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Oasis

Quarterly Newsletter of India Renal Foundation

Issue 76 : January - March 2021

Dear Friends,

Greetings!

India Renal Foundation (IRF) completed 19 heartwarming years of its journey in serving the community with the incredible support of the society at large. NGOs like us always need support from the public to continue with their mission. We, at IRF, gratefully recognize your unabated support throughout this journey.

IRF is now a member of the **International Federation of Kidney Foundations (IFKF)**. The Federation was formed to foster international collaboration and the exchange of ideas that will improve the health, well-being, and quality of life of individuals with kidney disease.

World Kidney Day 2021 was celebrated on 11th March and the theme for the year 2021 is Living well with Kidney Disease. Numerous activities were carried out by all foundations worldwide on this day.

A survey was carried out worldwide to find out the impact of kidney disease in dialysis and transplant patients. Following the theme, Living well with kidney disease, we also carried out a survey of 285 patients across the state to find out how they are doing, what may be troubling them (physical, psychological, and impact on life), what matters to them, what they may like /wish others to do for them, and most important, what they could do for themselves to live well. The findings are really interesting to know that patients across the globe are facing similar challenges.

We all are passing through a very challenging time. Many of our patients' families are also suffering as some have lost their jobs. We request you to support these families in whatever way you can. We have been donating ration kits also along with their medical needs.

Some of our patients are now engaged with making 'Paper bags' and envelopes under rehabilitation activities being run by IRF under the programme called 'Prerana'.

This World Kidney Day, on 11th March, we launched Mission 575 – Together we rise to a healthier future. Unfortunately, there is no registry of kidney patients in our country but it is estimated that 2,10,000 new patients develop Chronic Renal Failure every year in India which means 575 new kidney patients every day.

We have moved one step ahead to bring health literacy. Along with awareness and screening for BP and Diabetes, we also held camps for primary kidney function test. KIDNEY PROBLEMS were found in nearly 8 % of the total population tested. They were counseled for further treatment.

Early Diagnosis and Early Treatment will surely help prevent Chronic Kidney Disease (CKD) or slow down the progression of CKD.

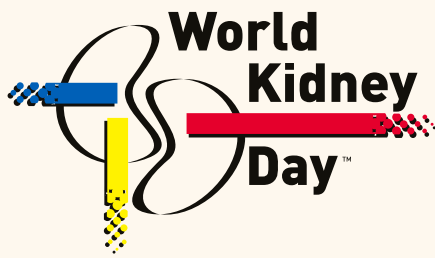
We will do this project in association with Heart Foundation and Research Institute and we thank Dr. Nitin Sumant Shah for his incredible support.

We acknowledge the contribution of Rs. 3 lac from Shri Subhashbhai Amin (Director, Lubi Group) and several other donations received during the quarter and express our sincere gratitude for their continued support.

Join Us...Support us ..

Best wishes,

Trilokbhai R. Parikh
Chairman



Kidney Health for Everyone Everywhere - Living Well with Kidney Disease

We joined 6 other members of the International Federation of Kidney Foundation (IFKF) and carried out a survey of 285 kidney patients to understand various symptoms and their impact on their lives. Addressing these issues will surely improve their participation in their routine life and improve their quality of life manifold.

The other 6 foundations who participated in this survey are,

1. Hong Kong Kidney Foundation
2. Tanker Foundation (India)
3. Malaysia Kidney Foundation
4. Bangladesh Kidney Foundation
5. Hungary Kidney Foundation
6. Kidney Foundation of Italy

Following 6 questions were asked to patients

1. I am on renal replacement therapy (options of types of Therapy was given)
2. My self-assessment of living well with kidney disease (score 1-10).
3. What is preventing me from living well with kidney disease? (physical, psychological, life impacts)
4. Of these, what matters most to me? (list the top 3 options answered in Q-3)
5. What others (healthcare system/professionals, family, and friends) can do to help/support me or options I would like to have?
6. What I can do for myself?

Summary

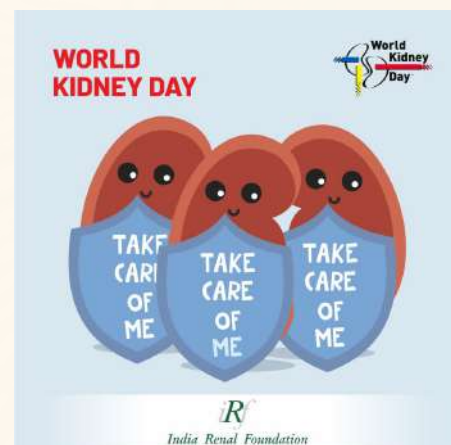
The top 5 problems/ concerns reported by the patients from 7 organizations

Type of Problem	No. of organizations
Fatigue	7
Concern about the future	6
Financial impact	5
Sleep Problems	5
Thirsty/Fluid restriction	3

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Mission 575 – Together we rise to a healthier future

As we know, Kidney Failure is irreversible and requires lifetime dialysis or kidney transplant for survival. IRF is committed to raising awareness about kidney diseases and focusing on health literacy.

Educating the community on bringing about small changes in their routine life like cutting back on sugar intake; lowering salt intake; drinking more water; regular exercising, and going for kidney screening regularly.

As there is no registry of kidney patients in our country it difficult to write about the prevalence of Chronic Kidney Disease in our country but it is estimated that 2,10,000 new patients develop Chronic Renal Failure every year in India which means 575 new kidney patients every day.

Considering this number '575', the Mission 575- Together we rise to a healthier future was launched on World Kidney Day. Along with our routine awareness and screening for BP and Diabetes, we have started doing camps for primary kidney function tests. 12 such camps were held during the quarter at different places in the state. These camps were held at Jaspur, Borisana, and Dhanaj in Kalol district; Khodiyar and Khoraj in Gandhinagar district; Fatehpura, Soneripura, and Chhadiyadra in Mehsana district; One camp each at Bhavnagar and Rajkot city; one camp at Pardi village in Rajkot district and Varnama village in Vadodara district.

During our camps nearly 8-10 % of patients having Hypertension and Diabetes were found with either higher S. Creatinine levels or Protein in urine which is very shocking.

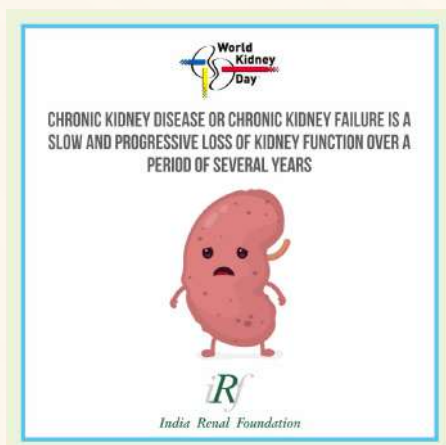
We have set a target of doing 8 camps in a month across the state. Such camps will help us identify patients with kidney problems in the early stages. As mentioned earlier, we believe early diagnosis and early treatment will surely help in the slow progression of the disease.

What is Creatinine?

- Creatinine is a waste product that is made by our muscles. Kidneys work to filter creatinine as well as other waste products out of our blood. After being filtered, these waste products are then expelled from our body in urine.

Measuring creatinine levels can provide important insights into how kidneys may be functioning.

S.Creatinine is performed in combination with other tests like BUN (Blood Urea Nitrogen) and is used largely as a screening test.



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

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Awareness activities during the quarter

We could resume our routine activities from January and till mid of March, 180 awareness and screening camps were held across the state. These camps were mostly held in rural areas.

A total of 3156 people participated in screening camps. 1144 people were found with Hypertension and 310 with Diabetes. They were all counseled for further treatment.

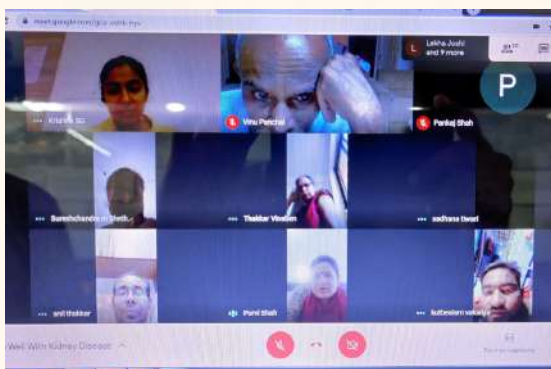
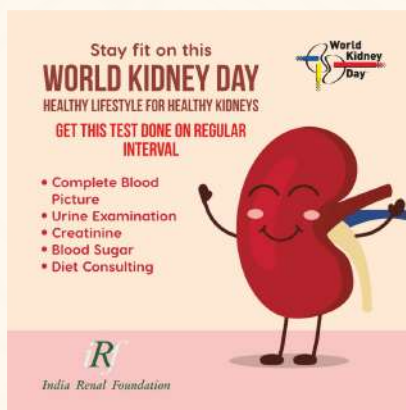
Here is a glimpse of these camps



Awareness and Screening camp at Shankhalpur village in Mehsana district



Dr. Amit Rathod conducting a seminar on diet for kidney patients at Bhavnagar



Webinar on Diet by Dr. Krishna Gandevikar, Fresenius Kabi Ltd

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Count your Blessings! Count them Each Day, Every Day.

Instead of being daunted by his circumstances, the 25 years old, GNM (General Nursing and Midwifery) qualified, Mr. Rakesh Anajara started serving as a dialysis technician.

I had a disease called, Glomerulonephritis in childhood which got cured with treatment then. Again in 2017, I visited the doctor with the same complications and I was diagnosed with Chronic Kidney Disease. My kidney function was deteriorating gradually and I had symptoms like Nausea, Vomiting, Weakness, Swelling on my legs, Breathlessness, etc.

I was put on dialysis in 2018. Dialysis and blood cleansing are only one part of the treatment for my impaired kidneys, I had to change my diet. That means less fluid intake, only a little salt, and food that is low in potassium and phosphorus.

I felt totally wiped-out. I was constantly worried. How can I work when I have treatment one day and feel bad the next? Will this get any better? Why has God chosen this for me? My father was ready to donate one of his kidneys but due to his ill-health that hope also turned out to be a nightmare.

I have been taking Haemodialysis for the last 2 and a half years. I have come to accept that the dialysis machine is not a noisy necessity, but my lifeline.

Recently, I have started working as a Dialysis Technician in the dialysis center being run by a trust in Bhavnagar. Considering my educational background, I am given this opportunity. I am glad that I have found friends among the other patients. It's a gift not to be alone in this situation.



Shri Rakeshbhai taking dialysis



Shri Rakeshbhai treating other patients

I feel grateful that I got an opportunity to serve other patients. I keep encouraging them about accepting life and live life to the fullest.

I always utter, Count your blessings! Count them each day...every day.

Managing Chronic Kidney Disease in the Time of COVID-19

If you have chronic kidney disease (CKD), managing the condition is already part of your daily life.

In the era of COVID-19, taking care of your health is more important than ever, as contracting the virus can cause additional harm to your overall health.

What do we know about how COVID-19 affects the kidneys?

COVID-19 is considered a respiratory illness, but it's also been shown to take a toll on the kidneys.

Some otherwise healthy adults with COVID-19 develop sudden loss of kidney function, known as acute kidney injury. Dialysis may be necessary in severe cases, but this type of kidney damage can be mostly reversed.

Exactly why severe cases of COVID-19 affect the kidneys isn't yet clear, but contributing factors may include:

- acute tubular necrosis with septic shock
- micro inflammation
- increased blood clotting that "clogs" the kidneys
- low oxygen levels
- COVID-19 directly infecting the kidney

Do people with CKD have a greater chance of getting COVID-19?

Having CKD itself doesn't necessarily put you at higher risk of contracting the virus. However, you may be at greater risk if your immune system is weakened due to:

- Anti-rejection medicines following a kidney transplant
- Need for dialysis
- ESRD

If you do get the virus that causes COVID-19, you're at greater risk of severe illness and outcomes, such as a further decline in kidney function. This risk may be even higher if you have other chronic conditions such as diabetes, heart disease, or lung disease.

We are all aware about the symptoms of COVID-19 now but seek immediate medical care if you have:

- Trouble Breathing
- Chest Pain Or Pressure
- Confusion
- Trouble Staying Awake
- Bluish Color Of The Lips Or Face

Here are some ways you can limit your chances of developing COVID-19:

- Avoid crowds and maintain keep 6 feet of distance
- Wear a high quality mask with a tight fit, or double mask in public.
- Wash your hands thoroughly and often with soap and water.
- Carry hand sanitizer with you when you leave the house and use it after touching items used by multiple people, like handles
Avoid touching your eyes, nose, and mouth unless you've just washed your hands.

Dialysis

If you're on dialysis, it's extremely important to continue your scheduled treatments. Having your blood filtered by a dialysis machine helps keep your immune system strong. It can also be dangerous to skip treatments.

Anti-rejection medications

Anti-rejection drugs are necessary to prevent organ rejection after a transplant. However, they also suppress the immune system and make it harder to fight infection. These are life-saving medications, so you must continue to take them exactly as prescribed.

Talk with a doctor or healthcare professional if you have any specific concerns about the medications you're taking and the risks versus benefits.

Stay focused on your overall health and well-being

It can be exhausting to manage a chronic illness. It can be a great help to build a support team to help you stay on track with healthy habits and proper treatment.

Diabetes, hypertension, and cardiovascular disease are also known risk factors for developing severe cases of COVID-19.

Here are a few more ways to keep your health on track:

- Try to keep scheduled appointments and request virtual or telehealth appointments whenever possible.
- Eat a healthy diet, do some form of daily exercise, and try to get an adequate amount of restful sleep.
- Follow any recommendations from your doctor to prevent kidney failure.

Talk with a doctor or healthcare professional if you have any concerns about COVID-19. Symptoms of COVID-19 can escalate rapidly, so report new or worsening symptoms, even if they don't seem serious.

The bottom line

CKD increases the risk of severe illness and hospitalization if you develop COVID-19. Your best defense is to continue with all of your CKD treatments and take precautions to prevent infection.

Dr. Hasit Patel
Nephrologist

Advisory Committee Member: Bhavnagar Chapter

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Shri Navalbhai and Hiraba Charitable Trust, Ahmedabad	Rs. 2,00,000
Mira Finstock Pvt. Ltd., Ahmedabad	Rs. 1,00,000
Shri Rashmikantbhai J. Shah, Ahmedabad	Rs. 96,000
Astron Paper & Board Mill Ltd.	Rs. 50,000

Other Donors

Heart Foundation and Research Institute, Ahmedabad	Rs. 33,000
Shri Rushi Rajnikantbhai Parikh, Ahmedabad	Rs. 25,500
Tuberculosis Relief Organisation, Ahmedabad	Rs. 11,000
Lions Club of Mehsana, Mehsana	Rs. 4,000
D.C. Engineering, Ahmedabad	Rs. 2,500
Senior Citizen Foundation, Mehsana	Rs. 2,000
Smt. Varshaben Lalani, Bhavnagar	Rs. 650



Ahmedabad

Smt. Sarika Prashantbhai Sanghavi	Rs. 5,000
Shri Prakshbhai R. Jalgaonkar	Rs. 2,001
Shri Maheshbhai K. Thakkar	Rs. 500

Vadodara

Narayan Power-tech Pvt. Ltd.	Rs. 90,000
Late. Smt. Kantaben Ambalal Dave	Rs. 25,000
Fuel Furnaces Manufacturers	Rs. 11,001
Shri Chinubhai Doshi	Rs. 5,000

Surat

Shri Subhash Chimanlal Nanavati	Rs. 10,000
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Bhavnagar

Smt. Varshaben Lalani	Rs. 1,500
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Rajkot

Shri Hareshbhai Natwarlal Pandya	Rs. 2,500
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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