



Editorial

### 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

1. Rajmata Shubhangini Raje Gaekwad
2. Shri Karan Grover
3. Shri Jal Patel
4. Shri Madhu Mehta
5. Shri Yogesh Velani
6. Shri Mahesh Shah
7. Shri G. D. Zalani
8. Shri Kunjal Patel
9. Shri Rohit Parikh

#### Surat Chapter

1. Shri Sharad Kapadia
2. Shri I. J. Desai
3. Shri Rajnikant K. Marfatia
4. Shri Rajendra Chokhawala
5. Dr. Mrs. Meena Mandlewala
6. Dr. Praful Shiroya
7. Shri Bharatbhai Shah
8. Shri Rohit Mehta
9. Shri Kamlesh Yagnik
10. Shri Pradip Calcuttawala
11. Shri Jitendra Dalia
12. Ms. Jignasaben Trivedi
13. Dr. Pradip Atodaria

# Oasis

Quarterly Newsletter of India Renal Foundation

Issue 71 : October - December 2019

Dear Friends,

Greetings !

On 15th January 2020, India Renal Foundation (IRF) will celebrate 18th anniversary of the stride made towards educating the community about preventive aspects of Kidney related diseases. IRF will complete 18 years of its journey in humanitarian services of the community at large and kidney patients in particular which has now spread its wings across the state of Gujarat.

For a voluntary organisation, it is a noteworthy achievement. This is the culmination of a mammoth collective efforts of one and all directly and indirectly associated with IRF.

Prevention through awareness, the core activity of IRF, is being expanded very aggressively now in the rural area also. During the quarter 259 awareness and screening camps were held in the state. It is indeed very heartening to see the enthusiasm of rural people participating in the camp. These camps were held in Mankol, Andej village in Sanand taluka; Lilapur in Daskroi taluka of Ahmedabad district; Sonipur village in Gandhinagar; Navagam, Vartej and Sidsar village in Bhavnagar district; Netramali village in Sabarkantha; Kherava, Nugar, Motap and Kanoda village in Mehsana district; Jahangirpura, Midhbari village in Surat district and Rajupura, Luna and Sindhrot village in Vadodara district etc.

Every month more than 60 awareness and screening camps are being held. More than 50 lakh people have been made aware in the last 18 years and still counting.

During the quarter, apart from our routine awareness camps, we participated in a mela held at Girnar, Junagadh wherein more than 5000 people visited in 4 days and also at Somnath temple during Diwali celebration.

Financial assistance is being given to needy kidney patients under 'Save a Life' programme and rehabilitation activities for these patients are being done under the programme called 'Prerana' across all chapters since inception of IRF. Since the government of Gujarat is now giving free haemodialysis treatment under Mukhyamantri Amrutam Yojana, we assist with other aspects of their treatments like AV Fistula surgery, routine medicines, post-transplant medicines and other health issues.

In view of making patients earn their livelihood, Foundation started various training programmes for them. During the quarter they were involved in making fancy Diya during Diwali time. They also participated in jewellery making workshop held at Sadvichar Parivar in Ahmedabad.

IRF is fortunate to receive patronage and support from society right through inception. We gratefully acknowledge contributions received during the quarter. Ratnmani Metals and Tubes Ltd. has donated one mobile van for North Gujarat region and also 200 bags with an insulated lunch box, a flask and a water bottle with a pillbox to be distributed to needy patients taking haemodialysis in the state of Gujarat. We are grateful to Shri Jagat Kinkhabwala and management of Ratnmani Metals and Tubes Ltd. for their kind gesture.

Similarly, Shri Subhashbhai Amin, Director of Lubi Group donated Rs. 7 lacs for conducting awareness and screening camps for BP and Diabetes in villages. His contribution will boost up our activities in the rural area.

Shri Indubhai Vora, Trustee of Vora Welfare Foundation in Rajkot donated Rs. 6 lacs for a mobile van for Saurashtra region.

Shri P. K. Laheri contributed Rs. 2 lac from Somnath Trust for carrying out activities in Gir-Somnath and surrounding districts. We have done a sizable amount of work in this region and this donation will further augment our work. We also acknowledge the continued support of Shri Ambarbhai Patel, Director, Shilp Gravures Ltd. for last quite a few years. This year again foundation received a donation of Rs. 1 lac. from him.

Thank you again for being a part of our 18-year journey so far. Let us continue to work together with the same momentum and build a healthy society.

Wishing you all healthy and happy 2020.

With best wishes

**Trilokbhai R. Parikh**  
Chairman

## Awareness and Screening camps:

The objective of organising such camp is to create awareness regarding non-communicable diseases (NCDs) such as hypertension, and diabetes and their impact on vital organs of body specially kidneys. We introduce various initiatives to improve efficiency and effectiveness of our programme.

City-wise detail of camps held is given below :

Sr. No.	Name of a City/town	No. of camps held
1.	Ahmedabad	35
2.	Gandhinagar	3
3.	Vadodara	47
4.	Himmatnagar	9
5.	Mehsana	14
6.	Palanpur	2
7.	Kheralu	2
8.	Deesa	1
9.	Patan	5
10.	Siddhpur	2
11.	Unjha	1
12.	Kalol	6
13.	Surat	14
14.	Ankleshwar	16
15.	Valsad	1
16.	Bhavnagar	18
17.	Rajkot	31
18.	Junagadh	7
19.	Somnath-Veraval	16
20.	Morbi	8
21.	Jamnagar	1
22.	Bhuj	12
23.	Radhanpur	4
24.	idar	1
25.	Sanand	3
26.	<b>Total</b>	<b>259</b>

Awareness regarding the symptoms and causes of these diseases could go a long way in preventing Chronic Renal Failure. Such health camps address immediate health care needs of the marginalized communities. During this quarter 259 camps were held.

Our findings reveal that about 15-20% of the participants were having hypertension and around 4-5 % were having diabetes.

### A glimpse of awareness and screening camps



Screening Camp at Girnar



Screening Camp at Shree Somnath Temple

### 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 at Ankaleshwar Police station





Awareness and Screening at Lilapur Village



Awareness and Screening camp at Palodra village, Mehsana



Awareness and Screening Camp at Rajkot



Kidney Awareness Talk at Uasmanpura Garden



Awareness Programme at Apollo Infrastructure Pvt. Ltd, Mehsana



Awareness and Screening at Sonipur, Ta & Dist - Gandhinagar



Awareness and Screening at Kherva, Ta & Dist - Mehsana

**Advisory Committee Member:  
Mehsana Chapter**

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



## Public Awareness Programme at Bhuj

A Public Awareness Programme was held at Government Engineering College, Bhuj on 14th December. Participants were mainly from Indian Red Cross Society, Rotary Club, Indian Defence and BSF personnel, students and also quite a few citizens of Bhuj.

Dr Harshal Vora, Nephrologist from Bhuj was invited as a speaker. Information about the Urinary system and functions of the kidney was shared and also general guidelines about the prevention of kidney failure were discussed. We are grateful to him for his time and valuable inputs.

We thank professor Shri Pradip Savaliya, Shri Mahesh Bhatti and Dr P. P. Rathod for their contribution in organising this programme. Also thankful to Smt. Mira Pradip Savaliya for compeering the entire event. This event was covered by local news channel also.

### Prof. Pradip Savaliya

The awareness programme organised by the India Renal Foundation in Govt. Engineering College, Bhuj for 'Prevention of Kidney Diseases' was informative and thorough. The information shared has enlightened and encouraged me to adopt a healthy lifestyle.

The support provided to needy kidney patients for their treatment and rehabilitation is truly appreciable. We give them best wishes for all their future endeavours.



## સંસ્થા તથા સરકારી ઇજનેરી કોલેજનું સંયુક્ત આયોજન ભુજ ખાતે કિડની નિષ્ફળતા એક અસાધ્ય રોગનો સેમિનાર યોજાયો

। ભુજ ।

ભુજમાં ઈન્ડિયા રીનલ ફાઉન્ડેશન દ્વારા ભુજની સરકારી ઇજનેરી કોલેજ ખાતે એક સેમિનારનું આયોજન કરવામાં આવ્યું હતું. જેમાં ભુજનાં નેફ્રોલોજિસ્ટ ડૉ.હર્ષલ વોરા દ્વારા કિડનીના રોગો તથા તેના નિદાન અંગે માહિતી આપવામાં આવી હતી.

ઈન્ડિયા રીનલ ફાઉન્ડેશન સ્વાસ્થ્ય માટેના ક્ષેત્રમાં કાર્ય કરતી સ્વૈચ્છિક સંસ્થા છે. આ અંગે ઈન્ડિયા રીનલ ફાઉન્ડેશનના પ્રોગ્રામિંગ ઓફિસર રોહીત ભંડારીએ જણાવ્યું હતું કે, ઈન્ડિયા રીનલ ફાઉન્ડેશન સ્વાસ્થ્યના ક્ષેત્રમાં જ કાર્ય કરે છે. આ ઉપરાંત તેમાં પણ કિડનીની બિમારી તથા તેના નિદાન માટે કાર્ય કરે છે. લોકોમાં કિડની

જાગૃતિ કરવામાં આવે છે. શાળાઓ તથા કોલેજોમાં આવા સેમિનારો યોજવામાં આવે છે. ડૉ.હર્ષલ વોરાએ જણાવ્યું હતું કે, વર્તમાન સમયમાં લોકો કિડનીની બિમારીથી સંઘર્ષ કરતાં હોય છે, ત્યારે કિડની તથા તેના રોગોની પ્રારંભિક માહિતી માટે આ સેમિનારનું આયોજન કરવામાં આવ્યું હતું.

આ કાર્યક્રમના કોર્ડિનેટર તરીકે પ્રોફેસર પ્રદિપ સાવલિયા તથા કો-ઓર્ડિનેટર તરીકે પ્રોફેસર મહર્ષિ ભટ્ટી, ડૉ.પી.પી.રાઠોડના સહયોગથી કાર્યક્રમ યોજવામાં આવ્યો હતો. સિવિલ ડિફેન્સ, ઈન્ડિયન રેડક્રોસ સોસાયટી, રોટરી ક્લબ, બીએસએફ કોલેજનાં છાત્રો તથા નાગરીકો ઉપસ્થિત રહ્યા હતા. કાર્યક્રમનું સંચાલન મીરાં પ્રદિપ સાવલિયાએ કર્યું હતું.



Dr. Harshal Vora and other dignitaries

### Advisory Committee Member: Gir-Somnath Chapter

1. Shri Pravinbhai K. Laheri
2. Shri Vijay Chavda
3. Shri Jagmal Vala
4. Shri Ramesh Chopadkar
5. Shri Jitendra Mehta
6. Shri Suresh Kampani
7. Shri Girish Thakker
8. Shri Dr. Raju Krishnani
9. Shri Tejas Pandya
10. Shri Arunkumar Sharma

India Renal Foundation (IRF) gives financial assistance to needy kidney patients for various treatments under Save a Life programme since 2002.

During the quarter many dialysis and transplant patients were helped. 90 haemodialysis patients were given a dialyser and a tubing. 3 patients were helped with AV fistula surgery expense and 10 transplant patients were helped for post-transplant medicines.

IRF also runs a dialysis centre in Himmatnagar wherein 17 patients are given quality haemodialysis treatment, free of cost under Mukhyamantri Amrutam Yojana regularly. During the quarter 358 haemodialysis were given at our dialysis centre.



Vishnubhai Thakor from Chansma Village was helped for AV Fistula surgery



Kapilbhai Vaghela from Mehsana was helped for AV fistula surgery



Prerana  
Rehabilitation Programme

Rehabilitation activities play a very important role in patients with chronic illnesses. These life-enhancing programme show patients how they can live well despite chronic disease.

India Renal Foundation has been doing rehabilitation activities for kidney patients under the programme called 'Prerana' since October 2002. It has helped many patients return to a healthier state, develop positive outlook towards life and thus has worked for overall well-being of kidney patients. On the occasion of 17th anniversary of this programme many events were held across all chapters.



Musical Fiesta for patients in Vadodara



Music and Ras Garba at Ahmedabad



Musical Fiesta for patients in Rajkot



Donation by



A mobile van for North Gujarat region



Sunitadevi Sharma, 37, is undergoing Haemodialysis at Health n Care Foundation in Ahmedabad for last more than 2 years. She was diagnosed with Chronic Renal Failure, 8 years ago due to overuse of PAINKILLERS for a long time.

She is a mother of 4 young children and lives in Jodhpur village in Ahmedabad. Her husband sells Golgappa (Panipuri) to earn a livelihood.

With an objective of giving these patients healthier and better life, India Renal Foundation (IRF) gave a bag with an insulated flask, lunchbox

and a water bottle with pillbox so that they can carry homemade beverages and snacks when they travel for their haemodialysis with kind contribution from Ratnamani Metals and Tubes Ltd.

IRF is fortunate to receive contribution for 200 such bags from Ratnamani Metals and Tubes Ltd. and the same will be distributed to needy patients across the state.

We, at IRF gratefully acknowledge contribution received from Ratnamani Metal & Tubes LTD,

## Donation by Vora Welfare Foundation, Rajkot

A mobile van for Saurashtra region



## Acute Kidney Injury

Acute Kidney Injury ( earlier known as Acute Kidney Failure ) is a rapid decrease in renal function over days to weeks, causing an accumulation of nitrogenous products in the blood ( azotemia ) with or without reduction of urine output. It is temporary, and usually reversible.

### What causes acute kidney injury?

It often results from inadequate renal perfusion due to severe trauma, illness or surgery. There are many causes of AKI. Common causes include:

1. Reduced blood supply to the kidneys: severe dehydration due to diarrhoea, blood loss, burns or fall in blood pressure.
2. Severe infection, serious illness or after a major operation.
3. Sudden blockage of the passage of urine : Kidney stones is the most common cause of urinary tract obstructions
4. Other causes: Falciparum malaria, leptospirosis, snake bite, certain kidney diseases, pregnancy, complications and side effects of some medications (NSAIDs, amino glycosides, radio contrast, certain herbal concoctions).

### Symptoms of acute kidney injury

In AKI, due to the sudden interruption in kidney function and rapid accumulation of waste products and disturbances in fluid and electrolyte balance, the patient develops early and significant symptoms. The type of symptoms and their severity differ from patient to patient.

1. Symptoms due to underlying condition (diarrhoea, blood loss, fever, chills, etc.)
2. Decreased urine output (urine output may remain normal in a few patients).
3. Swelling of ankles or feet and weight gain due to fluid retention.
4. Loss of appetite, nausea, vomiting, hiccups, fatigue, lethargy and confusion.
5. Severe and life threatening symptoms such as breathlessness, chest pain, convulsions or coma, vomiting of blood and abnormal heart rhythm due to high blood potassium levels.
6. In the early stage of acute kidney failure some patients are symptom- free and the disease is detected incidentally when blood tests are done for other reasons.

### Dangue, Swine Flu and AKI

Dengue is presently the most relevant viral infection transmitted by a mosquito bite that represents a major threat to public health worldwide. Acute kidney injury (AKI) is a serious and potentially lethal complication of this disease, and the actual incidence is unknown.

Also among critically ill Influenza A (H1N1) infected patients (Swine Flu) ,the incidence of Acute Kidney Injury is high.

### Treatment of acute kidney injury

In most patients, with proper management acute kidney injury can be reversed. However delay or improper treatment of severe acute kidney failure can be life-threatening.

### Major steps for the management of acute kidney injury are:

1. Correction or treatment of the causes of kidney injury.
2. Drug therapy and supportive measures.
3. Dietary advice.
4. Dialysis.

## Precautions

- It is very important to visit a nephrologist and do all the primary kidney function test once in a year after recovering from AKI to avoid further complications.
- It is observed that 5-10% patients with AKI develops Chronic Renal Failure and do not get cured. They have to be on dialysis life long.
- It is also observed that 25-30 % patients with AKI who gets cured after treatment, develops Chronic Renal Failure in long term.

**Dr. Hasit Patel**  
Nephrologist

### Advisory Committee Member:

#### Bhavnagar Chapter

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

## Donations received during the quarter

### Main Donors

Ratnmani Metals and Tubes Ltd, Ahmedabad	Rs. 7,36,127
Shri Subhashbhai Amin, Ahmedabad	Rs. 7,00,000
Vora Welfare Foundation, Rajkot	Rs. 6,00,000
Shree Somnath Trust	Rs. 2,00,000
Shilp Gravures Limited, Ahmedabad	Rs. 1,00,000

### Other Donors

Shri Rajanbhai Vasudevabhai Dapki, Ahmedabad	Rs. 50,000
Aditi Agritech, Ahmedabad	Rs. 25,000
Fuel Furnace Manufacturers, Vadodara	Rs. 5,001
Shri Dharnendra Vora, Ahmedabad	Rs. 2,000
Shri Shakti Singh, Gaziabad	Rs. 1,000
Smt. Nilima Bharat Parikh, Ahmedabad	Rs. 1,000



### Ahmedabad

Shri Rashmikantbhai J. Shah	Rs. 96,000
-----------------------------	------------

### Vadodara

Narayan Powertech Pvt. Ltd.	Rs. 90,000
Shri Kaileshkumar M. Patel	Rs. 50,000

### Surat

Geelon Industries Pvt. Ltd.	Rs. 15,000
Shri Indravadan J. Gandhi	Rs. 5,500

### Donation Appeal

Activities of India Renal Foundation are being done through donations and support from Individuals and Corporate sector since inception. We request your generous donations and support.

All Donations to India Renal Foundation get 50 % tax exemption under section 80G of IT act.

This issue of “Oasis” has been published with the help of  
**Sahitya Mudranalaya Pvt. Ltd.**



### India Renal Foundation

B-206, Shapath-4, Opposite Karnavati Club, Sarkhej- Gandhinagar Highway, Ahmedabad-380051. 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