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Two years on, with many studies in full swing

A message from the director

DR. JONATHAN HIMMELFARB

We're happy to introduce this publication, a way to let you know our latest steps toward fulfilling our long-term vision to find better ways to detect kidney disease, to slow its progression and to create optimal treatments.

Now 2 years old, we have made tangible progress in ramping up studies that can improve the lives of people with kidney disease. So far, our investigators have been awarded nearly \$20 million in research funding from the National Institutes of Health and other sources – a big vote of confidence for a new institute.

We bring together interdisciplinary teams of scientists and clinical practitioners from the University of Washington. In our brand-new research facility and laboratory on the Harborview Medical Center campus in Seattle – equipped using seed money from Northwest Kidney Centers and generous individuals – investigators and staff are at work on clinical trials designed to:

- reduce cardiovascular disease among people on dialysis
- detect and treat early complications of diabetic kidney disease
- evaluate the role of healthy lifestyles in preventing kidney disease
- assess the role of genetics in kidney health

The Kidney Research Institute investigative team and support staff now number more than 20. We are guided by a Scientific Advisory Committee of top thought leaders, and a Council that keeps us in close touch with patients and supporters.

We appreciate your interest and welcome your feedback on this newsletter. Thank you for your support of the Kidney Research Institute.

TRANSFORMING LIVES THROUGH
INNOVATION AND DISCOVERY

KIDNEY RESEARCH INSTITUTE

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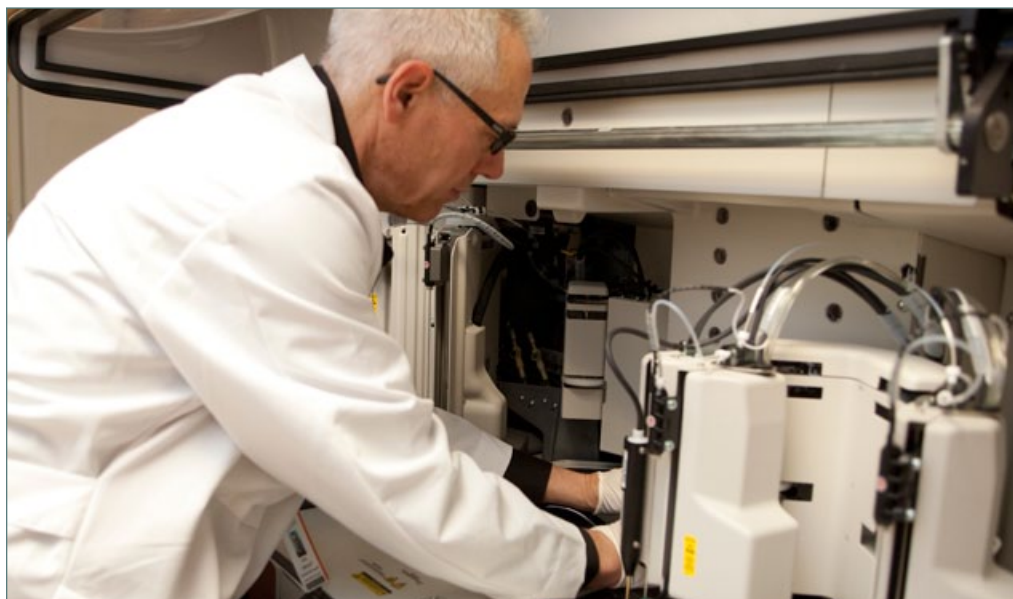
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Nearly \$20 million in grants has been awarded in the last two years

Our investigators are actively pursuing new discoveries

PRIMARY INVESTIGATOR	TITLE	FUNDING SOURCE	AWARD YEAR
Dr. Bryan Kestenbaum	BK Viruria and Risk of Chronic Kidney Disease	Institute of Translational Health Sciences	2008
Dr. Yoshio Hall	Disparities in End Stage Renal Disease among Asians and Pacific Islanders	Satellite Health Care	2008
Dr. Jonathan Himmelfarb	Vascular Structure and Function in Arteriovenous Fistula Maturation	National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases	2008
Dr. Jonathan Himmelfarb	Safety, Tolerability and Efficacy of Coenzyme Q10 in Hemodialysis Patients	National Institutes of Health/National Center for Complementary and Alternative Medicine	2009
Dr. Dan Leotta	Computational Flow Modeling of Dialysis Access Sites	National Institute of Diabetes and Digestive and Kidney Diseases	2009
Dr. Bryan Kestenbaum	Mineral Metabolism and Cardiovascular Risk among Older Adults	National Institutes of Health – American Recovery and Reinvestment Act	2009
Dr. Ian de Boer	Effects of Oral Paricalcitol on Glucose Tolerance - Immune Cell Function - Oxidative Stress in Stages 3-4 CKD	Abbott Laboratories	2009
Drs. Ann O'Hare and Paul Crane	Adult Changes in Cognition Study	National Institutes of Health	2009
Dr. Jonathan Himmelfarb	Oxidative Stress in Chronic Kidney Disease	National Institutes of Health/National Heart, Lung and Blood Institute	2009
Dr. Jonathan Himmelfarb	Vascular Structure and Function in Arteriovenous Fistula Maturation	National Institutes of Health – American Recovery and Reinvestment Act	2009
Dr. Bessie Young	The Increasing Kidney Disease Awareness Network (IKAN) Transplant Protect	National Institutes of Health – American Recovery and Reinvestment Act	2009
Dr. Jonathan Himmelfarb	Genes and Fibrinolytic Capacity of Human Endothelium	National Institutes of Health/National Heart, Lung and Blood Institute	2009
Dr. Yoshio Hall	Chronic Kidney Disease in Disadvantaged Populations	National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases	2010
Dr. Maryam Afkarian	Identifying Urinary Biomarkers for Early Type 2 Diabetic Nephropathy	National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases	2010
Drs. Bryan Kestenbaum and Ian de Boer	Phosphorous and Vitamin D in the MESA Cohort	National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases	2010
Dr. Ian de Boer	Insulin Resistance in Chronic Kidney Disease	National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases	2010
Dr. Ian de Boer	Randomized Trial of Vitamin D & Omega-3 Fatty Acids for Diabetic Kidney Disease	National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases	2010
Drs. Jonathan Himmelfarb and Mark Wurfel	Genetic Determinants of Outcome in Acute Kidney Injury	National Institutes of Health	2010



LAB MANAGER JOHN RUZINSKI performs routine maintenance on the DXC 600 Clinical Chemistry Analyzer. This machine measures various chemistries from people with chronic kidney disease.

Two studies probe link between heart and kidneys in chronic kidney disease

Take a closer look at two of our 17 clinical studies now under way, both focused on the link between cardiovascular disease and kidney disease. People with chronic kidney disease have a high rate of cardiovascular disease, which accounts for many of their health problems.



Oxidative stress in chronic kidney disease — diet exercise study

DR. JONATHAN HIMMELFARB

FOCUS: To test in a rigorous, well-powered clinical trial design the effects of aerobic exercise and caloric restriction on a metabolic risk profile, including systemic measures of oxidative stress, inflammation, insulin resistance and endothelial dysfunction in chronic kidney disease.

ANTICIPATED IMPACT: The main aim of this study is to determine if diet and exercise will help relieve oxidative stress in those with chronic kidney disease. If so, there may be benefits in relieving risks of kidney disease progression and cardiovascular disease in subjects with moderate to severe chronic kidney disease.



Metabolic effects of Paricalcitol

DR. IAN DE BOER

FOCUS: To test in a rigorous, well-powered clinical trial design whether the drug Paricalcitol has beneficial effects on glucose tolerance, immune cell function and oxidative stress in chronic kidney disease.

ANTICIPATED IMPACT: Determine whether activated Vitamin D treatment improves the metabolic milieu in chronic kidney disease as a means to reduce cardiovascular disease risk and mortality.

SCIENTIFIC ADVISORY COMMITTEE

The Kidney Research Institute has established a Scientific Advisory Committee, consisting of internationally recognized scientists, to help ensure that we bring the highest possible quality of science to bear on solving the problems caused by kidney disease.

DR. JOSEPH BONVENTRE, chief of the division of nephrology at Brigham and Womens' Hospital, Samuel A. Levine Professor of Medicine, Harvard University

DR. NANCY J. BROWN, Robert H. Williams Professor of Medicine; chair, department of medicine, Vanderbilt University Medical Center

DR. THOMAS COFFMAN, chief of nephrology, professor of medicine at Duke University Medical Center and 2008–2009 president of the American Society of Nephrology

DR. ERIC G. NEILSON, Hugh J. Morgan Professor of Medicine & Cell Biology, Vanderbilt University Medical Center; editor-in-chief, Journal of the American Society of Nephrology

DR. GERALD NEPOM (CHAIR), director of the Benaroya Research Institute at Virginia Mason Medical Center

DR. RUSSEL TRACY, professor of pathology and biochemistry; Laboratory for Clinical Biochemistry Research at University of Vermont, College of Medicine

KIDNEY RESEARCH INSTITUTE COUNCIL

The Council provides advice and counsel to ensure the work we do stays relevant to the community of people with kidney disease and their families.

DR. SUHAIL AHMAD, Northwest Kidney Centers senior medical director, professor of medicine, University of Washington

JACK COLE, former Northwest Kidney Centers trustee

JOSEPH ESCHBACH, Northwest Kidney Centers Board of Trustees

JOYCE F. JACKSON, president and CEO of Northwest Kidney Centers

BILL PECKHAM, past Northwest Kidney Centers Board chair, and Northwest Kidney Centers Foundation Board member

JEAN ROLFE (CHAIR), Northwest Kidney Centers emeritus trustee

DR. JOHN STIVELMAN, Northwest Kidney Centers chief medical officer, professor of medicine, University of Washington

DAVID WILDE, Northwest Kidney Centers Board vice chair



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The Kidney Research Institute
intends to lead the world in this
full-circle, holistic kidney research.
.....

Kidney Research Institute promises relevant studies, major impact for people dealing with disease

A patient's perspective

RICH BLOCH

I was born with polycystic kidney disease, a chronic degenerative condition. I didn't know about that small fact until I was 15 when I received a blow to my gut while playing high school football. From that moment on, I figured I was one day going to have to deal with certain realities about my condition. And for a young adult, it was certainly difficult to imagine what such implications would mean.

Thirty years later, I'm still here and quite healthy, in no small part due to the kind of work that the Kidney Research Institute does: identifying solutions to very difficult kidney disease-related problems. More important to me, as someone with kidney disease, the Kidney Research Institute emphasizes a research practice

called bedside-to-bench-to-bedside. This means that their research isn't purely academic. The Kidney Research Institute chooses relevant issues to study that impact millions of people with kidney disease, identifies a solution and then works diligently with agencies and health care organizations to help guarantee that people benefit directly from their work. The Kidney Research Institute intends to lead the world in this full-circle, holistic kidney research.

So please join me and other people with kidney disease and support the Kidney Research Institute.

Go to www.kri.washington.edu for more information.