



FOR IMMEDIATE RELEASE

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**FREE KIDNEY AND DIABETES SCREENING OFFERED BY ST. ELIZABETH'S
HOSPITAL AND NATIONAL KIDNEY FOUNDATION OF ILLINOIS**

Tours of the KidneyMobile® available for all

Belleville – St. Elizabeth's Hospital, in partnership with the National Kidney Foundation of Illinois, will offer FREE kidney disease and diabetes screenings on **Thursday, April 28**, from 10 a.m. to 2 p.m. in the Southern Illinois Heart Institute building, 340 West Lincoln Street, Belleville.

Seventy percent of Chronic Kidney Disease (CKD) cases are caused by high blood pressure and diabetes, particularly when left untreated. The National Kidney Foundation's goal in using the KidneyMobile® is to detect these diseases early on and prevent people from suffering from CKD.

Chronic Kidney Disease is the permanent loss of kidney function, which decreases the body's ability to keep you healthy. As the function of the kidneys decreases, it can cause harmful effects throughout the rest of your body such as serious heart, bone and brain problems.

"We are happy to host The KidneyMobile® at our site to show our commitment to providing quality health care and education to the community," said Mary Frierdich, RN, Community Health Outreach Coordinator at St. Elizabeth's Hospital. "It's important that people are diagnosed with diabetes and high blood pressure early on so they can get treatment to prevent kidney failure."

The kidney screening includes blood pressure, blood sugar, body mass index (BMI), waist circumference, urinalysis, blood draw, and a consultation with a medical professional.

Everyone is also invited on board the KidneyMobile® for a tour of its exhibits and a discussion on the basic functions of the kidney, how diabetes and high blood pressure lead to CKD and appropriate uses of exercise and diet.

Participants must register in advance for the screenings by calling **618-222-4639**, **Option #3**. For more information on the National Kidney Foundation of Illinois's KidneyMobile, visit www.kidneymobile.org.

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About Hospital Sisters Health System

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems and physician practices in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit www.hshs.org.