

Donations received during the quarter:

Main Donors

Krishnaba Prahladbhai Patel (thru their sons Vikas Patel & Surendra Patel)	Rs. 5,00,000
Shri Trilokhbhai Parikh	Rs. 2,50,000
Smt. Sudhaben T. Parikh	Rs. 2,50,000

Other Donors

Shri Subhashbhai Chimanlal Nanvati, Surat	Rs. 11,000
Shri S. J. Charitable Trust, Ahmedabad	Rs. 5,000
Shri Sunil Patel, Ahmedabad	Rs. 5,000
Shri Shakti Singh, Gaziabad	Rs. 3,000



Shri Rashmikantbhai Shah (Lions Club of Samvedana)	Rs. 96,000
Narayan Powertech, Vadodara	Rs. 90,000
Shri Gaurangbhai Bhatt , Ahmedabad	Rs. 25,000

Donation received under FCRA (USD 1178)

Mr. Vishal Bhalla	Mrs. Monica Bhalla
Mr. Lindsay McCorkle	Mr. Andrew Hyung
Mr. Arjun Krishnamoorthy	Mr. Hassan Khan
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Mr. Solomon Tesfaye	Mr. Rajiv Karna
Mr. Joshua Butler	Mr. Neil Mittal
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This issue of "Oasis" has been published with the help of
Sahitya Mudranalaya Pvt. Ltd.



India Renal Foundation

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



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Quarterly Newsletter of India Renal Foundation

Issue 73 : April - June 2020

Dear Friends,

Greetings!

The spread of the latest corona virus disease, COVID-19, is impacting us all. Our health and safety, productivity, and everyday routines have been disrupted. Now is the time to share accurate, helpful information with our family, friends and, colleagues to help stop the spread of this disease.

At the same time, I am sure we all have adjusted to completely new routines.

Due to the prevalent situation, we were unable to carry out our routine awareness and screening activities but our dialysis facility at Himmatnagar was open and patients were given haemodialysis regularly as per their schedule.

I would like to mention that Shri P. K. Laheri has given a brief write-up about India Renal Foundation and has shared his feelings and the same has been published in this issue. Also an article by Dr. Hasit Patel, Nephrologist, about Acute Kidney Injury and COVID-19 has been given in this issue.

During the lockdown, foundation did a small activity of mask making and our needy patient families were involved in making the same which could help them monetarily in this critical time. We were able to sell around 9000 mask and the activity is still on.

Many needy patients, across the state, were helped for their routine treatment and some of them were also given financial assistance for their AV fistula surgery.

During the quarter foundation was fortunate to receive generous donations. One of the noteworthy donations is the one foundation received under FCRA from a group of donors from USA. An NRI family who lost their loved one, Shri Kailash Aggarwal, due to Chronic Renal Failure in came forward to donate 1178 USD to our organization. We appreciate contributions received from all generous donors and express our gratitude for their support.

Stay safe.

Best wishes,

Trilokhbhai R. Parikh
Chairman

About India Renal Foundation

Traditionally, Gujarat is water-stressed state. Our dependence for drinking water has been on the ground water. There are a lot of impurities including high total dissolved particles which have been causing actual problem for the kidneys. Such water has even affected lakhs of the people in their mobility by making rigid various bone-joints in the body.

The kidney related diseases in Gujarat have been wide spread but somehow the public awareness about the importance of kidney as a vital organ was not there. I remember that in 1974, one of our government officers had kidney failure. The only place to transplant a kidney was at All India Institute of Medical Science, Chandigarh. Fortunately, he with the help of Shri Haribhai Panchal of Sadvichar Parivar received a healthy kidney from a donor residing at Maninagar, Ahmedabad.

India Renal Foundation is a concept that was given a concrete shape by Shri Sushil Handa (Founder & Chairman, Flourish Pure Foods Pvt. Ltd.) who has been supporting the foundation financially ever since its formation in 2002. Shri Sushil Handa received a great professional support from the renowned person like Shri Chinubhai R. Shah. It was a dedicated pair which played a steady and useful inning. It would not be out of place to acknowledge the solid ground work done by Smt. Purvi Shah & her team. India Renal Foundation is today a premier organisation in the field of renal diseases and lifestyle related illnesses.

It is a matter of pride that today, Shri Trilokbhai Parikh is chairing India Renal Foundation. He has infused a vibrancy in the working of India Renal Foundation. With his personal contribution as well as generous help from the donors. Shri Trilokbhai Parikh has established a full-fledged dialysis centre at Krishna Hospital in Himmatnagar, Sabarkantha District. His vision is to have such well-equipped centers in all 33 districts of Gujarat. There is a wide gap in the number of patients seeing assistance and the infrastructure available for their treatment.

Since its commencement of the activity, IRF has organized more than 15000 awareness seminars/interactions all over Gujarat to reach out to more than three million people (30 lakh). Under 'Save a life' programme about 100 patients are given financial assistance regularly. IRF, a part of awareness and treatment attaches great importance to complete rehabilitation of kidney affected patients and their families. IRF also encourages 'Sharing of Experience' among the patients, doctor and all the state holders.

IRF is a pioneer in promoting kidney donations for transplant. Cadaver kidney are needed by many. In fact, there is a long list of person awaiting kidney transplant. IRF has a dream of seeing to it that all residents of Gujarat are made aware about the importance of kidney and precautions needed to protect them. We wish to ensure that everyone in need gets diagnosis and treatment at an affordable cost. We want to make Gujarat as the best state who provide care for the renal diseases.

Naturally, IRF needs our support. IRF is open to collaboration with voluntary agencies working in the districts. IRF welcomes volunteers as well as donors without whose help we cannot achieve the objective of our mission. Let us combine our efforts & resources to create conditions which will help all renal sickness patients to regain

their health. Let us view this with a broad vision. We share the Upanishad's ideal of 'Health for Everyone'. We need your involvement and commitment to take care of all those who need it.

Let us begin this together and we will wipe tears from many eyes.

Shri Pravin K. Laheri
Fomer Chief Secretary , Gujarat State and Advisory Board Member, IRF

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9. Shri Rajanibhai Patel

ACUTE KIDNEY INJURY (AKI) and COVID-19 (Corona Virus)

Corona virus infects not only lungs but other organs too including kidney. As it is first time infection is seen in human population we are still in a learning phase.

Accordingly to various studies atleast 20%-30% of people infected with Covid-19 developed symptoms of Acute Kidney Injury. This was most common in people whose oxygen requirements were more than 5 lits. and ICU admission. Exact incidence of AKI in India is not known as there is lack of central data capturing mechanism for AKI in COVID.

In observational data from the United States and China, AKI has been reported in 3 to 37 percent of patients. The incidence seems to vary by geographic location and proportion of critically ill patients included in each study.

Multiple factors may contribute to AKI in a COVID-19 patient.

1. Patients may become dehydrated even before hospitalization because they have not been eating or drinking, have diarrhea, and are battling fever.
2. Direct infection of virus in kidney as kidney have abundance of ACE2 receptors which are entry point of virus in cells
3. Due to hemodynamic disturbance which lead to impaired kidney perfusion
4. Pre-existing diabetes, hypertension, cardiac disease which already comprise the kidney
5. Few medicine used for treatment of SARS Co V.

Clinical characteristics and histopathology

Kidney disease among patients with COVID-19 can manifest as rise in urea and creatinine, hematuria, or proteinuria, and portends a higher risk of mortality. It remains unclear if AKI is largely due to hemodynamic changes and cytokine release or if the virus also leads to direct cytotoxicity.

In few cases proteinuria and hematuria persist even after covid is treated and may predispose to in long term chronic kidney disease. Those already having kidney disease are predisposed to COVID due to frequent hospital visit, already immunosuppressed status.

1. Get adequate hydration and routinely look for changes in urine including foaming, redness.
2. Till your Serum Creatinine level doesn't get below 1.2, consult a Nephrologist for further management
3. Even after getting cured of covid and AKI, get your urine routine, get your Creatinine level checked every 3 months for 1 year and if it remains normal then every yearly
4. If during hospital stay your oxygen requirements is high and you require blood pressure increasing medicine, get your Renal function tests done at least every alternate day.
5. Do not take any pain killer medicine without doctor's prescription
6. Ask your doctor about potassium level before taking any soups or kadha for increasing your immunity if you have acute kidney injury.

Dr. Hasit Patel
Nephrologist

Advisory Committee Member:

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6. Shri Sandipbhai K. Sheth
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