

Donations received during the quarter

Main Donors

Hind Chemicals Limited, Ahmedabad	Rs. 5,00,000
Jindal Worldwide Limited, Ahmedabad	Rs. 5,00,000
Shri Trilokbhai R. Parikh, Ahmedabad	Rs. 2,25,000
The Kalupur Commercial Co-Operative Bank Limited, Ahmedabad	Rs. 1,00,000
Samvedana Foundation, Ahmedabad	Rs. 1,00,000
Navalbhai and Hiraba Charitable Trust	Rs. 1,00,000

Other Donors

Anjaleem Good Cause Trust, Vadodara	Rs. 25,000
Shri Gaurangbhai J. Bhatt, Ahmedabad	Rs. 25,000
State Bank of Saurashtra Karmchari Parivar, Bhavnagar	Rs. 25,000
Navneet Foundation, Ahmedabad	Rs. 20,000
Shri Bhogilal Chimanlal Parikh, Ahmedabad	Rs. 6,000
Shri Lalitbhai P. Sanghvi, Ahmedabad	Rs. 5,000



Ahmedabad

Shri Rashmikantbhai J. Shah	Rs. 96,000
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Vadodara

Narayan Powertech Pvt. Ltd	Rs. 1,20,000
Shri Manoj Jayantilal Desai	Rs. 5,000
Shri Pramodbhai Pancholi	Rs. 1,000

Surat

Geelon Industries	Rs. 15,000
Shri Subhash C. Nanavati	Rs. 5,000
Shri Jitendra K. Dalia	Rs. 5,000

Life Membership (Rs. 5000)

Shri Mahendrasinh P. Chauhan, Himmatnagar
Shri Chandrkantbhai C. Sheth, Himmatnagar
Shri Hansrajbhai V. Sankhla, Himmatnagar
Shri Sanjay Hedao, Ahmedabad
Shri Chimanbhai S. Patel, Himmatnagar
Smt. Aishwarya Dhaval Shah, Ahmedabad
Shri Dhaval R. Shah, Ahmedabad
Smt. Kumudben R. Shah, Ahmedabad
Smt. Shefali Manish Khandwala, Ahmedabad
Smt. Sonali Naresh Narsimha, Ahmedabad

Five Year Membership (Rs. 1000)

Dr. Mulchandbhai S. Patel

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India Renal Foundation

A-1010, Infinity, Off. Corporate Road, Nr. Auda Garden, Prahladnagar, Ahmedabad-380015. Tel.: +91-79-40027884,
Baroda : 92271-01762 • Surat : 92279-21061 • Rajkot : 92272-51585 • Mehsana : 85111-14256 • Bhavnagar : 85111-14257 • Bhuj : 8511148228
e-mail: irf@indiarenalfoundation.org visit us at: www.indiarenalfoundation.org

All contributions to India Renal Foundation are 50% tax exempt u/s 80G



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
9. Dr. V. N. Shah
10. Shri Nilesh Desai
11. Shri Bharatbhai Modi
12. Smt. Rekha Chona

Vadodara Chapter

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3. Shri Jal Patel
4. Shri Madhu Mehta
5. Shri Yogesh Velani
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7. Shri G. D. Zalani
8. Shri Kunjal Patel
9. Shri Rohit Parikh

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1. Shri Sharad Kapadia
2. Shri I. J. Desai
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4. Shri Rajendra Chokhawala
5. Dr. Mrs. Meena Mandlewala
6. Dr. Praful Shiroya
7. Shri Bharatbhai Shah
8. Shri Rohit Mehta
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10. Shri Pradip Calcuttawala
11. Shri Jitendra Dalia
12. Shri Dhiren Tharnari
13. Dr. Pradip Atodaria

Oasis

Quarterly Newsletter of India Renal Foundation

Issue 68 : January - March 2019

Dear Friends,

Greetings!

Now into existence for over 17 years, India Renal Foundation (IRF) is striving to reach every nook and corner of the state. It has been quite an eventful quarter for IRF with the multitude of activities across the state.

As we all know World Kidney Day, the global awareness campaign, is being celebrated worldwide in the month of March. The theme for the year 2019 is Kidney Health for Everyone, Everywhere. It is heartening to share that IRF has been established and working since inception for good kidney health for everyone, everywhere through basic kidney health education. More than 50 awareness and screening camps are being done every month in the state.

Several programmes were held on the occasion of World Kidney Day, 14th March with the help of volunteers, well-wishers, and sponsors like bike rally, walk, screening camps, drawing competition in schools and public awareness camps across all chapters. Citizens participated in large number and it is indeed encouraging.

On the occasion of World Kidney Day, two small booklets were published by IRF under the guidance of nephrologist. One is 'Pain Killers and Kidneys, and the second one is 'Are you drinking enough water?' Both booklets have been published in Gujarati and English language.

We are grateful to Fresenius Medical Care and Concord Biotech for sponsoring all programmes held on World Kidney Day.

One of the noteworthy event during the quarter was, IRF participated in a fair held at Somnath Temple. We were given a stall by Somnath Trust and more than 5000 people visited in three days. An awareness talk was also held for the visitors. We are planning to start a chapter there in the near future. We are grateful to Shri P.K. Laheri for his contribution.

To make our activities more meaningful, we are regularly organizing screening camps in the rural area. During the quarter, in one of our screening camps at Poglu village, near Prantij, more than 70 % of participants were found with hypertension. Since then we have allotted one van to Sabarkantha region and doing this activity on a daily basis.

One more mobile van has been purchased and it will be utilized for screening camps around Ahmedabad and North Gujarat. It is donated by Smt. Sudhaben Trilokbhai Parikh.

The dialysis center at Krishna Sarvjanik Hospital in Piplodi, Himmatnagar is fully functional now. We have installed five dialysis machines and have also received approval under Mukhyantri Amrutam Yojana. We are hopeful that through this center we will be able to provide quality dialysis treatment to needy patients from the nearby area.

All other activities are being done very regularly at our new chapters, Sabarkantha and Bhuj.

Foundation received good donations during the quarter. I express sincere gratitude to all well-wishers, donors, and volunteers for their generous support. All donations have been appreciatively acknowledged in this issue.

With best wishes,

Trilokbhai R. Parikh
Chairman

Awareness Programmes

Most people know very little about their kidneys, including that the kidneys are located in the lower back below the ribcage.

India Renal Foundation urges anyone with diabetes, hypertension, or a family history of kidney disease to consult their doctor at regular interval and should also take simple tests to check their kidney health. Even if a person inherits kidney disease, they may be able to slow its progression with lifestyle changes.

Many awareness and screening camps were held during the quarter with special focus on rural area. Our mobile medical van team covers one village on daily basis and measure blood sugar and blood pressure.



Awareness and Detection Camp Khatraj Village, Dist. Gandhinagar



Vasudhara Dairy, Chikhali

A team of doctors and workers visit villages in a mobile medical van and offer free check up and give required medicines free to village population at their doorstep.

Purpose of running mobile medical van in villages:

- To spread awareness about healthy kidneys and its impact on over all health
- To prevent, detect and treat diabetes and hypertension in early stages



ITI, Tarasali



Deendayal Port Trust, Gadhidham



ITI, Palsana

World Kidney Day

World Kidney Day (WKD) is celebrated on 2nd Thursday of March every year as a global awareness campaign aimed at raising awareness of the importance of our kidneys. The theme for the year 2019 is "Kidney Health for Everyone Everywhere", aiming to highlight the growing burden of kidney disease and kidney health disparity and inequity worldwide.

Why is it important?

850 million people worldwide are believed to have kidney diseases from various causes. Chronic kidney disease (CKD) causes at least 2.4 million deaths per year and is now the 6th fastest growing cause of death.

Acute kidney injury (AKI), an important driver of CKD, it affects over 13 million people worldwide and 85% of these cases are found in low and middle-income countries.

Roughly 5 Lakh people in Ahmedabad are estimated to suffer from kidney disorders. Around 8.9 % of the state's population suffers from chronic kidney disease. Greater awareness and early diagnosis can help tackle this problem.

This year, World Kidney Day sets out to raise awareness of the high and increasing burden of kidney diseases worldwide and the need for strategies for kidney diseases prevention and management.

Specifically, WKD calls on everyone to advocate for concrete measures in every country to improve kidney care:

- Encourage and adopt healthy lifestyles (access to clean water, exercise, healthy diet, tobacco control. Many types of kidney diseases can be prevented, delayed and/or kept under control when appropriate prevention measures are in place.
- Make screening for kidney diseases a primary healthcare intervention including access to identification tools (e.g. urine and blood tests). Screening of high-risk individuals, early diagnosis and treatment is important and cost-effective to prevent or delay end-stage kidney diseases.
- Ensure kidney patients receive basic health services they need (e.g. blood pressure and cholesterol control, essential medications) to delay disease progression without suffering financial hardship.

Call for transparent policies governing equitable and sustainable access to advanced health care services (e.g. dialysis and transplantation) and better financial protection (e.g. subsidies) as more resources become available.

<https://www.facebook.com/irf.india.18>

Breaking down socioeconomic barriers and expanding access to comprehensive services in order to meet the needs of the population is essential to guarantee equitable kidney care and increase quality.

Several events like systematic screenings and awareness camps were held across all our chapters. Citizens were motivated and given health tips on how to prevent kidney diseases. Group health events like walking and bike rally were organized. To keep kidney diseases at bay regular checkup of blood pressure and diabetes were suggested and also people with a family history of kidney disease, obesity, etc. were guided.

All programmes were sponsored by Fresenius Medical Care and Concord Biotech. We appreciate their support.

Here is a glimpse of these events

A bike rally was held in Ahmedabad wherein our dialysis and transplant patients also participated with other volunteers. The entire city was covered through this rally.

Ahmedabad:



Shri Trilokhbhai Parikh, Shri P.K. Laheri, Shri Rashmikantbhai Shah, Dr. Abhay khandekar and Dr. Hasit Patel

Also, a public awareness programme was held at Sadvichar Parivar. Learned doctors, Dr. Abhay Khandekar (Urologist) and Dr. Hasit Patel (Nephrologist) were invited as speakers. Shri P.K.Laheri, IAS and Former Chief Secretary, Govt. of Gujarat were invited as the Chief Guest for the function. Both doctors gave very informative presentations. It was well attended and appreciated.



Audience



Screening camp at Prahladnagar Garden, Ahmedabad



Bike-Scooter Rally at Ahmedabad

Surat:

An awareness programme was held at the police training center at Surat. Primary kidney test was sponsored by Surat Citizens' Council Trust for all participants. Shockingly, two participants were found with higher serum creatinine level and they were given proper guidance.

We also distributed flyers with messages for prevention of kidney diseases at busy cross roads in association with Junior chamber, Surat wherein our advisory board members also participated.

Advisory Committee Member: Mehsana Chapter

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



Display of Posters and flyer distribution at busy crossroad in Surat



Kidney Awareness Programme and kidney check camp at Police Headquarters, Surat

Rajkot:

Renowned nephrologist, Dr. Sanjay Pandya, was invited to talk about 'Prevention of Kidney Diseases' at Khodalldham, Rajkot. This programme was held at Sardar Patel Bhavan and all students of Khodalldham Vidyarthi Samiti participated.



Dr. Sanjay Pandya addressing the audience



Audience

One more awareness programme was held at Jasdan taluka in Rajkot district in association with Environmental Education center.

Bhavnagar:

A 'Kidney Check' camp was held at Bhavnagar in association with Red Cross Bhavan. All primary kidney tests were given free to 140 walk-in individuals. High creatinine levels were found in two participants. They were counseled for further treatment. Rally was held with the help of students of Vidya Vihar School in Chitra area and Gharshala school on Waghavadi road. A drawing competition was also held at Jagatjyot school in Chitra area wherein all participants made drawings related to kidneys.



Display of Posters with Prevention Messages at Bhavnagar



Kidney Check camp at Redcross Society, Bhavnagar



Rally at Bhavnagar

Himmatnagar:

An awareness and screening camp for BP and Diabetes was held at Hadiyol village near Himmatnagar in Sabarkantha district in association with Lions Club. Member of Lions Club, Dr. P. H. Patel assisted and counseled people with high BP and high sugar levels.



Screening camp at Lions Club Of Himmatnagar



Screening and Awareness camp at Hadiyol Village High school, Himmatnagar



Screening Camp at Vidhyanagari Girls College, Himmatnagar

Advisory Committee Member: Bhavnagar Chapter

1. Shri. Janardanbhai Bhatt
2. Shri Sunilbhai Vadodaria
3. Dr. Shri Asheshbhai Trivedi
4. Shri Chetan Kamdar
5. Shri Rajubhai Baxi
6. Shri Mehulbhai Patel

Bhuj :

In association with Rotary club of wall city and Giants group of Bhuj, flyers with prevention messages were distributed at various places.



Dr. Harshal Vora addressing members of Giants Group, Bhuj



Display of Poster and Flyer distribution at busy crossroad in Bhuj

One more awareness program was held in association with Giants group of Bhuj and Giants group of Bhuj Saheli at Bhuj, wherein Dr. Harshal Vora, Nephrologist was invited to speak about Diabetes and Hypertension and their impact on kidneys. Screening camp was also held for all the participants.

Vadodara:

A rally, in association with Baroda Institute of Medical Science was held at Vadodara. The rally started from Kirti Stambh' and ended at Gandhinagar Gruh.



Dr. Anil Ganju addressing we audience



Rally at Vadodara



Audience

An awareness programme was organized Brahmakumaris, Karelibaug wherein we talked about prevention of kidney diseases.

One more awareness programme was held at Bhailal Amin hospital about Organ Donation. Dr. Kamlesh Parikh, Nephrologist spoke about the importance of Organ Transplant and Dr. Anil Ganju, Nephrologist shared about Journey of Kidney Transplant. It was well attended.

Mehsana:

Flyers with prevention messages were distributed at various places at Mehsana and also an awareness and screening camp was held at Basna, a small village near Mehsana.



Kidney Awareness and Screening camp at Basana Village, Mehsana

We express our sincere gratitude to one and all who contributed in organizing all programmes held on World Kidney Day.

Are you Drinking enough water?

The human body can last weeks without food but only days without fluid. Water is the recommended fluid to satisfy thirst – and it is nature's choice.

Choosing water as your preferred drink will have a positive impact on your health. Water has a huge list of health benefits and it contains no calorie and is readily available.

Choosing to drink adequate amount of water and being careful about your fluid intake can help keep your kidneys and ultimately your body healthy.

Keep your kidneys healthy by drinking enough water. This means drinking the right amount of water for you. It is recommended that everyone should drink eight glasses of water per day but since everyone is different, daily water needs will vary from person to person. How much water you need is based on differences in age, climate, exercise intensity, as well as states of pregnancy, breastfeeding, and illness.

About 60-70% of your body weight is made up of water, and every part of your body needs it to function properly. Water helps the kidneys remove wastes from your blood in the form of urine. If you become dehydrated, then it is more difficult for this delivery system to work. Mild dehydration can make you feel tired, and can impair normal bodily functions.

Severe dehydration can lead to kidney damage, so it is important to drink enough when you work or exercise very hard, and especially in warm and humid weather.

Here are 3 tips to make sure you're drinking enough water and to keep your kidneys healthy:

1. Eight is great, but not set in stone

There is no hard and fast rule that everyone needs 8 glasses of water a day. This is just a general recommendation based on the requirements of most people of world. Your intake should be guided by thirst. Also as previously mentioned each individual requirement is different based on various factors. If you have heart disease, kidney disease, liver disease then your water intake should be as recommended by your doctor.

2. Your urine can reveal a lot

Drinking enough water or other healthy fluids, such as unsweetened juice or low fat milk to quench thirst and to keep your urine light yellow or colourless. When your urine is dark yellow, this indicates that you are dehydrated. You should be making about 1.5 liters of urine daily (about 6 cups).



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Water helps prevent kidney stones and UTIs

Kidney stones and urinary tract infections (UTIs) are two common medical conditions that can hurt the kidneys, and for which good hydration is essential and first treatment recommended by doctors for prevention of recurrence of stone and UTI.

Kidney stones form less easily when there is sufficient water available to prevent stone-forming crystals from sticking together. Drinking enough water also helps produce more urine, which helps to flush out infection-causing bacteria.

Listen to your thirst

Your body will tell you when you are thirsty. Keep in mind that being thirsty is often a sign of already being dehydrated. There is no 'right' amount of water to drink each day. The recommended amount of fluid depends on many factors.

You may need to drink more water if you

- Are exercising
- Are in a hot or humid climate
- Have a health condition such as a kidney stone (but note that some conditions such as being on dialysis mean that you have to drink less water)
- Are pregnant
- Are breast-feeding

Be wary of Dehydration

Dehydration occurs when the water content of your body is too low. It can easily be fixed by increasing your fluid intake.

It's important that you listen to your body's signals that you are thirsty or have not had enough fluid.

Symptoms of dehydration include:

- headaches
- fatigue
- mood changes
- hallucination
- slow reaction times
- dry nasal passages
- weakness
- dry or cracked lips
- dark-coloured urine
- confusion