



**Transplant Recipients International Organization
Ventura County West Valley Chapter**

TRANSPLANT SUPPORT GROUP

For all transplant recipients/candidates, dialysis patients
waiting for a transplant, medical professionals and family members



Guest Speaker:

Anjay Rastogi, M D, PhD.

Department of Medicine, Division of Nephrology
David Geffen School of Medicine UCLA

“BLOOD PRESSURE: WHAT YOU CAN DO TO IMPROVE OUTCOMES”

Saturday, March 16, 2013

9:00 AM to 11:00 AM, Continental Breakfast

Calabasas Tennis and Swim Center

23400 Park Sorrento

Calabasas, CA 91302

Reservations Required-Seating limited to 65 attendees

Currently Dr. Rastogi serves as the Director the UCLA Dialysis Program.

He also serves as the Medical Director of the Living Kidney Donor Program,

Comprehensive Hypertension Program and PKD Program

About **1 in 5** (20.4%) U.S. adults with high blood pressure don't know that they have it. In 2009, **1 in 3 U.S. adults**—an estimated **68 million people**—had high blood pressure. **69%** of people who have a first heart attack, **77%** of people who have a first stroke, and **74%** of people with chronic heart failure, have high blood pressure.

High blood pressure is also a major risk factor for kidney disease. It was the primary or contributing cause of death for about **348,000 Americans** in 2008. **Less than half (46%)** of people with high blood pressure have their condition under control. ***Statistics from CDC Web Site at www.cdc.gov.

For further details or directions, call Ron Taubman, President, at
(818) 309-7919 or e-mail taubmanappr@dslextreme.com.

Our meetings are free.