

DAVITA EXECUTIVE GETS ON HIS BIKE TO FIGHT CHRONIC KIDNEY DISEASE (CKD)

When the day begins in Greenville, Michigan on Sunday, September 20, DaVita V.P. Bryan Parker will climb on his bike, along with 400 colleagues and friends, to begin Tour DaVita™ – a four-day, 250-mile bike ride that will raise funds for The Kidney TRUST's kidney disease awareness and prevention programs.

For Bryan, who joined DaVita Inc. in February 2009 as Vice President of Special Projects, this is his first cycling event of this distance. A regular, but casual cyclist in the past, Bryan put aside his mountain bike and purchased a new road bike when he heard about the ride this Spring, and has been attempting to train regularly in the months leading up to the Tour.



Bryan Parker takes a break during the Bay Area training ride called the Paradise Loop.

"It's so inspiring to me to see so many of my teammates come together for such a worthy cause," said Bryan. "As soon as I heard about the Tour, I knew I had to do it. Kidney disease is eminently preventable and education of the community is key to keeping people healthy and out of dialysis. This is a very personal issue to me because my grandmother died of renal failure and, as an African American, I am disheartened to see our community so disproportionately hit by CKD."

Bryan is a member of Allen Temple Baptist Church in Oakland, California, where the Kidney TRUST recently did CKD screening during the church's annual community health fair. Prior to joining DaVita, Bryan served for nine months as a volunteer with the Obama presidential campaign. Before that, he was the COO of a \$100 million digital media company.

Bryan's current job puts him in a role of strategically supporting the DaVita teammates who are on the front lines of the battle against kidney disease. As the new leader of DaVita's "Team Genesis," he and his team are charged with building and maintaining DaVita dialysis clinics around the country. During the Tour, riders will visit DaVita clinics along the route. Bryan, like many other DaVita teammates, is looking forward to speaking with patients and caregivers in Michigan.

"I feel fortunate to be able to do the ride and raise funds to help the TRUST raise the profile of kidney disease through screening and education. The physical challenge offered by the Tour allows me in a small way to identify with the daily challenges of our patients who are on dialysis. My goal in riding is, together

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with my other teammates, to help raise the awareness of people around the country as to the threat of kidney disease and the fact that if identified early, there is a great chance to prevent it.”

Bryan invites anyone interested in following along on his ride to join him on Twitter. You may follow him at [www.twitter.com, IDparkerb19](http://www.twitter.com/IDparkerb19). For more information about Tour DaVita™ visit www.tourdavita.com.

CHICAGO "PATIENT AMBASSADOR" URGES FELLOW KIDNEY DISEASE PATIENTS TO EDUCATE THEMSELVES, TAKE CONTROL

Chicago's Jason Gill received a kidney transplant in February 2009 after more than four years on dialysis. Jason, a 32-year-old gymnastics coach and personal trainer, has made it his personal mission to raise awareness about kidney disease and offer his personal support to those on dialysis to help them better cope with kidney failure and live their lives to the fullest.

Jason will be speaking to participants at the kidney health fair that's part of a DaVita Kidney Awareness Run/Walk™ that takes place in Chicago on September 20. With the goal of raising funds for The Kidney TRUST and educating communities about kidney disease, the 2009 5K run/walks will reach 10 target U.S. cities: Denver; Chicago; Cleveland; Cincinnati; St. Louis; Sacramento; Long Beach, CA; Ft. Worth, TX; Virginia Beach, VA and Washington D.C.

After going to the doctor suffering from migraine headaches and high blood pressure in August 2004, Jason got a call on his 27th birthday informing him that his kidneys had failed and that he needed to go on dialysis immediately. After battling depression early in his treatment, Jason dedicated himself to learning more about kidney disease and its treatment and taking control of his life once again — teaching gymnastics part-time and resuming an active lifestyle in close consultation with his doctors.

As he battled his own disease Jason found that he had a talent for listening to other patients and helping them work through their concerns and joined Dialysis Patient Citizens (DPC) – a nationwide non-profit working to improve the quality of life for all dialysis patients through education and advocacy.

Jason takes a “tough love” approach to his personal training clients and he likewise doesn't pull any punches when speaking to other kidney disease patients: “I tell people that they have a choice — they can sit around feeling sorry for themselves or they can jump in and do something about it. Whether you're already on dialysis or just showing the beginning signs of kidney disease, education is the key to improving your health. I can tell you from personal experience that it's made all the difference to me and ultimately made me a stronger candidate for a transplant. Don't sit back and rely on the doctors and nurses to tell you what to do – learn everything you can about your kidneys and how to protect them and then act on that knowledge.”

Jason has a special role in the Chicago event. As a “Patient Ambassador” for Dialysis Patient Citizens, he will share his personal experience of kidney disease



Jason Gill

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and dialysis care with other walkers, friends and family members at the DaVita Kidney Health Expo. In addition to talking about what it's like living with kidney disease, Jason will be encouraging participants to take advantage of free rapid-screening for kidney disease that will be offered by The Kidney TRUST on site. The TRUST has performed nearly 11,000 screens for CKD since the program started in October 2007.

"I had no clue that I had a problem with my kidneys before I was diagnosed with kidney failure and had to go on dialysis," said Jason. "But as an African American man with high blood pressure and HIV, I had many risk factors. In addition to encouraging people on dialysis to take an active role in their care and lead full and active lives, I want to get the word out to people in the community that kidney disease needs to be on their radar. They need to know that if you identify CKD in its early stages, you can take steps to improve your health and head off kidney failure."

Since his transplant, Jason has set his sights high. In addition to his personal training business, he is taking a full course load in an R.N. program at a local college with the goal of becoming a physician's assistant, specializing in sports medicine, as well as a trainer for professional and Olympic athletes. Given Jason's drive and determination and all he has achieved so far, you have to like his chances of realizing his goals.

DAVITA KIDNEY AWARENESS RUN/WALKS™ KICKOFF IN DENVER ON SEPTEMBER

The Kidney TRUST is proud to once again be the beneficiary of the DaVita Kidney Awareness Run/Walks™. With the goal of raising funds for the TRUST and educating communities about kidney disease, the 2009 5K run/walks will reach 10 target U.S. cities:

- Denver
- Chicago
- Cleveland
- Cincinnati
- St. Louis
- Sacramento
- Long Beach, CA
- Ft. Worth, TX
- Virginia Beach, VA
- Washington D.C.

DaVita Inc. is a leading provider of kidney care services for those diagnosed with chronic kidney disease (CKD). Details about the walks are available at www.kidneyawarenesstime.org.

"I'd like to encourage all our friends around the country to consider joining the Kidney Awareness Run/Walks this year," said The Kidney TRUST's CEO Barbara Lawson. "The TRUST's CKD rapid-screening program has been picking up steam – we did our 10,000th screen in July – and the contributions of walkers and their supporters will help us expand our efforts in 2010 and beyond. We're very grateful to DaVita for their continuing support of our efforts."

This year's Kidney Awareness Run Walks will feature free CKD screening opportunities provided by the TRUST, entertainment and games for the entire family, as well as a kidney health expo to help promote awareness about CKD.

The Kidney TRUST aims to benefit the 26 million American adults living with Chronic Kidney Disease, as well as the 485,000 Americans with kidney failure that require dialysis or a kidney transplant. The TRUST was formed to increase awareness of kidney disease through public education and testing programs so that progression of CKD to kidney failure can be delayed or prevented.

31 MILLION
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- HAVE -
CHRONIC KIDNEY DISEASE
- AND -
90% DON'T KNOW IT
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