

# World Kidney Day is March 12! A Great Time to Check Your Kidney Health.



Sometimes the more you know, the more you love. This March, during National Kidney Month, the National Kidney Foundation urges Americans to get to know two humble, hardworking organs: the kidneys.

To help raise awareness and appreciation for all the vital functions the kidneys perform, the National Kidney Foundation is encouraging Americans to learn more and take steps now to preserve kidney health. March 12 is World Kidney Day, the perfect time to get to know your kidneys and find out if you're at risk. Dozens of free screenings are being held all over the country. Find one near you. [Learn more today!](#)

## NKF Launches "End the Wait" Initiative

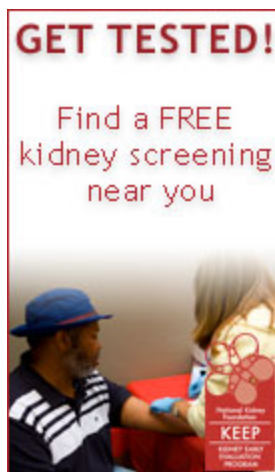


There is on an urgent need to increase the number of organs available for transplantation in the United States. To address this complex problem, the Board of Directors of the National Kidney Foundation has launched a comprehensive action plan to increase the number of transplants for kidney patients.

*The End the Wait!* initiative is a roadmap to implementing tested and proven strategies that will effectively end the wait for kidney transplants in 10 years.

Working in collaboration with other organizations, government agencies and individuals, NKF's recommendations will eliminate barriers, institute best practices across the nation, improve the transplant system, cover the cost of donating an organ, reduce regional and ethnic disparities and increase living and deceased donation throughout the United States.

To learn more about this exciting initiative and for a full list of recommendations [click here](#).



The National Kidney Foundation, Inc (NKF)., is the major voluntary health organization dedicated to preventing kidney disease, improving the health and well-being of individuals and families affected by kidney disease and increasing the availability of all organs for transplantation. The NKF achieves life-saving results today through the contributions of a generous public including participation in NKF signature initiatives such as the [Kidney Cars Vehicle Donation program](#), [Kidney Walks](#) and the [NKF Golf Classic](#)

# MARCH IS HEALTHY EYES MONTH

**From 6 months old to 106 years old - everyone needs an eye exam**

Almost 80 percent of preschool-aged children never have an eye exam. And many vision screenings in school don't test for common eye diseases. What can you do to help protect your family's eyesight? A regular eye exam - during Family Eye **Health Month** - is a great way to start!

Sears Optical is sponsoring Family Eye **Health Month** in **March** to remind families of the importance of having their eyes examined regularly.

"Many parents think their children's eye exam needs are being covered during school eye checks," said Dr. Michael Cohen, vice president, Professional Services, Sears Optical. "When in fact, those are simply screenings, mainly checking to see if the child can read a chart. That's why it's important to have a doctor of optometry check your child's eyes for other problems, including childhood diseases."

Prevent Blindness America recommends that children have a professional eye exam at six months of age, before entering school (age four or five) and periodically throughout the school years. Certain eye diseases are linked to heredity and should lead to more frequent exams for the family.

"There are certainly ways to determine if your child is having difficulty with their vision," said Dr. Cohen. "For example, they may rub their eyes excessively, shut one eye, hold objects close to their eyes, squint, have red or watery eyes or complain of headaches, dizziness or double vision."

But mom and dad shouldn't be left behind in all this talk about kids - they should have a regular eye exam at least every 18-24 months. According to Dr. Cohen, "Any changes in vision, including, among other things, trouble adjusting to dark rooms, difficulty focusing, difficulty driving at night, double vision, excess tearing, dry eyes or seeing spots, should be reported to your eye doctor."

If you are having trouble seeing or suspect your child might be having trouble seeing, visit [www.searsoptical.com](http://www.searsoptical.com) or [www.preventblindness.org](http://www.preventblindness.org) for more information.

Family Eye **Health Month** is sponsored by Sears Optical.

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