

iRf



Oasis

Quarterly Newsletter of India Renal Foundation

Issue 66 : July - September 2018

Dear friends,
Greetings!

Third quarter of the year 2018 brought flurry of activities for India Renal Foundation.

I am honoured to have the opportunity to lead India Renal Foundation (IRF) which carries the legacy of more than 16 years of humanitarian activities in the area of Kidney Disease.

All these years through, IRF served kidney patients by providing financial assistance, education and various rehabilitation activities. To complement these activities, we set up our first dialysis centre with an objective to provide quality dialysis treatment free of cost to needy kidney patients. This dialysis centre is established at Shree Krishna Sarvjanik Hospital, Piplodi Himmatnagar. We thank all trustees of Krishna Sarvjanik Hospital.

acknowledge contributions of all generous donors who contributed compassionately for this project.

IRF educates the society at large through Awareness Programmes, core activity of the foundation since inception. The aim is to raise awareness and thereby prevent kidney diseases. Over the years, our scope has broadened. To promote good kidney health across every nook and corner of the state, we have introduced a mobile van.

Diabetes and High Blood Pressure are the two most commonly observed risk factors for damaging kidneys. To educate people in small villages and for the early detection of Diabetes and High BP on the spot this initiative is taken. We are contemplating to acquire 10 more vans by end of 2020.

I am grateful to Dr. Nitin Sumant Shah, Chairman and MD; Heart Foundation and Research Institute, for donating the first mobile van.

Considering the prevalent scenario of kidney related problems, we are going to establish a chapter at Himmatnagar, Anand and Gir-Somnath in near future.

I am very pleased to announce that, Shri P. K. Laheri and Dr. V. N. Shah (Diabetologist) are now a member of Advisory Board of Ahmedabad Chapter of India Renal Foundation. I take this opportunity to welcome both of them.

We continuously strive to give a better life to kidney patients. In order to give them better treatment, we organise training workshops for Dialysis Technicians once in a year. One such workshop was held at Ahmedabad wherein expert doctors were invited as speakers. We are thankful to Concord Biotech for sponsoring this workshop.

I take special note of contribution received from Narayan Powertech Pvt. Ltd., Vadodara under CSR. They have decided to contribute Rs.40,000/- every month for a year under their CSR activities for needy kidney patients. I appreciate their initiative and request other companies to emulate and support this cause under their CSR activities.

I express sincere gratitude to all well-wishers, supporter and donors, whose support inspire and enthuse us to work with more zeal.

Wishing you all a very happy festive season !!!

With best wishes,

Trilokhbhai R. Parikh
Chairman

**Advisory
Committee
Members :**

Ahmedabad Chapter

1. Smt. Priti Adani
2. Shri P. K. Laheri
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4. Shri Rashmikant Shah
5. Shri Rameshbhai Patel
6. Shri Hemant Shah
7. Shri Shubhang Shah
8. Smt. Jayshree Mehta
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12. Shri Dhiren Tharnari
13. Dr. Pradip Atodaria

New milestones of India Renal Foundation

I) Introducing First Dialysis Centre of India Renal Foundation

Now in existence for over 16 years, India Renal Foundation (IRF) continues to strive to expand its programs in the state of Gujarat. The foundation was established with a mission to work for Prevention, Treatment, Rehabilitation, Education and Research in the area of Kidney Diseases.

IRF has been giving financial assistance to renal failure patients under 'Save a Life' program since June 2002. Thousands of patients have been supported in past 16 years for their treatment which includes patients undergoing haemodialysis, kidney transplant surgery and patients on post transplant medication.

For the first time, IRF set up its dialysis centre with an objective to provide free dialysis to needy patients. This centre is set up at Himmatnagar in one of the charitable hospitals, Shree Krishna Sarvajanic Hospital on NH-8.

Five dialysis machines with latest technology have been installed. The centre was inaugurated on the day of Janmastami, 3rd September.

We appreciatively acknowledge munificent contributions of following donors

- Shri Hemant Shah for donating two dialysis machines.
- Shri Sushil Handa for donating one machine
- Shri Rameshbhai Patel for donation one machine
- Smt. Sudhaben Trilokbhai Parikh for donating one machine
- Shri Durgeshbhai Shah for donating R.O. water plant
- Shri Hardikbhai Shah for donating Air Conditioners

Here is a glimpse of inaugural function.

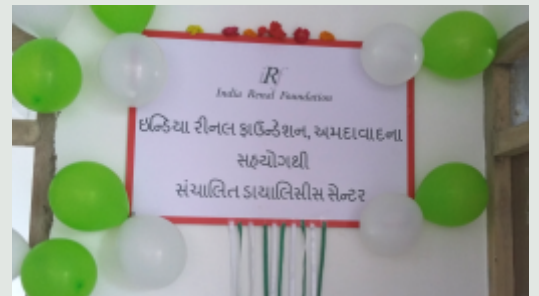
Advisory Committee Members :

Rajkot Chapter

1. Shri Rameshbhai Patel
2. Shri Chandubhai Virani
3. Shri Hareshbhai Vora
4. Shri Shambhubhai Parsana
5. Dr. Sudhir Bhimani
6. Dr. Kamlesh Joshipura
7. Shri Kishorbhai Kotak
8. Shri Mittal Khetani
9. Shri Rajanibhai Patel



Inauguration of Dialysis Center



Dialysis Unit



Pooja performed by Shri TrilokBhai Parikh and Smt. Sudhaben Parikh



Dialysis Unit

2) Introducing first Mobile Van

'Prevention First and Always' is the motto of IRF.

Knowledge and awareness about Kidney Diseases in India, particularly in rural areas, is very poor. This underscores the need for conducting large scale awareness programmes. Making people aware of major risk factors, Diabetes and High Blood Pressure is very important.

Diabetes and Hypertension , both are known as silent killer.

Globally, an estimated 422 million adults are living with diabetes mellitus, according to the latest 2016 data from the World Health Organization (WHO). Diabetes prevalence is increasing rapidly; previous 2013 estimates from the International Diabetes Federation put the number at 381 million people having diabetes. of which 80% live in low and middle income countries. The number is projected to almost double by 2030. The more worrisome fact is that about 50% of those with diabetes remain undiagnosed. The Indian Council of Medical Research India Diabetes Study (ICMR-INDIAB study) showed that India had 62.4 million people with diabetes in 2011. These numbers are projected to increase to 101.2 million by 2030.

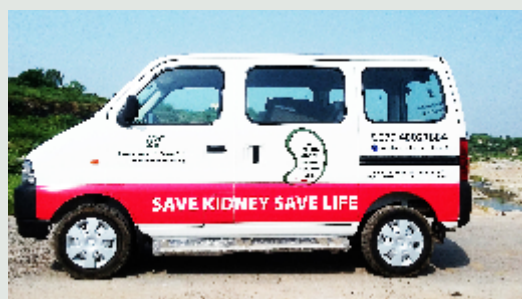
According to, Indian Council of Medical Research, raised blood pressure attributes to the leading risk factor for morbidity and mortality in India. Hypertension is attributable to 10.8% of all deaths in India.

Continuing our unwavering commitment to this cause, we have decided to provide the basic facilities of measuring Blood Pressure and Diabetes on the spot and counsel participants. To carry out these activities, we have purchased a mobile van with kind support of our bighearted donors,

1. Dr. Nitin Sumant Shah, Chairman & MD, Heart Foundation and Research Institute
2. Smt. Sudhaben Trilokbhai Parikh

Our main focus would be rural area. We are very hopeful that early detection and early diagnosis will definitely help people reach right treatment in time, prevent major complications and will definitely give them healthier and better life.

Happy to share pictures of Mobile Van



Advisory Committee Members:

Mehsana

1. Shri. Sharadbhai P. Shah
2. Shri. Chandubhai I. patel
3. Shri. Ajitbhai T.Patel
4. Shri. Surendrabhai B. Parikh
5. Dr. Shri Mukesh M. Chaudhry
6. Dr. Shri P. D. Patel
7. Shri. Sandipbhai K. Sheth

Awareness Programmes

Coronary artery disease (CAD), Diabetes, High Blood Pressure, Kidney Diseases and some specific cancers are now becoming the dominant sources of morbidity and mortality. Preventing these diseases will require changes in behaviours and lifestyle, specially diet and physical activity.

Education is one of the key components in ensuring better treatment and control of hypertension and diabetes. We know that increasing knowledge regarding these diseases and its complications has significant benefits including increase in compliance to treatment, thereby decreasing the complications associated with them.

Dissemination of information for Prevention of Kidney Diseases through Awareness Talks is being done relentlessly.

Foundation does more than 50 awareness and detection camps across the state every month. During this quarter 187 camps were held. Two major Public Awareness Programmes were also held, one each at Ahmedabad (in association with senior citizens' club) and Patan (in association with retired Bank of India employees)

We thank Dr. Gaurang Gandhi (Urologist) and Dr. J. J. Thakker (Physician) for their valuable support and also all volunteers.



Dr. J.J. Thakkar addressing the crowd



Dr. Gaurang Gandhi addressing the crowd



Banaskantha District Kelavani Mandal, Palanpur



Krantiguru Shyamji Krishna Verma Kachchh University, Bhuj



L & T Skill Development Training Centre, Changodar



Sarvanik Girls College, Mehsana

Dialysis Technicians' Training Workshop

Dialysis Technicians play a key role in treating renal failure patients. Refreshing their knowledge at regular intervals and making them aware of advancement in their area, certainly helps in improving quality of treatment of kidney patients.

Every year, this kind of training workshops are being organised by us wherein all technicians are invited and trained by experts. One such workshop was held in Ahmedabad and following topics were discussed.

- Dr. Jay Patel, Nephrologist – Vascular Access Care
- Dr. Umesh Godhani, Nephrologist - Prevention of Hepatitis –B and C
- Dr. Hasit Patel, Nephrologist - Water for Haemodialysis

Dialysis Technicians from Ahmedabad, Vadodara and Nadiad participated in the workshop. It was followed by a small entertainment programme by our volunteers, Shri Rupeshbhai Shah, Shri Dhavalbhai Patel and Ms. Vishranti.

This workshop was sponsored by Concord Biotech Ltd.

We are thankful to all doctors, volunteers and sponsor for their contribution and support.



Shri Trilokbhai Parikh and Dr. Umesh Godhani



Dr. Jay Patel and Dr. Hasit Patel addressing technicians



Prerana is a rehabilitation programme run by India Renal Foundation since October 2002. The motive is to improve emotional stability and quality of life of kidney patients.



Sr. Technician Smt. Madhaviben Desai addressing Prerana Members
Ahmedabad



Dr. Vatsa Patel addressing Prerana Members, Surat

Advisory Committee Members:

Bhavnagar

1. Shri Janardanbhai Bhatt
2. Shri Sunilbhai Vadodaria
3. Dr. Shri C. B. Tripathi
4. Shri Asheshbhai Trivedi
5. Shri Chetan Kamdar
6. Shri Rajubhai Baxi

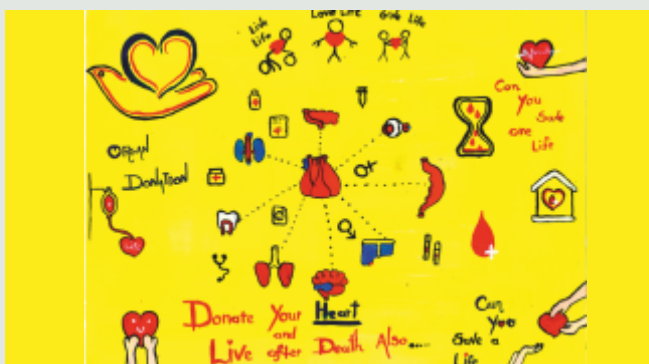
Organ Donation Day

It is celebrated in India every year on 13th August. The motive is to sensitize the society and raise awareness about Organ Donation. We had also arranged several programmes across the state in association with various institutions.

Two awareness talks were held in Ahmedabad wherein participants were made aware about importance of Organ Donation. One of the noteworthy event was the drawing competition held at Higher Secondary Schools, namely Shree Dolat Anant Valiya High School and Tejasvi School in Bhavnagar, wherein students participated and made very meaningful paintings. We have presented some of them here.

For the first time, a rally was held at Junagadh in association with Trimurti Hospital, Satyam Sevak Yuvak Mandal and Mahatma Gandhi School of Nursing. It is a matter of honour that some visually impaired women also participated in the rally.

A press conference was held in Vadodara. Dr. Kamlesh Parih, Nephrologist and Transplant Physician addressed them on issues related to Organ Donation. Placard display was done at Surat by our board members and volunteers at busy cross roads.



Hiral B. Vaghela, Shri Dolat Anant Valiya High School



Pragati A Gohil, Tejasvi Primary School



Rally at Junagadh



Rally in Bhavnagar



Placard display at Surat



Press Conference at Vadodara

Inspiring saga of our volunteer, Shri Devnishbhai Desai, in his own words :

After diagnosis of my kidney failure, doctors advised me to go for transplantation or else lifetime dialysis in december 1988.

I was a very lucky person who had a list of donors ready in the family. My whole family including my father, mother, elder sister and younger brother came forward for donating their kidney. My mother's and sister's kidney did not match. My father's kidney matched and he immediately agreed to donate without any hesitation. I got my kidney transplant in March 1989. Happy to share that i will complete 30 years of kidney transplant in March 2019.

I lost my father 6 years ago in 2012. He lived a very healthy life and died due to liver problems. I am indebted to my family and the doctors who saved me and gave me a new life.

Some simple advice to all kidney failure patients : Keep your will power strong and don't worry about your future. You will surely return back to your normal life soon. Just believe in your doctor's advice and follow the medicine and diet as per his prescription. Avoid work which causes physical stress. Drink only boiled water and eat healthy food to avoid infections and live a great life.

Devnishbhai is a very active volunteer of India Renal Foundation since 2004. He assists in every activity organised by IRF. We feel very proud to share his journey of life after kidney failure . We are sure it will inspire many kidney patients, their families and the society as a whole.

Painkillers and Kidney Damage

Analgesic Nephropathy is defined as a Kidney Disease resulting from the habitual consumption of painkillers over several years. Previously over the counter availability of APC tablets containing Aspirin, Phenacetin and Caffeine was responsible for large incidences of analgesic nephropathy. Prior to 2005 ANZ registry reported 10 % incidence of CKD in ANZ area due to analgesic abuse. Since then phenacetin has been banned in various countries. At present long term use of Aspirin, Ibuprofen and Naproxen have been implicated for increasing incidence of analgesic nephropathy.

Diclofenac and aceclofenac are most toxic compounds. Cox 2 inhibitors namely rofecoxib and etoricoxib can also harm kidneys especially in elderly. Diclofenac containing gel and spray are advertised as locally acting analgesics but it is not true. Significant absorption of pain relieving medication can occur through skin and can harm kidneys. Herbal medications which are also advertised for pain relief can harm kidneys. Herbal medicines can produce worse side effects than NSAID for pain relief.

What is a way out ?

Smallest possible dose should be used along with proper water intake. Use of other nephrotoxic medicines should be avoided. Patients on long term use of painkiller should be monitored regularly for possible kidney problem. If renal failure is detected prompt actions can stabilize kidney dysfunction.

Word of Caution !

Sometimes a very short term use of NSAID medication can result into kidney failure. This is allergic reaction known as allergic interstitial nephritis. In case of sudden worsening of renal function analgesics should be stopped. Quite often it is noted that patients fail to report Ayurvedic, Homeopathic and Unani preparations and this may result into continuous use of harmful pain killer medicines. Large scale studies are required to judge extent of analgesics related kidney disorders.

Dr. Kamlesh Parikh

Nephrologist and Transplant Physician, Vadodara



Shri. Devnishbhai Desai

Donations received during the quarter

Main Donors

Shri Hemantbhai Shah, Navprakash Charities, Ahmedabad	Rs. 12,60,000
Smt. Sudhaben Trilokbhai Parikh, Ahmedabad	Rs. 11,50,000
Shri Rameshbhai Patel, Meghmani Group, Ahmedabad	Rs. 6,50,000
Shri Sushil Handa, Flourish Pure Foods Pvt. Ltd., Ahmedabad	Rs. 6,30,000
Dr. Nitin Sumant Shah, Heart Foundation and Research Institute, Ahmedabad	Rs. 5,00,000
Nirma Ltd., Ahmedabad	Rs. 1,00,000
Shilp Gravures Ltd., Ahmedabad	Rs. 1,00,000

RO plant donated by Shri Durgeshbhai Shah
3 Air conditioners donated by Shri Hardikbhai Shah

Other Donors

Concord Biotech Limited, Ahmedabad	Rs. 90,000
Shri Vinodbhai N. Shah, Ahmedabad	Rs. 50,000
Smt. Pushpadevi Omprakash Maheshwari, Ahmedabad	Rs. 11,111
Shri B.S. Doraiswamy, Chennai	Rs. 5,000
Shri Niravbhai N. Patel, Ahmedabad	Rs. 4,000
Shri Govindbhai G. Zalani, Vadodara	Rs. 2,500
Shri Piyushbhai Gandhi, Ahmedabad	Rs. 1,500
Shri Suvendu Dutta, Kolkata	Rs. 1,001

Life Membership (Rs. 5000)

Shri Girishbhai Bhavsar, Himmatnagar
Shri Mahendrbhai Parikh, Ahmedabad
Shri Nitinbhai Choksey, Ahmedabad

Donors of Save a Life

Ahmedabad

Shri Rashmikantbhai J. Shah	Rs. 96,000
Shri B.N. Shah	Rs. 3,000
Dr. Dhiren Ganjwala	Rs. 1,000

Vadodara

Narayan Powertech Pvt. Ltd.	Rs. 1,20,000
Alfa Foundation	Rs. 21,450
Shri Shirish H. Pandya	Rs. 1,000

Surat

Geelon Industries	Rs. 15,000
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India Renal Foundation

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