

Donations received during the quarter

Main Donors

Meghmani Organics Limited	Rs. 5,00,000
Smt. Sudhaben Trilokhbhai Parikh	Rs. 2,00,000



Ahmedabad

Shri Rashmikantbhai Shah, Ahmedabad	Rs. 96,000
Smt. Vaishali A. Parikh	Rs. 25,000
Shri Sunilbhai I. Patel	Rs. 3,000
Shri Prakash R. Jalgaonkar	Rs. 1,500

Vadodara

Narayan Powertech Pvt. Ltd., Vadodara	Rs. 90,000
Kemtron Technologies	Rs. 24,650
Smt. Shilpaben J. Choksi	Rs. 5,000
Smt. Suvarnaben C. Dixit	Rs. 2,000

Surat

Geelon Industries Pvt. Ltd., Surat	Rs. 15,000
Shri Pareshbhai Gandhi	Rs. 4,500

Life Membership (Rs. 5000)

Gir-Somnath

Shri Jagmalbhai J. Vala
Shri Rameshbhai Punamchand Chopadkar
Shri Jitendrabhai B. Mehta
Shri Sureshbhai J. Kampani
Shri Tejasbhai Prabhulal Pandya
Shri Girishbhai Kanaiyalal Thakkar
Dr. Shri Raju T. Krishnani

Five Year membership (Rs. 1000)

Smt. Varshaben Lalani, Bhavnagar

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India Renal Foundation

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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
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2. Shri Karan Grover
3. Shri Jal Patel
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8. Shri Rohit Mehta
9. Shri Kamlesh Yagnik
10. Shri Pradip Calcuttawala
11. Shri Jitendra Dalia
12. Shri Dhiren Tharnari
13. Dr. Pradip Atodaria



Quarterly Newsletter of India Renal Foundation

Issue 70 : July - September 2019

Dear Friends,

Greetings!

It is wonderful to review what has been done in the area of kidney health since the inception of India Renal Foundation (IRF). We feel proud to have contributed something to the community in the area the society is completely unaware of. IRF is the pioneer organisation in educating the society about renal diseases and working for their prevention at the state level. I would like to extend a thank you to our valued community, donors and supporters who have been a part of IRF over the past seventeen years.

As you all know we have been incessantly expanding our activities. I would like to take this opportunity to announce that IRF launched its new chapter at Gir-Somnath with invaluable support of Shri P.K. Laheri and I warmly welcome our new advisory board members of Gir-Somnath chapter to IRF family. We have already started propagating the cause with their support.

Awareness and screening camps were held in full swing across the state. During the quarter 160 camps were arranged from Tharad in North Gujarat to Navsari in South Gujarat. We have covered almost all districts in the state. Almost 30 % of camps were held in the rural area and the villages include Kunjad, Chekhla, Bhavanpura, Vasna, Vadnagar, Vinchiya, Khoda and Andej to name a few.

Increasing prevalence of non-communicable diseases like High Blood Pressure and Diabetes is worrisome. Our recent survey of kidney patients taking dialysis reveals that High BP and Diabetes was responsible for Chronic Renal Failure in more than 70% cases. Our functionaries regularly hold screening camps for BP and Diabetes and counsel participants.

We believe that educated and informed patient can lead a better life. During the quarter, IRF held patients' education programme in two new towns under 'Prerana' programme. These programmes were held at Khambhat and Navsari and patients along with their family members participated in large numbers.

'Healthy food, Yoga and Kidneys' - was the subject chosen for the programme held at Khambhat whereas patients were educated about 'Routine complications of Haemodialysis' at Navsari. Patients and their relatives participated in large numbers in both programmes. We appreciate the contributions of Dr. Deepak Chuadhari, Yogacharya; Shri Mahesh Lakhvani and Dr. Deepak Tamakuwala.

Foundation received good donations during this quarter too. We gratefully thank all donors. Their support through the years has been greatly influential in accomplishing our objectives and mission.

With best wishes,

Trilokhbhai R. Parikh
Chairman

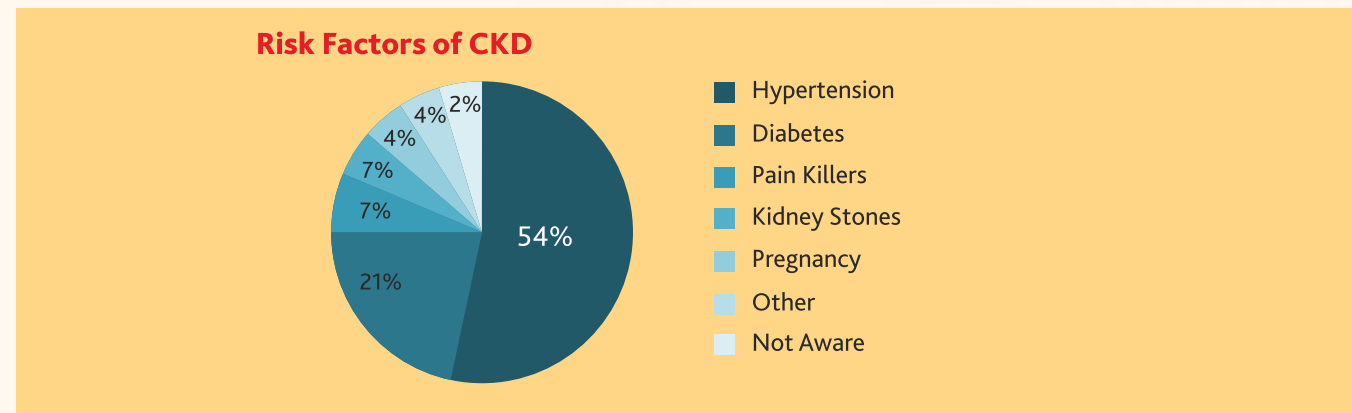
Awareness and Screening camps:

End-Stage Renal Disease (ESRD) is defined as a state when the kidneys do not function properly or sufficiently, resulting in the accumulation of waste products and toxic materials. Kidneys mainly process the waste products and excess fluid in your blood. The waste products result from our body's metabolic processes.

When toxic wastes build in the blood, they may cause permanent and irreversible damage to body cells, tissues and organs. Thus, in order to survive, kidney function needs to be replaced either through dialysis or transplant.

Individuals with kidneys that function below 20% of their required capacity need some form of renal replacement therapy. In most of the cases, it is preventable and awareness about ESRD and its risk factors plays a major role.

Being an NGO working in the area of kidney diseases, we conduct a survey every year to find out risk factors of Chronic Kidney Disease (CKD). Our findings reveal that Non-communicable diseases like Hypertension and Diabetes are primary reason for causing CKD in more than 70% cases of CKD.



During the quarter 199 awareness and screening camps were held



Saurashtra University, Bhavnagar



Screening Camp, Lunawala Village



Chronic Kidney Disease (CKD) is associated with increased risk of functional impairment and severe disability with poor quality of life which is independent of age and gender.

Rehabilitation plays a major role in giving them a better quality of life. India Renal Foundation has been doing rehabilitation activities for these patients under the programme called 'Prerana' since October 2002.

Several programmes were held in different cities and towns across the state for kidney patients. We held programmes for patients of Khambhat and surrounding area at Khambhat and similarly at Navsari for patients residing in Navsari and nearby area, for the first time. We appreciate voluntary support of local organisations namely Cardiac Care Hospital, Khambhat and Rotary Club of Navsari.

'Healthy food, Yoga and Kidneys' - was the subject chosen for the programme held at Khambhat wherein Dr. Deepak Chaudhary educated patients about cultivating healthy food habits and also Yogacharya, Shri Maheshbhai Lakhvani taught them Yoga and Pranayam.

Dr. Dipak Tamakuwala, nephrologist, from Surat, was invited to talk about routine complications of Haemodialysis for patients residing in Navsari and nearby area. We thank Rotary Club of Navsari for their wonderful support in organising this event.

Dr. Hasit Patel, Nephrologist was invited in Ahmedabad to guide patients about diet care and routine issues related to haemodialysis. This programme was held at 'Shri Madanmohan Ramanlal Sabha Gruh' at Sadvichar Parivar. We are very thankful to trustees of Sadvichar Pariwar for their continued support.

Our 'Prerana' members in Surat enjoyed games and 'Garba'. All prizes/mementoes were sponsored by one of the transplant patients, Smt. Tejalben Jogani. The programme was organised at Southern Gujarat Chamber of Commerce and Industry and food was sponsored by Shri Niranjambhai Gonawala, trustee of Ashapura Mandir Trust. We are grateful to both of them for their continued support for last more than 10 years.

Similar programme was held at Mehsana wherein all patients from North Gujarat participated. All participants were also given a kit with an insulated flask and a lunch box. Advisory Board Members, Shri Sharadbhai Shah, well known advocate, and Shri Chandubhai Patel, Chairman, Vimal Group, also remained present. Shri Chandubhai donated Rs.200 to each patient family for commuting to and fro to Mehsana. We are thankful to both of them.



Dr. Deepak Tamakuwala addressing Prerana Members, Navsari



Dr. Deepak Choudhary addressing Prerana Members, Khambhat

Advisory Committee Member:

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



Screening Camp, Anadej Village



Shri Sharadbhai & Shri Chandubhai offering kit to patients

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. Chaudhary
6. Dr. Shri Mukesh M. Chaudhry
7. Shri Sandipbhai K. Sheth

Launch of Gir-Somnath Chapter:

India Renal Foundation is continuously expanding its activities to a new geographical area. During this quarter, a new chapter at Gir-Somnath was launched with generous support of Shri Pravinbhai K. Laheri and philanthropic eminent citizens of Somnath. We will gradually expand our activities to nearby districts also.

A local advisory board of Gir-Somnath chapter has also been formed who will guide and help us propagate this cause there. Shri P.K. Laheri sir will serve as the Chairman of advisory board of this chapter.

Names of all advisory board members with their profession are as follows:

1. Shri Pravinbhai K. Laheri - Former Chief Secretary, Government of Gujarat.
2. Shri Vijaysingh Chavda - General Manager, Shree Somnath Trust
3. Shri Jagmalbhai Vala - Transporter and Social worker
4. Shri Rameshbhai Chopadkar - Rtd. General Manager, Elite Shipyard
5. Shri Jitendrabhai Mehta - Rtd. Senior Branch Manager, United India Insurance Co. & Insurance consultant, Shree Somnath Trust/GHCL
6. Shri Sureshbhai Kampani - Rtd. General Manager, Ginny Marine and Central Bank of India
7. Shri Girishbhai Thakker - Director, The Veraval Peoples' Co-operative Bank
8. Shri Dr. Raju Krishnani - Head Administration, Aditya Birla Hospital
9. Shri Tejasbhai Pandya - Advocate
10. Shri Arunkumar Sharma - Sr. Vice President, Ambuja Cements Ltd.



Shri P.K. Laheri addressing the crowd



Advisory board members Gir Somnath



Audience



Press Coverage

During this quarter 7 awareness programmes were held at Gir-Somnath.

Organ Donation Day

Organ Donation Day is observed on 13th August every year in India. This day aims to motivate normal human beings to pledge to donate organs and to spread awareness about the importance of organ donation.

It is estimated that more than a million people suffer from end-stage organ failure, but no more than 3,500 transplants are performed annually. In spite of being the second most populous nation in the world, the organ donation rate in India is one of the lowest globally.

On this occasion, we share some amazing stories of an organ donor and a recipient we have come across...

The Ultimate Gift of Love.....

It was the ultimate gift of love when Shri Lalitbhai Oza, 69, donated his kidney in December 2000 to give his son, Gaurang Oza, 40, a new lease of life. Nineteen years on, both are doing well.

Gaurang Oza is living a better quality of life, one that is free of dialysis. He is a professional singer and has his orchestra, namely Sargam Musical Orchestra in Junagadh. He is happily married to Ms. Hitarthi.

Here, Lalitbhai shares his experience from his perspective as a living kidney donor and how he is just as happy and healthy as ever.



Shri Gurangbhai with his Father

What was your transplant journey like?

I had to undergo a very thorough process to be cleared for the transplant surgery. The hospital also helped prepare me psychologically for the transplant. I got all the support I needed. It is more than 19 years now and we both, I and my son, are enjoying a healthy life.

Did you have any fear when it came to donating your kidney?

Yes, but I think it is only natural for one to feel that way. My fears were suppressed when I was assured that I could lead a normal, healthy life with one kidney. I decided to be a donor because my son needed my help, and that was what I focused on.

Has your life been affected in any way post-transplant?

My life has not changed. I only need to visit the hospital once a year for check-ups. In terms of diet, I simply drink more water and take food that has less sugar, salt and oil. I don't even need to take any kind of medication.

What thoughts would you share with someone considering being a living kidney donor?

If there is a chance to save your loved one, take it. Don't be afraid to become a donor. The transplant will not affect your life. In fact, my hospital transplant coordinator once told me that a study showed that donors tend to stay healthier than the average person because they are more conscious of their condition!



Shri Gurangbhai with his wife



A 'fighter' in her life journey, Ms. Khyati Rajani is a force to be reckoned with in her quest to live life to the fullest...

27 year old, cadaver kidney recipient is fortunate to receive a new lease of life twice.

Ms. Khyati was diagnosed with Chronic Kidney Failure (CKD) at the tender age of 15. She was a typical teenager going to school, having fun with all friends and family and living a happy life.

Her world turned upside down. The first thought was how to cope with the disease and what to do next. But her family was very supportive. After being on haemodialysis for four months, she received her first cadaver kidney transplant in May 2006. It gave her a little relief from following her dialysis routine.



Ms. Khyati Rajani

But it did not last for too long. The transplanted kidney failed within two years and again she had to take haemodialysis.

Later in 2008, she received her second cadaver kidney transplant. It is more than 11 years now and she is living her life to the fullest and encouraging other patients to stay strong.

Life on a waiting list.....

The lack of awareness and hesitation by family members are some of the main reasons for lower cases of deceased/cadaver donors in India.

India Renal Foundation has been working to raise awareness about Organ Donation since 2005 under the programme called Jivandaan – A Gift of Life.

We request you to call us for awareness talks. Hosting an awareness talk in your community/organsiation is a great opportunity to educate the community on various health issues related to kidneys and cadaver organ donation.

Which organs can be donated ?



Veins



Kidneys



Heart



Cornea



Liver



Pancreas



Tendons



Intestines



Lungs



Skin



Bone

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

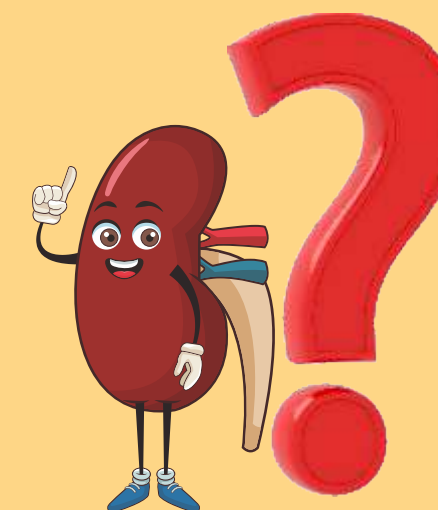
SOME

FREQUENTLY

QUESTIONS

ASKED

ABOUT KIDNEYS



1. I am 35 years old and had kidney stones 2 years ago. While I was in my early 20s, I had kidney stones twice. Does this increase my risk of kidney failure?

Kidney stones occur when mineral salts crystallise in the kidneys. Tiny crystals pass out of the body in urine but the larger stones cause a back-up of urine in the kidneys, ureter and the bladder, causing pain.

Untreated kidney stones might indeed increase the risk of kidney failure, causing blockage in blood urine flow. This can eventually result in a dilated kidney with minimal function.

However, the percentage of kidney failure related to kidney stone is small compared to diabetes and hypertension. In addition, kidney stones usually cause pain, hence are very seldom left untreated till its deterioration to kidney failure. Kidney stones usually cause damage to one kidney and kidney failure, also known as End-Stage Renal Disease (ESRD) happens only when both kidneys do not function properly.

There is also the likely occurrence of "silent" stones, which cause no pain and symptoms. They are often left untreated for long months to years, occasionally leading to kidney damage. One in 10 people will develop kidney stones at some stage of their lives. It is best to prevent them by drinking 2 to 3 liters of water, reduce the consumption of oxalate-rich foods like spinach, chocolate, nuts, tea, soya products, berries and salt and increase calcium intake. Specific measures to treat kidney stones, depend on the type of kidney stones. It is important to do a chemical analysis of the stone. Prevention is always better than cure as the saying goes.

2. I often encounter an ache at my lower back. I have read somewhere that it is a symptom of kidney failure. Is it true?

Back pain is not usually a symptom of most types of kidney disease. When kidneys become distended due to blockage of the flow of urine or become infected, it may produce pain. Severe pain may also occur with the presence of kidney stones, especially when the stones move down the ureter. Other causes of back pain also include muscle pain or diseases of the spine.

The term kidney disease does not equate to kidney failure. We say kidney failure only when the functions of the kidneys are compromised and are unable to maintain normal composition of the body fluids which will most likely result in the accumulation of toxins in the body.

Symptoms of kidney failure can vary between different people. Do look for other symptoms:

- Decreased urination
- Nausea and vomiting
- Swollen hands and ankles
- Puffiness around the eyes
- Itching
- Sleep disturbances
- High blood pressure
- Loss of appetite

Dr. Hasit Patel,
Nephrologist