

## The heroic battle of Farooq is over....but the needs of the community continue...

Farooq endured 11 years of mixed experiences and emotions ranging from joyous times with family and friends to the depths of extreme pains and discomfort before he passed away in November.



He was on haemodialysis for 11 long years as this young man had no kidney donor available in his own family. A life could have been saved if an organ transplant was available.

Farooq was just 21 when diagnosed with progressive renal failure. At the age of 23, he was put on dialysis as his kidneys were completely dysfunctional. India Renal Foundation gave financial assistance to him for his treatment under 'Save a Life' programme.

There are many patients like Farooq, we meet day in day out and also the families caught in the hassles of this catastrophic illness.

We are very hopeful that our mission of educating society at large about kidney diseases, educating patients, working for their rehabilitation and giving them financial assistance and also of raising awareness about Cadaver Organ Donation will certainly help prevent this disease and many patients like Farooq and their families... which need support from generous donors like YOU..

## The table below shows the items and their respective cost for which your valuable donations are requested :

Sr.No.	Items	Donation Amount
1.	One Dialysis Kit	Rs. 1,000
2.	One month Medicine for Kidney Transplant patient	Rs. 15,000
3.	One Awareness Programme	Rs. 3,000
4.	One Prerana Programme	Rs. 5,000
5.	Printing of educative leaflets/booklets ( Name of the donor will be printed as the sponsor )	Any amount

## You don't have to be a doctor to save lives...

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**India Renal Foundation**

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

# IRF



# Oasis

Quarterly Newsletter of India Renal Foundation

Issue 63 : Oct. - Dec. 2017

Dear friends,

It is a matter of great pleasure and pride for us that India Renal Foundation (IRF) in January 2018, has entered in the 17th year of its life. For a voluntary organisation, this is really remarkable. Let us all wish IRF a long and committed life in the service of our society.

During the last 16 years as you are aware, we have built a strong network of chapters spanning Gujarat and hundreds of enlightened and social service minded citizens have come forward to support the activities and programmes of IRF. We have donors like Shri Dorai Swamy from Chennai complimenting us for the good work being done and periodically extending financial support to the activities also. During last 16 years, we have many satisfying and inspiring moments and we cherish them a lot!

Coming to the activities during the Oct. - Dec.'17 quarter, IRF conducted 140 awareness camps throughout Gujarat spreading awareness about kidney diseases and how to safeguard against the same. In addition, we will also focus on screening and early diagnosis of the disease through detection camps.

IRF has added a new feather in its cap by helping a needy patient from Visnagar for kidney transplant operation under the 'Save a Life' programme. Shri Dharmesh Patel, a young patient was diagnosed with kidney failure. His mother donated him the kidney and IRF provided resources for the transplantation. May the almighty enable us to help more and more such transplant patients.

Through interactions with patients and their families, we come to understand that majority of the people know about the kidney problems but in most cases they don't realise the seriousness of the disease. Keeping this in view, we are planning to start 'Patient education programme' with a sanguine hope that it would help the patients understand seriousness of the disease from the days of initial symptom.

As a part of our ongoing commitment to ensure better dialysis and other treatment to patients, a Dialysis Technicians and Nurses Refresher Programme was organised by IRF at Rajkot on 19th November which was largely attended by technicians from Saurashtra and Kutch region. Leading nephrologists from Rajkot and Jamnagar shared their knowledge and experiences with the participants to enable them to provide better and more efficient services for Haemodialysis.

I would like to take a special note of a new initiative by our Advisory Board Member, Shri Rohit Parikh at Vadodara. He along with his team members organised a music programme for a group of senior citizens at Vadodara and raised Rs. 30,000 for our needy patients. Salute to Rohitbhai and his team for the nice action.

During the quarter following major donations were received from our well wishers.

1. Cadila Pharmaceuticals Ltd.	Rs. 2,50,000
2. Shilp Gravures Ltd.	Rs. 2,00,000
3. Smt. Falguni Patel, Vadodara	Rs. 2,00,000
4. Meghmani Organics Ltd.	Rs. 2,00,000
5. Nirma Chemical Works	Rs. 1,51,000
6. Smt. Rupaliben Hemalbhai Soni, Surat	Rs. 1,00,000
7. Lions club of Samvedana, ( Shri Rashmikantbhai Shah, Ahmedabad )	Rs. 96,000

With best wishes,

**Chinubhai R. Shah**  
Chairman

### Advisory Committee Members :

- Ahmedabad Chapter**
1. Smt. Priti Adani
  2. Padmshri Dr. Kumarpal Desai
  3. Shri Trilok Parikh
  4. Shri Rameshbhai O. Parikh
  5. Shri Rashmikant Shah
  6. Smt. Rekha Chona
  7. Shri Hemant Shah
  8. Smt. Jayshree Mehta
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  10. Shri Nilesh Desai
  11. Shri Bharatbhai Modi
  12. Shri Rameshbhai Patel

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6. Shri Madhu Mehta
7. Shri Kunjal Patel
8. Shri Mahesh Shah
9. Shri Rohit Parikh

### Surat Chapter

1. Shri Sharad Kapadia
2. Shri I. J. Desai
3. Shri Rajnikant K. Marfatia
4. Shri Rajendra Chokhawala
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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. Shri Dhiren Tharnari
13. Dr. Pradip Atodaria

# Glomerulonephritis

## Introduction

**Chronic** kidney disease is a global burden with a high economic cost to health systems and is an independent risk factor for cardiovascular morbidity. 13-20% of chronic kidney diseases are due to Glomerulonephritis.

## What is glomerulonephritis?

Glomerulonephritis is a kind of disease that affect the glomeruli in the kidney which works as filters for blood. More commonly it is known as nephritis ("itis" is synonym for inflammation).

When the filters are injured, we get different types of response – structural injury leads to Haematuria (blood loss in urine), or Proteinuria (loss of protein in urine). If there is swelling in glomeruli (inflammation due to immune response) it may lead to reduction in filtration capacity and kidney failure.

## Natural response to this inflammation decides the outcome of this disease.

- **Acute form is self-limiting disease:** where glomeruli recovers in weeks to months without any treatment.
- **Chronic progressive disease:** where slow inflammation continues without apparent clinical symptoms for years and if not picked up in early stage it may progress to chronic kidney failure.
- **Rapidly progressive Glomerulonephritis:** This is the most catastrophic among all nephritis. If not treated promptly, it can lead to permanent kidney failure within weeks.

## Symptoms

- Puffiness of your face in the morning
- Blood in the urine/ Red or Cola coloured urine without pain
- Less urinating than normal

Acute glomerulonephritis may show some symptoms of being short of breath and cough, the reason being extra fluid in lungs. It also causes high blood pressure.

The chronic form may develop without any symptoms over many years, it most of the time leads to kidney failure.

### Early signs or symptoms of chronic form is

- 1) Blood or protein in the urine
- 2) High Blood pressure
- 3) Swelling of ankles
- 4) Frequent night time urination
- 5) Very bubbly urine

#### Advisory Committee Members :

##### 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

## Donations received during the quarter

### Main Donors

Cadila Pharmaceuticals Limited	Rs. 2,50,000
Shilp Gravures Limited	Rs. 2,00,000
Meghmani Organics Limited	Rs. 2,00,000
Smt. Falguni Patel, Vadodara	Rs. 2,00,000
Nirma Limited	Rs. 1,51,000
Smt. Rupaliben Hemalbhai Soni, Surat	Rs. 1,00,000

### Other Donors

Maruti Agrotech, Rajkot	Rs. 39,100
Navneet Foundation, Ahmedabad	Rs. 20,000
Shri Ramendrabhai Parikh, Ahmedabad	Rs. 15,000
Aditya Equipment Pvt.Ltd., Ahmedabad	Rs. 11,000
Shri B.S. Doraiswami, Ahmedabad	Rs. 10,000
Export India Corporation, Rajkot	Rs. 5,000

### Donors of Save a Life

#### Ahmedabad

Lions Club of Samvedana, Ahmedabad	Rs. 96,000
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#### Vadodara

Shri Maheshbhai Shah (Alfa Foundation)	Rs. 18,590
Shri Mahendrabhai Shah	Rs. 1,111
Shri Subhashbhai Mehta	Rs. 1,001
Shri Upendrabhai R. Sheth	Rs. 1,001
Shri Vashudevabhai Mehta	Rs. 1,001
Shri Kantibhai Shah	Rs. 1,001
Smt. Nayanaben Subhashbhai Shah	Rs. 501
Shri Sumanbhai Prajapati	Rs. 500

#### Surat

Geelon Industries Pvt. Ltd.	Rs. 15,000
Shri Samir Kaushikbhai Desai	Rs. 5,400
Shri Nilesh K. Makwana	Rs. 1,800

### Donors of Prerana

Shri Rajnibhai Patel, Rajkot	Rs. 25,000
Shri Vinubhai Panchal, Ahmedabad	Rs. 2,000

## Improving quality of life of Renal Patients..... Dialysis Technicians and Nurses' Training and Refresher Programme at Rajkot

Dialysis Technicians and Nurses play a very important and crucial role in treatment of Haemodialysis. They are the direct caregivers for renal patients undergoing dialysis.

India Renal Foundation continuously strives to improve quality of life of Renal Patients. Hence we organize Refresher Workshops for Dialysis Technicians and Nurses at every chapter once in a year. On 19th November one such workshop was held at Rajkot wherein all learned doctors were invited as speakers and all technicians from entire Saurashtra and Kutch region participated.

Following topics were covered

Dr. Ghanshyam Jagani, Senior Nephrologist, gave overview of the programme

Dr. Sanjay Pandya, Nephrologist : Diet and care in haemodialysis

Dr. Divyesh Viroja, Nephrologist: Water treatment in haemodialysis

Dr. Praful Gajjar, Nephrologist : Complications in haemodialysis and it's management

Dr. Mayur Makasana, Nephrologist : Recent advances in haemodialysis

We are grateful to all respected doctors for their valuable time and guidance and salute them for their dedication and commitment to their profession.

We also thank Shri Vishal Patel of Maruti Agrotech for sponsoring this event.

We at IRF, not only give financial assistance to Renal Failure patients under 'Save a Life' but also work for their rehabilitation under 'Prerana'.... and keep in touch with all professionals working in this area to give them better life.....



Dr. Ghanshyam Jagani addressing the crowd



Participants

## There are many symptoms that indicate kidney failure which is as following

- Lack of appetite
- Nausea and vomiting
- Tiredness
- Difficulty in sleeping
- Dry and itchy skin
- Night time muscle cramp

Must visit a doctor if all the symptoms are being observed in your body.

## Causes

The Acute form can be caused by infection- in the throat/skin/viral. The other reasons consist of collagen vascular disease like lupus/vasculitis – like, Goodpasture's syndrome, Wegner's disease, polynarcotic nodose and drugs. The chronic form mostly runs in the family, this form often shows up in a young person who might have problems with vision and eye-sight. It also can be caused by the changes in the immune system. Causes can remain unknown in many cases.

## Prevention

Good Hygiene, Practising “Safe Sex”, and avoiding IV drugs are helpful in preventing viral infections such as HIV and hepatitis. If you have the chronic form, the control over blood pressure is most important as it might damage your kidney. Eating less protein will also help. Visiting a renal dietician is also recommended.

## Treatment Available

### Diet:

- Salt and fluid restriction.
- Avoid Fruits, fruit juices, coconut water and dry fruits.
- Protein restriction – Avoid non-vegetarian food, restrict pulses and legumes.

The Acute form might heal by itself.

- Antibiotic for Bacterial infection.
- Diuretics for swelling and puffiness.
- Anti-hypertensive medication for BP control.

In case of progression of disease steroid and other immunosuppressive therapy is the most appropriate treatment. In conclusion, Glomerulonephritis is one of the curable/controllable diseases which can cause chronic kidney diseases. It is one of the diseases that only can be detected by regular health check-up. Regular health check-up may help one detect the disease on earlier stage and necessary steps can be taken.

## Dr. Himanshu Patel Nephrologist and Transplant Physician Zydus Cadila Hospital.

### Advisory Committee

#### Members :

#### Mehsana Chapter

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

## Prevention Through Awareness Programme

'Prevention is the only cure' when we talk about incurable diseases.

Chronic Kidney Disease is also an incurable disease and prevention is the only cure. Once kidneys fail, the patient has to be either on dialysis lifelong or he/she has to undergo kidney transplant.

We, at IRF relentlessly work to raise awareness. More than 500 Prevention Through Awareness Programmes are held every year across the state.

Here is a glimpse of Awareness Programmes held during the quarter.



Bank of Baroda, Zonal office, Ahmedabad



ITI, Mehsana



ITI, Petlad



Primary Health Centre Uvarsad Village



Rotary Club of Morbi



Senior Citizen Club, Ghodasar



Shri D.H. Patel Department of Education, Kadi



Sindhi Samaj, Bhavnagar



Mr. Dharmesh Patel

India Renal Foundation has been providing financial assistance to needy patients under 'Save a Life' programme for haemodialysis treatment and post transplant medication since 2002. Recently organisation also supported a patient for kidney transplant operation.

Mr. Dharmesh Patel, 26, is residing at Visnagar with his family and he is into distribution of mineral water bottles to earn his livelihood. In September 2017, he visited a doctor with a complaint of fatigue, weakness and breathlessness. Unfortunately he was diagnosed with chronic kidney failure and immediately he was on haemodialysis treatment. Hoping to give Mr. Dharmesh a better quality of life, simultaneously his mother was evaluated at to see if she could become her son's living donor. But the cost of transplant operation was unaffordable to the family. They approached IRF for financial assistance.

A generous donor of our foundation sponsored all expenses of his transplant and also committed to sponsor one kidney transplant operation every year. We are indebted to her for this incredible contribution.

"I feel such a sense of relief. It's a relief to be off the dialysis machine. Everything turned out well and I feel very fortunate." said Mr. Dharmesh.

His mother said, "I was able to help my son and take him off the waiting list so someone behind him could move up. Everything went just as smoothly as I could imagine. My son is once again out living life instead of sitting hooked up to a machine. We are grateful to India Renal Foundation for their support and guidance and helping my son get a new lease of life."



Prerana is a rehabilitation programme run by India Renal Foundation since October 2002. The motive is to improve emotional stability and quality of life of kidney patients.



Musical Fiesta, Ahmedabad



Picnic, Mehsana