

iRf



Editorial

Oasis

Quarterly Newsletter of India Renal Foundation

Issue 65 : April - June 2018

Dear friends,

Sadly, India Renal Foundation (IRF) lost a visionary leader, founder Chairman Late Shri Chinubhai Shah on 06/06/2108. He steadfastly steered IRF since inception. IRF flourished across the state of Gujarat under his leadership and guidance. We pay humble tribute to him and pray the almighty that his divine soul rest in eternal peace.

All of us are aware of the brilliance of Late Shri Chinubhai as an academican, his expertise in company law & of course not to forget the kind soul he was as human being.

We at IRF along with your support will honour Late Shri Chinubhai's legacy & carry on the great philanthropic activities with the same momentum. I believe, that will truly be our homage to our founder Chairman.

My association with Shri Chinubhai dates back to 1954. A journey of about 64 years. I was fortunate enough to share a different forums with him like , Junior Chambers, Gujarat Chamber of Commerce & Industries, Gulmohar Greens Golf & Country Club Ltd & India Renal Foundation.

India Renal Foundation is going from strength to strength since inception in 2002. I have been associated with IRF since 2003 as an Advisory Board Member of Ahmedabad chapter. All through these years, I have been a part of the journey of IRF.

During this quarter, apart from our regular activities , IRF did two major events. Sounds of The Sacred- A Music Concert by kidney patients and volunteers both at Ahmedabad and Vadodara. I appreciate this wonderful initiative of Shri Rohit Parikh, our advisory board member of Vadodara chapter, which took our organisation to new height.

Contribution of our patients, Shri Dhaval Patel, Shri Darshan Shah and Shri Gaurang Oza, who performed in their harmonious voice is really praiseworthy and inspired many other patients and the audience. We thank leading singers, Smt. Rekha Raval and Smt. Hetal Munshi and all other participants for their invaluable support.

Our core activity, Awareness programmes were held across the state of Gujarat. We are happy to place on record the fact that several villages were also covered.

Apart from helping 250 needy kidney patients with dialysis kit every month, one needy patient from a small village near Mehsana was also helped with expenses of making Arterio-venous Fistula during the quarter.

Educating patients to make them understand seriousness of their disease is very important. Two such programmes were held, one each at Rajkot and Bhavnagar, wherein Dialysis Technicians educated them on various aspects related to dialysis.

Foundation received many generous donations during the quarter. We are thankful to all donors and all donations received have been gratefully acknowledged in this issue of 'Oasis'.

With best wishes,

Trilokbhai R. Parikh
Chairman

Advisory Committee Members:

Ahmedabad

1. Smt. Priti Adani
2. Padmashree Dr. Kumarpal Desai
3. Shri Rashmikantbhai Shah
4. Smt. Rekha Chona
5. Shri Hemant Shah
6. Shri Shubhang Shah
7. Smt. Jayshree Mehta
8. Shri Nilesh Desai
9. Shri Bharatbhai Modi
10. Shri Rameshbhai Patel

Baroda

1. Rajmata Shubhanginidevi 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

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

Tribute to our beloved Founder Chairman, Late Shri Chinubhai R. Shah



Shri Chinubhai passed away serenely on 06th June 2018 at the age of 81.

Shri Chinubhai R. Shah did his masters in Arts and then Masters in Law with distinction. He was later admitted as a fellow member of the Institute of Company Secretaries of India. Life fellowship was conferred on Mr. Shah by All India Management Association in recognition of his outstanding contribution to the professional management movement.

He was twice elected as the president of the Institute of Company Secretaries of India. He was also elected as the President of All India Management Association.

He was a visiting professor and a member of the Board of Governors of Indian Institute of Management, Ahmedabad for a number of years.

He was the founder Chairman of India Renal Foundation and was also on the Board of Directors of leading Business groups like Adani, Cadila, Nirma, Tata and others. He was also the President of the Gujarat Chamber of Commerce and Industry in the year 2004-05.

He was an Outstanding Professional, an Eminent Academician, a Prolific Writer, a Dynamic Institution Builder and a Champion of several worthy causes.

His work ethics and vision shall continue to guide us forward.

He will be always remembered and missed....May his divine soul rest in eternal peace.

Advisory Committee Members:

Rajkot

1. Shri Rameshbhai Patel
2. Shri Chandubhai Virani
3. Shri Hareeshbhai Vora
4. Shri Shambhubhai Parsana
5. Dr. Sudhir Bhimani
6. Dr. Kamlesh Joshipura
7. Shri Mittal Khetani
8. Shri Rajnibhai Patel
9. Shri Kishorbhai Kotak

Awareness Programmes

Continuing our mission of dissemination of information about kidney diseases, 152 Awareness programs were held during the quarter for different organisations. Out of these 152 programs, 30% programs were held in villages wherein good number of people attended.

Here is a glimpse of Awareness Programmes



Teachers' Training Centre, Viramgam



SPIPA Training Centre, Ahmedabad



ITI, Jambusar



Police Training Centre, Junagadh



Sakkarbaug Zoo, Junagadh

Advisory Committee Members:

Mehsana

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

Sounds of the Sacred – MUSIC CONCERT

According to sources 1 in 10 Indians are at risk for chronic kidney disease (CKD). India Renal Foundation is established with a mission to educate the society for prevention of kidney diseases, to help needy patients for their treatment and to work for their rehabilitation.

We continuously find ways to spread out our activities. A Music Concert by our own kidney patients was held, both in Ahmedabad and Vadodara in the month of May and June respectively. The motive was to reach out to the society at large, make them understand the mission we have been working for since 2002, inspire other patients fighting with CKD to enjoy their life and also to raise funds for this cause. Participation of citizens and smiles of patients encourages us to work more vigorously to achieve our mission.

We are overwhelmed with the amazing response of society. There were many patients also in the audience and they are also volunteering for this cause. Here are just a few of them.

Our Jagdishbhai, age 28, was diagnosed with Diabetes Type I at the age of 21. Because he was young, like many of us have done, he felt invincible and ignored. At age of 27, he was diagnosed with Chronic Kidney Disease due to high blood sugars caused by poor management of his diabetes. He knew, he needed to take his health more seriously. He now uses an insulin to manage his blood sugars and he gets his blood and urine tests done regularly to keep a close watch on his albumin levels and GFR. Chronic Kidney disease is a major concern in his life.

He believes it's important to increase awareness, educate friends, family and others on the important role our kidneys play in our health.

Krishna is a young, college going girl from a small village near Mehsana. She was diagnosed with Juvenile Diabetes at very young age of 13. So in 2016, when the family found out that Krishna's diabetes had also impacted her kidneys, they were worried. Krishna has been on dialysis ever since. She travels almost 10 kms one way, three times every week to make her dialysis appointments.

She hopes to get a kidney soon and don't have to be on the waiting list for a long time for a new kidney.

Our Aarif, was diagnosed with Hydro-nephrosis at the age of 8. He spent most of his childhood in and out of hospitals, treated with medications and on a special diet to prevent his kidneys from failing. When he was 13 years old, he received a kidney transplant from his mother.

Little Aarif and his family, is also participating in various camps and putting efforts to create awareness.

These are the reasons for organising such events. Apart from entertainment and fund raising, we educate others of the risks of CKD. We are sure that these programmes will make a lasting impact.

We thank one and all who supported us in organising and executing them. Our special thanks to Shri Rohit Parikh for such a great initiative and to our patient volunteers, Shri Dhaval Patel, Shri Darshan Shah and Shri Gaurang Oza, who rendered beautiful songs in their melodious voice.

The contribution received through these programs, will definitely change lives of thousands of people for the better.



Shri Dhavalbhai Patel



Shri Darshanbhai Shah



Shri Gaurangbhai Oza



Smt. Pallaviben Shah, Shri Shushilbhai Handa, Shri Trilokbhai Parikh, Shri Ramendrabhai Parikh with others lighting the lamp



Shri Maheshbhai Shah, Shri Yogeshbhai Velani, Kiritbhai Thakkar with others lighting the lamp



Shri Trilokbhai Parikh and Shri Ramendrabhai Parikh addressing the audience



Shri Maheshbhai Shah giving a welcome address



Shri Rohit Parikh, Smt. Purvi Shah and other Artists



Shri Gaurangbhai & Shri Dhavalbhai with Smt. Purvi Shah

Scenario of Kidney Diseases in India

Chronic diseases are a leading cause of morbidity and mortality in India and other low- and middle-income countries. The chronic diseases account for 60% of all deaths worldwide. Eighty percentage of chronic disease deaths worldwide occur in low- and middle income countries. In India, the projected number of deaths due to chronic disease was around 5.21 million in 2008 and is expected to rise to 7.63 million in 2020 (66.7% of all deaths)

Chronic kidney disease (CKD) is a worldwide public health problem, both for the number of patients and cost of treatment involved. Globally, CKD is the 12th cause of death and the 17th cause of disability, respectively. This is an underestimate as patients with CKD are more likely to die of cardiovascular disease (CVD) than to reach end-stage renal disease (ESRD). Approximately 30% of patients with diabetes mellitus (DM) have diabetic nephropathy and with the growing number of DM patients and aging population there is likely a parallel increase in CKD incidence. As per the Diabetes Atlas 2006, the number of patients with DM in India (currently around 40.9 million) is expected to rise to 69.9 million by 2025 unless urgent preventive measures are taken. With increasing prevalence of CKD, CKD related CVD, ESRD and the consequent financial burden of renal replacement therapy (RRT), the importance of CKD and its risk factors has to be realized. The prevalence of ESRD and patients on RRT has increased over last two decades.

In community-based studies, the CKD prevalence has been reported between 0.16% and 0.79%. The studies were designed to detect stage 3 CKD or worse and the real prevalence of CKD is higher than the reported number. The ESRD incidences have been reported to be 160–232 per million populations (pmp) and the projected ESRD prevalence was 785–870 pmp.

PREVENTION

Targeted screening identifies the individuals at risk early enough in the course of their disease to allow for effective intervention. Screening for CKD should not be universal but should be performed in individuals at increased risk of developing CKD—DM, hypertension, age more than 60 years, CVD, families' history CKD, hyperlipidemia, obesity, metabolic syndrome, smokers and patients treated with potentially nephrotoxic drugs.

CHALLENGES IN MANAGEMENT IN INDIA

The average global prevalence values for treated ESRD (not diagnosed ESRD), dialysis and transplant patients were 280, 215 and 65 patients per million (ppm), respectively. In India, the average prevalence values for treated ESRD (not diagnosed ESRD); dialysis and transplant patients were 70, 60 and 10 ppm, respectively. This number is increasing globally at a rate of 7% every year. It is estimated that only 10–20% of ESRD patients in India continue long term RRT. It is estimated that in India in 1 year, there are 3,500 new renal transplant + 3,000 new continuous ambulatory peritoneal dialysis (CAPD) initiation + 15,000 new maintenance haemodialysis (MHD) patients. Over 50% of patients with CKD are first seen in an advanced stage due to access in care. Even today over 90% of patient requiring RRT in India die because of inability to afford care and even in those who do start treatment 60% stop for financial reasons.

CONCLUSION

Early detecting of CKD by screening for kidney disease in high-risk patients, early referral to nephrologists, appropriate treatment of hypertension, DM and other risk factors, lifestyle modification with specific emphasis on reduction in salt intake, physical exercise, abstinence from smoking, will retard progression of kidney disease to an advanced stage. There is an urgent need for a national program to control the epidemic of NCDs like hypertension, DM, chronic respiratory and CKD in India. The current dependence on the private sector for treatment of kidney patients with severe renal disease needs to be reduced with infrastructure up gradation in government run hospitals to facilitate accessibility of treatment for the majority of our population who cannot afford treatment in private hospitals. Till the country is able to provide universal health coverage, state sponsored health insurance schemes like the ones in TN, AP and Gujarat can make the RRT affordable for the poor. Deceased donor transplant program should be given impetus to complement the live related RT programme

Dr. Kavita Parihar
Nephrologist and Director, Renal Transplant
Apollo Hospital

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



The motto of this programme is to be there for patients when they need , providing a listening ear and helping them cope with the mental and emotional distress during the most difficult time of their lives. Seeing hope in their eyes makes our work more meaningful.

Our care goes beyond dialysis. We strongly believe in comprehensive care through psychosocial and emotional support, which is important for patients' rehabilitation. This is especially needed when patients are first diagnosed with kidney failure as it is a traumatising experience. Many are unable to come to terms with their illness and some lose the will to live.

During the quarter quite a few activities were done. Shri Maheshbhai Sanghavi, a motivational speaker was invited at Ahmeddabad and Surat to talk about 'Jivan Darshan'. Patients from North Gujarat, Bhavnagar and Rajkot were given education on different facets of Haemodialysis. As mentioned before, they also participated in the music concert at Ahmedabad and Vadodara. With kind sponsorship of Shri Vipulbhai Shah, our patients also enjoyed a Gujarati drama, 'Rang Rangila Gujjubhai', at Ahmedabad in the month of June.



Shri Maheshbhai Sanghvi addressing Prerana Members



Shri Rameshbhai Chavda and Shri Bhaskarbhai Parekh addressing Prerana Members



All patients with kidney failure requiring dialysis need to undergo a fistula surgery. This is a surgically modified blood vessel created by connecting an artery and a vein. This fistula is usually created in the wrist or upper arm.

This way the blood vessel becomes larger and stronger and also makes it easier to transfer blood into dialysis machine and back again.

In addition to helping 250 patients with dialysis kit every month, one very needy patient, Parbatji Thakor, from a small village, Gokalpura near Mehsana was helped with all expenses of making AV fistula during the quarter.

Donations received during the quarter

Main Donors

Adani Foundation, Ahmedabad	Rs. 1,00,000
Smt. Rupaben H. Soni, Surat	Rs. 1,00,000
Shri Rashmikantbhai Shah, Ahmedabad	Rs. 96,000
Shri Ramendrabhai Parikh, Ahmedabad	Rs. 51,000
Shri Trilokbhai R. Parikh, Ahmedabad	Rs. 50,000

Other Donors

GMDC Limited, Ahmedabad	Rs. 25,000
M.R. Foundation, Ahmedabad	Rs. 25,000
Agrawal Computerised Weigh Bridge, Vadodara	Rs. 21,000
TOPS Infosolutions Pvt. Ltd, Ahmedabad	Rs. 21,000
D.H. Geo Consultancy, Ahmedabad	Rs. 15,000
Panoli Intermediates (India) Pvt. Ltd., Vadodara	Rs. 15,000
Shri Maheshbhai Shanghvi, Ahmedabad	Rs. 11,000
Tarusha Media Services Pvt. Ltd., Mumbai	Rs. 11,000
Koshambh Charitable Trust, Vadodara	Rs. 11,000
Jagdish Foods Pvt. Ltd., Vadodara	Rs. 11,000
Shri Divyakant Rasiklal Pandya, Vadodara	Rs. 11,000
Shri Shashankbhai I. Shah, Ahmedabad	Rs. 10,000
Shri Nikunjibhai Shah, Ahmedabad	Rs. 10,000
Hercules Barrel Handling Solution, Vadodara	Rs. 10,000
Smt. Kusumben Dalal, Ahmedabad	Rs. 7,000
Smt. Bhamini H. Vadodaria, Vadodara	Rs. 5,555
Diwaliben Amrutlal Sanghani Trust	Rs. 5,500
Shri Nandlal T. Shah, Ahmedabad	Rs. 5,100

Donors who donated Rs. 5000

Ahmedabad

Smt. Jinal Choksey, Shri Nilesh R. Desai, Dr. Smt. Vishakhben L. Shah

Vadodara

Rina Plastics Industries, Lucky Industries, Shri Hasmukhlal S. Shah, Late Smt. Radhaben N. Shroff Charitable Trust, Suyog Electricals Ltd., Hingorani Foundation, Shri Pramodbhai R. Pancholi, Shri Kiritbhai Thakker, Shri Ashit Saraiya, Smt. Kalpana Jain, R.R. Engineering and Aakash Buildcon

Life Membership (Rs. 5000/-)

Shri Omprakash H. Pahuja

Five Year Membership (Rs. 1,000/-)

Shri Jayantibhai D. Sathvara

Annual Membership (Rs. 250/-)

Smt. Nilamben Sutaria

Donors of Save a Life

Shri Sunilbhai Patel, Shri Vimal Salot, Shri Dakshay I. Parikh, Shri Bhadrakant N. Shah

Vadodara

Mahakali Engineering Works, Shri G. D. Jhalani, Rajdhani Plastic Industries, Halol Packing Wood Industries, Kem-Tron Technologies, Shri Chinubhai Doshi, Smt. Shardaben R. Ghadiali, Shri Bhavsingh Solanki

Surat

Geelon Industries

This issue of "Oasis" has been published with the help of
Sahitya Mudranalaya Pvt. Ltd.



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