

iRf



Oasis

Quarterly Newsletter of India Renal Foundation

Issue 64 : Jan. - March. 2018

Dear friends,

India Renal Foundation (IRF) in its 17th year, working persistently to fulfil the mission of raising awareness and thereby educating people about prevention of chronic kidney disease and also working fervently to improve lives of thousands of people affected with kidney diseases. We are the only organisation across the country working whole time to raise awareness about kidney diseases. During the last 16 years we have been able to practically reach every nook and corner of the state of Gujarat. Of late you would have observed that we are focusing more on rural areas and villages.

It is a pleasure to share that we launched our all new revamped website with all information about kidney related diseases on World Kidney Day, 8th March. One can visit www.indiarenalfoundation.org to get all information about IRF and kidney related diseases.

This year World Kidney Day was celebrated worldwide with a theme of 'Kidneys and Women's Health'. You will find an article written by Dr. Himanshu Patel, Nephrologist from Zydus Cadila Hospital in this issue on the same subject.

Considering the theme of Kidneys and Women's Health, we at IRF also held many awareness and detection camps across the state for women which includes organisations like, Jyotisingh, SEWA, Saath Charitable Trust etc. Our submissions and presentations at these institutions were appreciated and IRF's role in this area was recognized by all the participants present.

We also held four major Public Awareness Programmes during the quarter. One each at Ahmedabad, Surat, Rajkot and Bhavnagar. Wherein expert doctors were invited to talk about the subject. These programmes were attended by good number of citizens. Our special thanks to the learned doctors who helped us in disseminating the knowledge and information related to kidneys.


We take note of sad demise of our founding member of Advisory Board of Mehsana chapter, Late Shri Anilbhai Patel who helped us in Mehsana and nearby places. May his soul rest in eternal peace.

During the quarter following major donations were received by the foundation.

Namra Finance Ltd., Ahmedabad	Rs. 1,00,000
Samvedana Foundation, Vadodara	Rs. 1,00,000
Shri Navalbhai and Hiraba Charitable Trust, Ahmedabad	Rs. 1,00,000
The Kalupur Com. Co-operative Bank Limited, Ahmedabad	Rs. 1,00,000
Lions Club of Samvedana, Ahmedabad	Rs. 96,000
(Shri Rashmikantbhai Shah)	
Shri Dahyabhai Shivalal Joshi, Vadodara	Rs. 50,000

We are grateful to all our donors and supporters who stand by us in spreading this movement and thereby serve the society at large.

With best wishes,


Chinubhai R. Shah
Chairman

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Kidneys and Women's Health

Chronic Kidney disease (CKD) is a worldwide public health problem with the adverse outcome of kidney failure and premature death. CKD affects approximately 195 million women worldwide and it is currently the 8th leading cause of death in women, with close to 6,00,000 deaths each year.

The risk of developing CKD is high in women as in men, with an average 14% prevalence in women and 12% in men. However, the number of women on dialysis is lower than the number in men. At least three major reasons are recognized so far; CKD progression is slower in women than in men, psycho- socio economical barriers leads to late or no start of dialysis and uneven access to care.

We need to address these issues by increasing awareness and education to facilitate women's access to treatment and better health outcome.

There are three major reasons for development of CKD in women.

- Lupus Nephropathy
- Pregnancy associated Kidney Problems.
- Recurrent Urinary Tract Infections leading to Chronic Pyelonephritis

Lupus Nephropathy:

Systemic Lupus Erythematosus (SLE) is known simply as lupus, is an autoimmune disease in which the body's immune system mistakenly attacks our own healthy tissue in different parts of body.

It usually affects Joints (swollen joints), skin (photosensitivity – skin rash on exposure to sun, most commonly on face), hair (hairfall), mouth (repeated mouth ulcers), kidney (leading to Lupus Nephritis – Progress to CKD) and any other organ directly or indirectly.

Lupus is most common in women usually during child bearing age (15 – 45 yrs) – Nine times more often than men. Pregnancy usually exacerbates or precipitates lupus. Rate of SLE varies between countries from 20 to 70 per 1,00,000.

Kidney involvement is one of the most dreaded complication. Lupus Nephritis means inflammation in glomerulus (Kidney Filters) leads to kidney failure (CKD).

Awareness of the disease and prompt action may save kidney and life.

Kidney Disease and Pregnancy :

Pregnancy is not a disease but it is a change of physiology. Pregnancy means acceptance and tolerance of foreign body. If not tolerated well will lead to abortion.

Pregnancy precipitates or exacerbates many diseases.

CKD is considered a risk factor for adverse pregnancy outcome and reduced fertility. Women who have CKD are at increased risk for negative outcomes for mother and the baby.

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Pregnancy related complications increase the risk for kidney disease; pre-eclampsia, a syndrome in a defect of the implantation of the placenta affects normal kidneys inducing hypertension and proteinuria, is one of the 3 leading causes of maternal mortality. Pre-eclampsia, septic abortion (infection of placenta) and post-partum haemorrhage (major bleeding after giving birth) are leading causes of Acute Kidney Injury (AKI) in young women and may herald future CKD in survivors.

Chances of development of Acute Pyelonephritis (infection in kidney) from simple lower urinary infection is 20-40% higher during pregnancy, which may lead to sepsis and Acute Kidney Injury (AKI) and progress to CKD in future.

The burden of those maternal complications is particularly high for women in developing countries, due to insufficient access to universal and timely prenatal care, to improper management of women with pre-eclampsia, and to lack of availability of dialysis for severe AKI.

Simply awareness and regular check up – Blood Pressure measurement, regular Urine Examination can prevent major complications amongst women.

Recurrent Urinary Tract Infections:

Women are more prone to Urinary Tract Infections because they have shorter urethras, which allow bacteria quick access to the bladder.

Having sex can introduce bacteria into the urinary tract too.

Most common bacteria is E.coli is from our gastrointestinal tract only.

Recurrent infections - more than 3 per year needs thorough investigations for complicated UTI (means more chances of Kidney infection – CKD).

There is a clear need for higher awareness, timely diagnosis and proper follow up of CKD – during pregnancy and otherwise for women.

Dr. Himanshu Patel
Nephrologist and Transplant Physician
Zydus Cadila Hospital, Ahmedabad.

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Mehsana

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World Kidney Day

World Kidney Day was first celebrated in 2006 with asking a question – Are Your Kidneys Ok?

The idea that there is great need to educate the world about the importance of kidney health and reduce the impact of kidney disease and other health conditions associated with them, is what pushed the International Society of Nephrology and International Federation of Kidney Foundation to team up for this initiative of celebrating World Kidney Day.

The goal is to raise awareness of what our kidneys do and what can happen when they are not working properly. The aim is to teach the risk factors and bring screening of those at risk of Chronic Kidney Disease (CKD). Prevention is the main overall goal by teaching communities how to keep their risk factors as low as possible.

The theme for the year 2018 focuses on **Kidneys and Women's Health**

Across the world, celebration of World Kidney Day take different forms, from free screenings to Zumba marathons! Through the entire 2nd week of March, awareness and detection camps were held for women across the state.

Here is a glimpse of camps held for women



Jyotisangh, Vadaj,
Ahmedabad



Jivantirth Lokseva Kendra,
Vadaj



Bhavai Programme at VMC,
Vadodara



Police Station,
Bhavnagar



Anganvadi Training Center,
Mahesana



Self Help Group,
Ambuja Cement Foundation, Sanand



Display of Posters with Prevention
Messages at Bhavnagar



Flyer distribution at
busy crossroads in Surat



Display of Posters with Prevention
Messages at Rajkot

Prevention Thru Awareness : Your Kidneys and YOU

Apart from our routine awareness programmes that we do for various organisations across the state at their own premises, four major Public Awareness Programmes were held during this quarter, one each at Ahmedabad, Bhavnagar, Surat and Rajkot. During the quarter total 166 awareness programmes were held.



Dr. Abhay Khandekar addressing to audience

Awareness Talk at Ahmedabad

This program was organised with Senior Citizens' Club, Maninagar on 6th January. Dr. Abhay Khandekar, Urologist was invited to talk about Urinary stone and Prostate Problems. We thank him for his contribution and also the President, Shri Chimanbhai Patel.

Awareness Talk at Bhavnagar

This programme was organised in association with Indian Medical Association, Bhavnagar branch and Government Medical College on 4th February. Dr. Manish Visnagara (Urologist) and Dr. Deepak Saboo (Nephrologist) were invited to talk about Urinary stone and impact of Diabetes and Hypertension on kidneys respectively.



Shri Janardanbhai Bhatt, Smt. Nimuben Bambhaniya
Dr. C.B. Tripathi, Dr. Dipak Saboo & Dr. Manish Visnagara

On this occasion Smt. Nimuben Bambhaniya, Mayor of Bhavnagar was invited as the Chief Guest and Shri C.B. Tripathi, Dean of Government College inaugurated the function. Shri Janardanbhai Bhatt, Chairman of local Advisory Board of India Renal Foundation gave a welcome address.



Shri Jayeshbhai Upadhyay, Dr. Sanjay Pandya,
Dr. Birju Mori, & Dr. Jayesh Mehta

Awareness Talk at Rajkot

A public awareness programme was held in association with 'Bolbala Trust' on 17th March at Shri Arvindbhai Maniar hall in Rajkot. Eminent doctors from Rajkot city, Dr. Sanjay Pandya (Nephrologist), Dr. Birju Mori (Diabetologist) and Dr. Jayesh Mehta (Urologist) were invited to talk about Impact of Hypertension, Diabetes and Urinary Stone on kidneys. More than 800 people participated in the program.



Audience


We are grateful to all doctors and also, Shri Jayeshbhai Upadhyay, trustee of Bolbala Trust for their kind support in organising this programme.

Awareness Talk at Surat

On the occasion of World Kidney Day, this programme was done in association with Indian Medical Association, Surat branch at Southern Gujarat Chamber of Commerce on 8th March. Dr. Anil Patel (Nephrologist) explained about preventing renal diseases through a very witty and lucid presentation.

To summarize, more than 20000 people benefited through the Awareness Talks that we organised through this entire quarter. The positive energy of hundreds of people at the Awareness Talk is energizing and inspiring! Because, it is not just about kidney disease but it is about creating healthier society.

Be a part of our mission in a dynamic and impactful way!

Pl. like us on  <https://www.facebook.com/irf.india>. 18

According to worldkidneyday.org, there are 8 golden rules for kidney health.

Kidney diseases are silent killers, which will largely affect your quality of life. There are however several easy ways to reduce the risk of developing kidney disease.

1. Keep fit and active

Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease.

2. Keep regular control of your blood sugar level

About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney functions.

Kidney damage from diabetes can be reduced or prevented if detected early. It is important to keep control of blood sugar levels with the help of doctors or pharmacists, who are always happy to help.

3. Monitor your blood pressure

Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage.

The normal blood pressure level is 120/80. Between this level and 139/89, you are considered pre-hypertensive and should adopt lifestyle and dietary changes. At 140/90 and above, you should discuss the risks with your doctor and monitor your blood pressure level regularly.

4. Eat healthy and keep your weight in check

This can help prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease. Reduce your salt intake. The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon). In order to reduce your salt intake, try and limit the amount of processed and restaurant food and do not add table salt to food. It will be easier to control your intake if you prepare the food yourself with fresh ingredients.

5. Maintain a healthy fluid intake :

Water, water, water! Keeping hydrated is good for your skin as well as your kidneys. Staying hydrated flushes the toxins, salts and urea out of the kidneys and reduces the chance of kidney stones. One should drink around 1.5-2 litres of water per day.

6. Do not smoke

Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.

7. Do not take over-the-counter pills on a regular basis

Common drugs such non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage and disease if taken regularly.

8. Get your kidney function checked if you have one or more of the 'high risk' factors

- you have diabetes
- you have hypertension
- you are obese

Advisory Committee Members:

Bhavnagar

1. Shri Janardanbhai Bhatt
2. Shri Sunilbhai Vadodaria
3. Dr. Shri C. B. Tripathi
4. Shri Asheshbhai Trivedi
5. Shri Chetan Kamdar
6. Shri Rajubhai Baxi

Prerana is a rehabilitation program for kidney failure patients run by IRF since October 2002.

Ahmedabad

Shri Maheshbhai Sanghvi, former MD of Kaiser-e-Hind Mill enlightened our patients of Ahmedabad on the subject, 'Jivan Darshan'. He discussed four keys which leads to happy and contentful life.

1. Accepting inevitable circumstances
2. Accepting others as they are
3. Non-critical nature
4. Sense of detachment

We express our sincere gratitude to Shri Maheshbhai for his invaluable contribution. His vibrant speech electrified atmosphere with a lot of positivity.



Shri Maheshbhai Sanghvi
addressing Prerna Members



Dr .Narendra Paliwal, Shri Jayesh Andharia
& others

Bhavnagar

On 26th March, an educational programme was held at Bhavnagar in association with K. R. Doshi college for our kidney patients. All aspects related to haemodialysis were discussed by Dr .Narendra Paliwal, Professor at Government Medical College, Bhavnagar and Shri Jayesh Andharia, Haemodialysis technician.


Surat

Our angels enjoyed one day picnic at Surat on 21st January. They played various games and spent the entire day together. All expenses including prizes of games were sponsored by one of our volunteers, Shri Parvatbhai Hachadiya.

We are grateful to all sponsors and volunteers for their continued contributions.



Prerna Members enjoying picnic

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Donations received during the quarter

Main Donors

Namra Finance Ltd. Ahmedabad	Rs. 1,00,000
Samvedana Foundation, Vadodara	Rs. 1,00,000
Shri Navalbhai and Hiraba Charitable Trust, Ahmedabad	Rs. 1,00,000
The Kalupur Commercial Co-operative Bank, Ahmedabad	Rs. 1,00,000

Other Donors

Fuel Furnace Manufacturers, Vadodara	Rs.25,000
Shri Gaurangbhai Bhatt, Ahmedabad	Rs.25,000
Shri Maheshbhai C. Sanghavi, Ahmedabad	Rs.14,000
Shri Vardhman Charitable Trust, Ahmedabad	Rs.7,000
Taskent Oil Company Ltd. Vadodara	Rs.5,000

Life Membership (Rs. 5000/-)

Shri Atmarambhai A. Patel, Mehsana

Donors of Save a Life Ahmedabad

Lions Club of Samvedana, Shri Rashmikantbhai Shah, Ahmedabad	Rs.96,000
Shri Prakash Jalgaonkar	Rs.1,500

Vadodara

Shri Dahyabhai Shivalal Joshi	Rs.50,000
Shri Yogeshbhai S Velani	Rs.21,000
Vadil Visamo Charitable Trust, Vadodara	Rs.5,100
Shri Bhupendrabhai Dattani	Rs.5,001
Shri Pratik Patel	Rs.5,000
Shri Janakbhai P. Parikh	Rs.2,501
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Smt. Minaxiben B. Thaker	Rs.1,500
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Surat

Geelon Industries	Rs.15,000
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