

For immediate release:
Wednesday, November 12, 2008

Media Release

York Central Hospital Welcomes Addition of New Permanent Home for the Chronic Kidney Disease Program

Richmond Hill, ON: “Kidney disease affects many people and their families,” says Dr. Bharat Nathoo, Clinical Director of the Chronic Kidney Disease Program at York Central Hospital. “In later stage kidney disease, once a patient requires dialysis, they may come to the hospital or satellite facility 3 times a week for 3 to 4 hours at a time or choose one of the home dialysis therapies. It’s a big commitment for patients as well as their family supports and we want to ensure they get the best possible care in the best possible facilities.”

In the early stages of chronic kidney disease, proper medical follow up, medication as well as proper food choices may slow the damage to the kidneys. Some people may go for many years being followed by the nephrologists prior to needing dialysis. Eventually however, many of these patients may require dialysis or kidney transplantation.

York Central Hospital is home to the Regional Chronic Kidney Disease Program (formerly Regional Dialysis Program). Patients travel from across York Region and beyond for the expert treatment and compassionate care provided by this specialized health care team. Due to the overwhelming demand for these services in May 2006, the Hospital opened a satellite location in Oak Ridges, which is more convenient for many of patients who come from northern York Region.

As part of the hospital’s major construction and redevelopment project the Chronic Kidney Disease Program is moving into a brand new space on level 1 of the hospital’s new north Wing. This bright and spacious location will provide a more welcoming and private space for patients to receive education, on-going support as well as their dialysis treatments.

“We’re delighted with the new location of our program,” say Barbara Gray, Manager of the Chronic Kidney Disease Program. “Our patients become like family. This new spacious and comfortable location is conducive to delivery of clinical excellence and demonstrates our commitment to our patients.

The new unit is expected to be fully operational for our patients by Monday, November 17.

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Contact:
Stefanie Kreibe
skreibe@yorkcentral.on.ca 905-883-1212 ext. 7484

Scheduled for completion in spring of 2009, Phase One of the major expansion and renovation project will:

- Triple the size of the Emergency and Medical Imaging Departments
- Double the size of the Critical Care Unit
- Create a state-of-the-art Birthing Centre
- Provide Schedule One Mental Health Facilities including 6 new secured beds
- Add new Medical Staff Facilities and a 2,800 sq. ft. Auditorium
- Expand Fracture, Plastics and Ophthalmology Clinics
- Add capacity for 122 new Inpatient Beds
- Estimated cost of \$93.2 million
- Size 148,230 sq. ft.

Backgrounder:

What is chronic kidney disease (CKD)?

Chronic kidney disease is defined as the presence of kidney damage, or a decreased level of kidney function, for a period of three months or more. CKD can be divided into five stages, depending on how severe the damage is to the kidneys, or the level of decrease in kidney function.

Kidney disease often begins with no signs or symptoms and begins progresses silently over a number of years. Not everyone progresses from Stage 1 to Stage 5. Stage 5 is also known as End-Stage Renal Disease or end-stage renal failure. End-stage refers to the end of kidney function (working at less than 15% of normal), not the end of life. To sustain life at this stage, dialysis or kidney transplantation is needed. Dialysis or kidney transplantation is required.

What causes chronic kidney disease?

There are many different kinds of kidney diseases and disorders. Some kidney diseases are inherited and others develop as we grow older. Often kidney disease is associated with other medical conditions including diabetes, hypertension, and heart disease. At the present time, the exact cause of many types of kidney disease is not well understood.

What is Dialysis?

Dialysis is a treatment for people in the later stage of chronic renal insufficiency (kidney failure). This treatment cleans the blood and removes wastes and excess water from the body. Normally, healthy kidneys do this work.

Sometimes dialysis is a temporary treatment. When the loss of kidney function is permanent (as in end-stage kidney failure) patients must continue to have dialysis on a regular basis. The only other treatment for kidney failure is a kidney transplant.

There are two types of dialysis: haemodialysis and peritoneal dialysis. In haemodialysis, blood is passed through an artificial kidney machine to clean it. Peritoneal dialysis uses a filtration process similar to haemodialysis, but the blood is cleaned inside your body rather than in a machine.