

# THINK LIKE A CHAMPION

## Know Your Opponent: Alonzo Mourning On Chronic Kidney Disease

(NAPSA)—Basketball star Alonzo Mourning has overcome tremendous obstacles to become an all-star on and off the court. He was diagnosed with kidney disease in 2000 and had a kidney transplant in 2003. Since then, Mourning has made a triumphant return to the National Basketball Association (NBA) and now is traveling to clinics throughout the United States with Rebound from Anemia, a program designed to provide information about chronic kidney disease and its signs and symptoms to the millions of people with the condition and to those at risk.

### The Problem

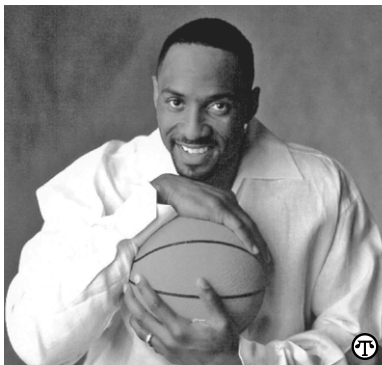
Chronic kidney disease is a progressive condition in which the kidneys are unable to function effectively. Many people, including Mourning before his diagnosis, do not realize that they have chronic kidney disease or are at risk for developing it, until they have reached advanced stages of the condition. This is significant because more than 20 million Americans—or one in nine adults—are estimated to have chronic kidney disease and another 20 million are at increased risk.

### The Hope

Through Rebound from Anemia, Mourning hopes to motivate people to take action by evaluating if they are at risk for chronic kidney disease and identifying common side effects often associated with the condition. One such sign, anemia, or low concentrations of oxygen-carrying red blood cells, is an early, yet often overlooked, signal of chronic kidney disease.

### The Risk

People at risk for chronic kidney



Alonzo Mourning

ney disease include those who suffer from diabetes, high blood pressure or both and those who have a family history of kidney disease or who are over the age of 65. Chronic kidney disease also is more common among African-Americans, Hispanic-Americans, Asians, Pacific Islanders and American Indians. It is particularly important for those at risk for chronic kidney disease to be aware of the symptoms of anemia, such as fatigue or tiredness, dizziness or shortness of breath.

"Before my diagnosis, I had no idea that I was at risk for kidney disease or that fatigue or tiredness associated with anemia is a warning symptom of the condition. If I had known more about the risk factors for chronic kidney disease and its symptoms, I could have worked with my doctor and received treatment earlier, which may have slowed my disease progression," said Mourning. "Take my advice—if you're at risk for chronic kidney disease and have symptoms of anemia, speak to your doctor."

### The Signs

Symptoms of anemia may include fatigue or tiredness and diminished ability to carry out routine tasks. For Mourning, the fatigue caused by anemia kept him from doing things in life that he enjoyed, like spending time with family and friends.

"Recognition of anemia may lead to an earlier discovery of chronic kidney disease, which can lead to better health," said Robert Provenzano, M.D., F.A.C.P., chair of the Division of Nephrology, Department of Internal Medicine, St. John Hospital & Medical Center, Detroit, MI. "It's important that patients discuss symptoms of anemia with their doctors."

### The Treatment

"Once I began treatment for my kidney disease, one of my greatest challenges was the fatigue or tiredness that not only kept me from picking up a basketball but even prevented me from playing with my kids," said Mourning. "My doctor explained that anemia was a treatable condition and prescribed Procrit® (Epoetin alfa), a medication which helped treat my anemia." Individual results with Procrit® therapy may vary.

Through Rebound from Anemia, Mourning hopes to encourage patients at increased risk for kidney disease to recognize symptoms of anemia and to talk to their physicians.

### The Way To Learn More

Rebound from Anemia is sponsored by Ortho Biotech Products, L.P., marketer of Procrit® (Epoetin alfa). For more information about chronic kidney disease and anemia, visit [www.KidneyResource.com](http://www.KidneyResource.com).

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**Note to Editors:** PROCrit® (Epoetin alfa) is a prescription medication for the treatment of anemia in chronic kidney disease patients who are not on dialysis and is injected by doctors or nurses. PROCrit® is not for patients with uncontrolled high blood pressure. High blood pressure has been noted in patients treated with PROCrit® and blood pressure should be monitored carefully. Drugs like PROCrit® may increase the risk of blood clots and seizures. Loss of response to PROCrit® could be a sign of a very rare but serious condition. In studies, the most common side effects were high blood pressure, headache, joint pain, and nausea. Visit [www.PROCRIT.com](http://www.PROCRIT.com) for full prescribing information.