to compete for the invitation to the National Finals at Kiawah Island Golf Resort, March 21-25, 2018 and other prizes from our National Sponsors, the event format is a four-man scramble with the team members having a combined USGA Handicap Index of 43.0 or more with only one member having an Index of 8.0 or less. All player handicap indexes will be verified before the tournament and on tournament day. All teams will be provided with a scorer.

Last year, National Kidney Foundation of Louisiana golf tournaments raised over $200,000 that went to meet the needs of Louisiana kidney patients. This year’s New Orleans tournament is budgeted to raise $65,000 and we are counting on your support.

If you have any questions or need additional sponsorship information, please call Torie Kranze at 504-861-4500 or email torie@kidneyla.org.

To register for the New Orleans Golf Tournament, please click here.
Dear Friends:

Louisiana ranks #1 per capita in incidences of chronic kidney disease because of the high prevalence of high blood pressure and diabetes in our population. In Louisiana, there are over 460,000 with chronic kidney disease, and over 10,000 on dialysis. Kidney disease kills over 90,000 Americans every year, more than breast or prostate cancer. There are nearly 135,000 people on the national transplant waiting list, and 1,800 are in Louisiana. Nearly ten times more patients are now being treated for kidney failure than in 1980. The National Kidney Foundation of Louisiana provides programs and services to assist dialysis patients with medical supplies, transportation, and funds simply to make ends meet. Screenings take place to bring awareness to people who may be at risk and unaware. This disease affects people of all ages. Your sponsorship will help us to continue these programs.

This year’s tournament is scheduled for October 30, 2017 at Oakbourne Country Club in Lafayette. We are requesting that you consider a sponsorship contribution.

The general tournament format is a four-man scramble. Teams may be composed of players of any ability, and, for those teams who choose not to compete for the National sponsor prizes and the invitation to compete at Kiawah Island Golf Resort, the teams will compete for prizes in a separate low net division.

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If you have any questions or need additional sponsorship information, call Torie Kranze at 504-861-4500 or email torie@kidneyla.org.

To register a team for the Lafayette Golf Tournament, please click here.
Mushroom & Red Pepper Omelet

Portions: 2
Serving Size: 1/2 omelet

Calories: 199
Sodium: 276 mg
Carbohydrates: 4 g
Protein: 11 g
Potassium: 228 mg
Phosphorus: 167 mg
Fat: 15 g
Cholesterol: 341 mg
Calcium: 55 mg
Fiber: 0.6 g

Ingredients:
1/2 cup raw mushroom pieces
2 tablespoons onion
1/4 cup canned sweet red peppers
2 teaspoons butter
3 large eggs
1 teaspoon Worcestershire sauce
2 tablespoons whipped cream cheese
1/4 teaspoon black pepper

Directions:

1. Dice mushrooms, onion and red peppers.

2. Melt 1 teaspoon butter or margarine in a skillet over medium high heat. Add mushrooms and onion; sauté 5 minutes until onion is tender. Stir in diced red pepper. Remove vegetables from skillet and set aside.

3. Melt 1 teaspoon butter or margarine in the skillet. Beat eggs, add Worcestershire sauce and cook over medium high heat.

4. When eggs are partially cooked, top with vegetable mixture. Place dollops of whipped cream cheese over vegetables. Continue cooking until eggs are set.

5. Remove from heat and fold omelet in half. Sprinkle with pepper. Divide into two portions and serve.

Source: DaVita's Website
UPCOMING EVENTS—REGISTER TODAY!

Come Out To
ST. ROCH MARKET
ROCH THE CAUSE

FOOD / DRINK
10% OF PROCEEDS
Support the National Kidney Foundation of Louisiana
WEDNESDAY
6 - 9 PM

2381 ST. CLAUDE AVE. NEW ORLEANS, LA 70117

Wednesday October 4, 2017

FREE KIDNEY HEALTH SCREENING!

SATURDAY, OCTOBER 14, 2017 8:30AM-12:30PM
PROGRESSIVE COMMUNITY OUTREACH CENTER
125 GALLIAN STREET LAFAYETTE, LA 70501

KEEPing Your Kidneys Healthy

1 in 3 adults is at risk for kidney disease. There are no early symptoms of kidney disease. The only way to detect it is to be tested. Tests include urinalysis, blood draw for renal panel, BMI and blood pressure.

Risk factors include:
- diabetes
- high blood pressure
- age 60 or older
- family history of kidney disease, diabetes, or high blood pressure
- African American, Hispanic, Asian, Native American or Pacific Islander

CALL 504.861.4500
TO SCHEDULE AN APPOINTMENT
“Thank you to the Lourdes Foundation for making this event possible.”

THE PCOC
National Kidney Foundation of Louisiana
KICK OFF FOR KIDNEYS

Join NKFL as we Kick Off our 2017 New Orleans Kidney Walk
RSVP 504-861-4500

When:
Wednesday, October 18, 2017
5:30pm—7:30pm

Where:
Fulton Alley
600 Fulton Street
New Orleans, LA 70118

Kidney Walk Kick Off Party

- Light hors d'oeuvres
- Cash bar
- Great atmosphere
- Team building tips and registration assistance

R.S.V.P. to Cecilia at Cecilia@kidneyla.org or call 504.861.4500 to reserve your spot!

How to Register:
Visit www.kidneywalk.org to register for the walk and fundraise!

504.861.4500

Benefiting National Kidney Foundation™ of Louisiana
UPCOMING EVENTS—REGISTER TODAY!

** FREE **
The Pam Sanchez Memorial
KIDNEY Health Screening

Are you the 1 in 3 at risk for kidney disease?
High blood pressure and diabetes are two risk factors. Join us for:
* Blood Pressure * Body Mass Index
* Blood test for kidney function and glucose * Health Education

Appointments Required
Please call:
504.861.4500
No fasting required

October 27, 2017
9:00 am — 12:00 pm
Our Lady of Mercy
CATHOLIC CHURCH
445 Marquette Ave.
Baton Rouge, LA 70806

Sponsored Locally By:

National Kidney Foundation™
of Louisiana

JOIN US FOR THE 16TH ANNUAL
NEW ORLEANS KIDNEY WALK

National Kidney Foundation™
of Louisiana

Kidney Walk
Raise Money to Fight Kidney Disease

SUNDAY, NOVEMBER 12, 2017
AUDUBON PARK, SHELTER #10
REGISTRATION: 8:30AM
WALK BEGINS AT 10AM

INDIVIDUAL/TEAM REGISTRATION @
www.kidneywalk.org
504.861.4500

RAISE MONEY TO FIGHT KIDNEY DISEASE
AND PROMOTE ORGAN DONATION!
Enjoy yourself and support our cause at a special fundraising event for:

**Organization name:** National Kidney Foundation of Louisiana  
**Date:** Tuesday, October 24, 2017  
**Time:** All Day! 11:00AM – 10:00PM  
**Locations:** Blaze Pizza – New Orleans – 5001 Freret Street  
Blaze Pizza – New Orleans – 611 O’Keefe AVE

*Be a “dough-gooder”! Support NKF LA and receive a BC GO Pizza Pass for use on next trip in!*

**Bring in this flyer or show it on your phone before paying.** Blaze Pizza will donate 20% of proceeds from your meal back to our organization.

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National Kidney Foundation™  
of Louisiana

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Donation amount excludes proceeds from tax and gift card purchases. Valid for dine-in and take-out only. Not valid for online orders. Alcoholic beverages excluded. Event proceeds void if flyers are distributed in or near the restaurant.
Spirit Night
At
Chick-fil-A
Harvey
1128 Manhattan Blvd
Wednesday, November 1, 2017
4pm-8pm
See you then!
GIVE BACK EVENT!
benefiting
NATIONAL KIDNEY FOUNDATION
OF LOUISIANA
Monday, November 6th

Reginelli’s will DONATE 10% of your order when you mention them!

Good for dine-in, pick-up or delivery.

Only at: REGINELLI’S GRETNA
1700 Belle Chasse Highway
504-309-7448

PIZZA with a PURPOSE
UPCOMING EVENTS—REGISTER TODAY!

Mark your calendars for these important events coming soon!

- **Wednesday, October 4, 2017**—Roch the Cause: St. Roch Market: 2381 St. Claude Avenue, New Orleans, LA 70117. Time: 6:00PM—9:00PM. Flyer does not have to be presented and name does not have to be mentioned. We will receive 10% of the total market's sales during the specified time period.

- **Saturday, October 14, 2017**—PCOC Keeping Your Kidneys Healthy Screening: 125 Gallian St., Lafayette, LA 70501. Time: 8:30AM-12:30PM. For more information or to schedule an appointment, please call (504) 861-4500.

- **Monday, October 16, 2017**—27th Annual New Orleans Liberty Mutual Insurance Invitational: English Turn Golf & Country Club: One Clubhouse Drive, New Orleans, LA 70131. For more information, please call (504) 861-4500 or click here.

- **Wednesday, October 18, 2017**—Kick Off For Kidneys: Fulton Alley: 600 Fulton Street, New Orleans, LA 70118. Time: 5:30PM—7:30PM. To RSVP, please call Cecilia Estep at (504) 861-4500 or email Cecilia@kidneyla.org.

- **Tuesday, October 24, 2017**—Blaze Pizza Fundraiser: Blaze Pizza on 5001 Freret St., New Orleans, LA 70115 and 611 O'Keefe Ave., New Orleans, LA 70113. All day event. Must present flyer at time of purchase.

- **Friday, October 27, 2017**—OLOM Keeping Your Kidneys Healthy Screening: 445 Marquette Ave., Baton Rouge, LA 70806. Time: 9:00AM-12:00PM. For more information or to schedule an appointment, please call (504) 861-4500.

- **Monday, October 30, 2017**—22nd Annual Lafayette Liberty Mutual Insurance Invitational: Oakbourne Country Club: 3700 E. Simcoe St., Lafayette, LA 70501. For more information, please call 504-861-4500 or click here.

- **Wednesday, November 1, 2017**—Chick-fil-A Spirit Night: Chick-fil-A Harvey: 1128 Manhattan Blvd., Harvey, LA 70058. Time: 4:00PM—8:00PM. Must present flyer or mention National Kidney Foundation of Louisiana at time of purchase.


Contact Us

Please call for more information about our services.

National Kidney Foundation of Louisiana
8200 Hampson St., Suite 425
New Orleans, LA  70118
Phone: (504) 861-4500
Fax: (504) 861-1976

Visit us on the web at www.kidneyla.org

Follow us on Facebook and Twitter to stay up-to-date with all current and future events

Facebook: National Kidney Foundation of Louisiana
Twitter: @NKFLA
Instagram: @NKFLA

To make a donation, please visit us at www.kidneyla.org/show-your-support/