



Dear Friends ,

Greetings !

India Renal Foundation is celebrating 17 years of its commencement on 15th January 2019.

January 2002 to January 2019 - A challenging and satisfying journey. These 17 years can be defined as a kaleidoscope of fulfilling and gratifying experiences .

Our dedicated workers and volunteers have worked day and night to make this day possible for all of us. Over the last seventeen years our organization has become stronger and more efficient with large hearted support of the society at large.

Awareness and education has always been a vital part of IRF's mission to help protect the community against kidney diseases. We are happy to inform you that IRF has set up a new chapter at Bhuj. This centre will be located at G.K. General Hospital, Bhuj and we thank Smt. Pritiben Adani for kindly providing us office space. IRF has been doing awareness activities in Bhuj district for last more than 3 years but now we will do all activities like, awareness ,early detection of kidney diseases and patients' rehabilitation activities in entire Kutch-Bhuj district.

During the quarter, 145 Awareness Programmes were held. Out of 145, 35 programmes were held in villages. There was awareness talk which was followed by health screenings and kidney-related exhibits that raised awareness of kidney diseases in the community and encouraged a healthier lifestyle. In our screening programme for Diabetes and Blood Pressure in villages, nearly 4 % participants were found with High BP and Diabetes who were unaware of their health condition at all.

These programmes were held at Talod, Gadhoda, Hadiyol, Kherol, Jawanpura, Toraniya, Vaktapur, Nani Shihori, Udan, Kanoi, Sampad and Salatpur in Himmatnagar district; Randheja and Dhanaj in Gandhingar district; Laxmanpura and Jagudan in Mehsana; Vinchhia, Limb and Mulasana in Sanand taluka in Ahmedabad district etc.

Statistics show that the number of kidney patients continues to grow. With the increasing kidney patient population and increasing number of kidney patients turning to IRF for help, we feel that we should focus on reducing dependence on haemodialysis by promoting peritoneal dialysis (a home-based treatment); promoting kidney transplantation and encouraging early detection to slow down the onset of kidney failure.

IRF organised Patients' Education programme at Bhavnagar on 9th December in association with, K.R. Doshi Charitable Trust and Indian Red Cross Society and similar programme was held at Bhuj.

Continuing our mission of providing better treatment to kidney patients undergoing dialysis, three more workshops were held for dialysis technicians . One was held at Rajkot for all technicians of Saurashtra & Kutch-Bhuj, another at Surat for all technicians of South Gujarat and recently one at Mehsana wherein all technicians of North Gujarat participated.

On behalf of the IRF, I thank all our well-wishers , donors, sponsors and volunteers for their selfless contributions to help us serve our patients and the society at large.

Wish you all a very happy and healthy 2019.

With best wishes,



**Trilokbhai R. Parikh**  
Chairman

**Advisory  
Committee  
Members :**

**Ahmedabad Chapter**

1. Smt. Priti Adani
2. Shri P. K. Laheri
3. Padmshri Dr. Kumarpal Desai
4. Shri Rashmikant Shah
5. Shri Rameshbhai Patel
6. Shri Hemant Shah
7. Shri Shubhang Shah
8. Smt. Jayshree Mehta
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11. Shri Bharatbhai Modi
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4. Shri Rajendra Chokhawala
5. Dr. Mrs Meena Mandlewala
6. Dr. Praful Shiroya
7. Shri Bharatbhai Shah
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9. Shri Kamlesh Yagnik
10. Shri Pradip Calcuttawala
11. Shri Jitendra Dalia
12. Shri Dhiren Tharnari
13. Dr. Pradip Atodaria

## Awareness Programmes during the quarter

Chronic kidney disease (CKD), also known as chronic renal disease, is a progressive loss of renal function over a period of months or years. The symptoms of worsening kidney function are non-specific. Often, chronic kidney disease is diagnosed as a result of screening of people with high blood pressure or diabetes.

During the quarter many awareness and detection camps were held. Detection camps were held in 11 villages and 836 participants across all age groups were screened for Diabetes and Hypertension.

In our detection camps, a study of random blood sugar (RBS) level, blood pressure level, age, and gender of 18 years or older adults was conducted. A random blood sugar (RBS) value of  $>200$  mg/dl in a patient with classic symptoms of hyperglycaemia was defined as having diabetes. Blood pressure level equal to or greater than 140/90mm Hg was defined as having hypertension.

Of the total study population of 836 people, 453 were males and 383 were females. The overall burden of hypertension and diabetes among the study population was 40.4% and 6.1% respectively. Co-existence of both diabetes and hypertension was seen in 4.0% of people. Unfortunately around 4 % participants were not at all aware of their health condition and were diagnosed with Diabetes and Hypertension for the first time.

All participants who were diagnosed with hypertension and diabetes were counselled. To reduce the disease burden due to diabetes and hypertension, primary prevention measures such as health education regarding adoption of healthy lifestyle should be instituted. Interventions such as screening and early initiation of treatment should also be made for controlling the diseases and preventing its complications.



Awareness and Detection Camp Hadiyol Village, Dist. Sabarkhantha



Awareness and Detection Camp Sampad Village, Dist. Sabarkhantha



Awareness and Detection Camp Jadudan Village, Dist. Mehsana



Awareness and Detection Camp Dhanaj Village, Dist. Gandhinagar



Awareness and Detection Camp Laxampura Village,  
Dist. Ahmedabad



Awareness and Detection Camp Mulasana Village, Dist. Ahmedabad

### 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





Dena Gramin Gujarat Bank, Himmatnagar



Nursing College, Bhuj



Archana Vidhya Bhavan, Surat



ITI, Borsad

## Patient Education Programme

### Bhavnagar

An informed patients are better able to understand their disease. One of the major goals of IRF now is educating patients . Making patients aware of their illness, will make them understand seriousness of their disease and they will be able to take better care of themselves.

One such programme was held at Bhavnagar on 9th December in association with K. R. Doshi Charitable Trust , Sarv Mitra Charitable Trust and Indian Red Cross Society, Bhavnagar branch . 86 patients from entire Bhavnagar district participated.



Education Programme at Bhavnagar

Dr. Pankaj Shah (HOD, Nephrology ,IKDRC ) , Dr. Harishankar Meshrum( Nephrologist , IKDRC), Dr. Dhruv Patel ( Urologist, IKDRC) , Dr. Vishnugiri Goswami (MD, Medicine) and Dr. Firdaus Dakhaiya were invited. They gave informative presentations and guided patients.

### Bhuj



Education Programme at Bhuj

Similar programme was held at Bhuj at Lions Hospital. It was organised by LNM Lions Hospital, Bhuj. All patients undergoing haemodialysis participated with their relatives and they were educated by Dr. Harshal Vora, Nephrologist.

Such programmes give overall orientation to the patients and their families.

### 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

# Dialysis Technicians Training Workshop

## Saurashtra and Kutch:

110 dialysis technicians from across Saurashtra and Kutch region participated in the workshop on 7th October at Rajkot. The training workshop was followed by a quiz. It was conducted by senior nephrologists, Dr. Praful Gajjar and Dr. Divyesh Viroja. During the workshop following points were discussed by the expert doctors

- Dr. Mahipal Khandelwal – Haemodialysis in paediatric patients
- Dr. Danish Savaliya – Water quality for haemodialysis
- Dr. Mayur Makasana – Haemodialysis adequacy and prevention of Haepatitis-B & C
- Dr. Umashankar Gor – Complications during haemodialysis

The workshop was summarised by senior nephrologist Dr. Sanjay Pandya



Technicians attending workshop



Dr. Sanjay Pandya addressing technicians

## South Gujarat :

Similar workshop was held at Surat on 26th October wherein 90 technicians of entire South Gujarat participated and following topics were discussed by learned doctors.

1. Dr. Dipak Tamakuwala - Water quality for haemodialysis
2. Dr. Anil Patel - Complications during haemodialysis



Shri Trilokhbhai Parikh, Shri Sharadbhai Kapadia and other board members and doctors

A technician, Mr. Dishant Parekh, working in Tanzania was also present in the workshop and he discussed some of the key points that should be taken care of during dialysis.

## North Gujarat:

This workshop was held on 16th December at Mehsana. 42 technicians from different places like, Mehsana, Palanpur, Sidhdhpur, Unjha, Visnagar, Himmatnagar, Modasa, Ider, Patan, Deesa, Tharad and Dharpur participated. Dr. Rakesh Vyas, Urologist and Smt. Madhavi Desai, senior technician were invited as speakers.



Dr. Rakesh Vyas, Shri Sharadbhai Shah, Shri Surendrbhai Parikh, Smt. Madhviben Desai

Dr. Rakesh Vyas shared information on vascular access care and Smt. Madhaviben explained management of routine complications of haemodialysis through various case studies.



Technicians attending workshop

We are very thankful to all doctors for enriching knowledge of technicians' and joining our mission of giving better life to kidney patients.

We sincerely thank Concord Biotech for sponsoring all four workshops held for technicians across the state in last two quarters.

## Some of our brave angels have happily shared their life journey here...

### Ms. Mary Fernandez

"A sudden diagnosis of Chronic Renal Failure in the beginning of the year 2010 left me shocked. Living on dialysis seemed unimaginable. After initial denial and non-acceptance of my ailment, I have now learned to live happily with it." said Ms. Mary.

But the 32 year old, Mary has since regained hope. Her life began to turn around, when she first went on dialysis. Meeting and talking to other patients going through the same experience gave her hope. She vowed not to let kidney disease prevent her from living a full life.

In the year 2007, she lost her balance and fell in the bathroom and her right hand got fractured. She had to undergo major operation as there were multiple fractures. Later she was on painkillers for a long time as there was unbearable pain. Long term use of painkillers impacted her kidneys.

An engineer by qualification and a very active professional, Ms. Mary visited her doctor with swollen feet and ankles on 31st January 2010 and diagnosed with CRF. She was given her first dialysis on 8th March 2010.

She belongs to a very small family. Her parents left this world early and her younger sister is also unable to donate a kidney. It's been almost nine years on dialysis and she is waiting for a cadaver kidney.

She is staying alone and her neighbours are very compassionately taking care of her. She is helping new dialysis patients understand their disease and their treatment and also to deal with its emotional consequences. She remembers how lost she felt when she was first diagnosed and does her utmost to help others in the similar position.

Ms. Mary thrived. She realized how much she loved helping people. It gave her a purpose in life when, before, she had none.

India Renal Foundation is supporting Ms. Mary for her treatment and many other patients like her since July 2002 under 'Save a Life' programme.

### Painkillers and Kidney

Beware! Painkillers can cause kidney damage. Before using painkillers for headache, joint pain or fever, consult your doctor.

Long term use of painkillers can cause Chronic Kidney Failure - permanent irreversible kidney failure. Painkiller medicines called NSAIDs are bad for blood pressure and have different side effects and contra-indications for those with kidney disease.

Paracetamol (acetaminophen) is a safer drug for pain compared to NSAIDs.

Avoid painkiller if you have kidney problems.

It is recommended that with normal kidney function you should use analgesics,

- Exactly as prescribed or as on the label
- At the lowest dose possible
- For the shortest period of time

**Dr. Sanjay Pandya**  
**Senior Nephrologist, Rajkot**

For more information please visit: [www.kidneyeducation.com](http://www.kidneyeducation.com)

#### 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
7. Shri Mehlubhai Patel



Rehabilitation activities for kidney patients are being done at all chapters across the state relentlessly since October 2002 under the programme called 'Prerana'.

Our 'Prerana' programme completed 16 years on 20th October, 2018. This program helps families develop relationships with other patients who share common health problems, experiences and feelings. By participating in recreational activities, patients spend time together. It also addresses emotional needs of them as well as physical and medical aspects. Our experiences say that such programmes help patients and his family heal through a compassionate and supportive environment and they develop better coping approach.

Various programmes were held at all chapters to celebrate this wonderful journey.

A competition of rangoli and fancy diya making was held at Ahmedabad, a yoga programme at Kamatibaug in Vadodara, a musical fiesta in Surat, picnic in Rajkot and Bhavnagar etc. We are glad to share that our patients enthusiastically participated in making fancy diya. It was a small initiative and we could sell 1000 diya during Diwali.

One noteworthy incident is young participants of BBA BAAZIGAR BUDDING ACES SEASON 8, Master Palash Aslot and his friends with a project called 'Little Wings', showed keen interest in our activities. They exhibited our diyas at Parimal Garden, Law Garden and Ahmedabad Stock Exchange and thousands of people visited, supported and appreciated.

It is a matter of pride that this young volunteers won first award. They were awarded with 'The Most Eco Friendly Business Award'. We thank Palash Aslot and his teammates and also thank Shri Piyushbhai Shah and Shri Jagatbhai Kinkhabwala for their compassionate support and boosting morale of our patients.

Here is a glimpse of these programmes.



Yoga at Kamatibaug, Vadodara



Prerana at Surat



Picnic at Bhavnagar



Rangoli Competition at Ahmedabad



Diya selling at Parimal Garden



Fancy Diya made by our patient

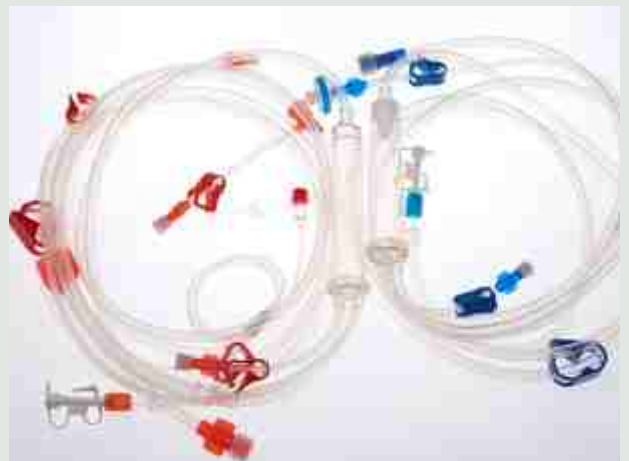
People with end-stage renal disease (ESRD) require renal replacement therapy (RRT) in the form of dialysis or kidney transplant to sustain life and it is a very expensive treatment. Giving financial support to needy patients is another major activity that we at IRF do.

Foundation has been giving financial assistance to kidney failure patients under 'Save a life' program since July 2002. To start with three patients were given financial support monthly. Thousands of kidney patients have been supported in last 16 years.

Foundation supports more than 200 haemodialysis patients across all chapters every month now and also pre-dialysis patients for making AV fistula surgery. An AV fistula is a type of dialysis access made by surgical connection between an artery and a vein.



Haemodialyzer



Tubing for dialysis

As you are aware, kidney transplant patients need to take some medications for the rest of their life. 11 patients are being given financial assistance for their post transplant medication every month.

Acute Kidney Failure (AKF) is a sudden damage to the kidneys that causes them to not work properly. It can range from minor loss of kidney function to complete kidney failure. AKF normally happens as a complication of another serious illness. Acute Kidney Failure may be reversible.

Hasmukhbhai Waghaji, a 32 year old physically and mentally challenged, was diagnosed with acute kidney failure. He is the only child of the family living with his widowed mother. Foundation helped him for his treatment and he recovered fully from AKF.



Hasmukhbhai Waghaji

***We are very hopeful that our mission of educating the society at large about kidney diseases and raising awareness about cadaver organ donation, educating patients; working for their rehabilitation and giving them financial assistance will certainly help the community and many patients and their families...which need support from generous donors like YOU..***

## Donations received during the quarter

### Main Donors

Meghmani Organics Limited, Ahmedabad	Rs. 2,00,000
Shri Rakshitbhai N. Shah, USA	Rs. 1,50,000

### Other Donors

Concord Biotech Limited, Ahmedabad	Rs. 90,000
Shri Meghajibhai Punjabhai Memorial Charitable Trust, Rajkot	Rs. 21,000
Nanavaty Public Charitable Trust, Ahmedabad	Rs. 11,000
Smt. Neha Hemang Patel, ahm	Rs. 11,000
Shri Siddharth Ratilal Shah, Ahmedabad	Rs. 5,400
Union Bank of India, Regional Office, Mehsana	Rs. 5,000



### Vadodara

Narayan Powertech Pvt. Ltd., Vadodara	Rs. 1,20,000
Smt. Shilpa Choksey	Rs. 1,000

### Ahmedabad

Shri Rashmikantbhai Shah, Ahmedabad	Rs. 96,000
Shri B.N. Shah, Ahmedabad	Rs. 1,000

### Surat

Geelon Industries Pvt. Ltd., Surat	Rs. 15,000
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### Life Membership (Rs. 5000)

#### Ahmedabad

Smt. Vaishali A. Parikh	Smt. Varsha Sanjeev Parikh
Smt. Neha Hemang Patel	Shri Sanjeev Parikh

The table below shows the items and their respective cost for which your valuable donations are requested:

Sr.No.	Items	Donation Amount
1.	One Dialysis Kit	Rs. 1,000
2.	One month Medicine for Kidney Transplant patients	Rs. 15,000
3.	One Awareness Programme	Rs. 3,000
4.	One Prerana Programme	Rs. 5,000
5.	Printing of education leaflets/booklet (Name of the donor will be printed as the sponsor)	Any amount

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### India Renal Foundation

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