



## Editorial

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# Oasis

Quarterly Newsletter of India Renal Foundation

Issue 69 : April - June 2019

Dear Friends,

Greetings!

I am very happy to communicate with you through this column about activities of India Renal Foundation (IRF).

At the onset, I would like to share one important development about change in our office address. India Renal Foundation moved its office to B-206, SHAPATH-IV, Opp. Karnavati Club, S.G. Highway from 1st May 2019. We are very thankful to Claris Lifesciences Ltd. for their continued support by way of contributing office rent since inception of IRF.

Kidney Health for Everyone Everywhere- is the theme for the year 2019, given by organizers of World Kidney Day. Our focus this year will be to augment our activities and spread the message around early detection and stress the importance of regular kidney health check.

Our functionaries and volunteers regularly visit the rural area and organize awareness and screening camps for the community. The response is really satisfying. During the quarter more than 130 camps were held which includes quite a few camps held in villages and many new geographical areas were covered. Quite a few camps were held in rural area across the state.

I am very happy to announce that IRF received donation for its third medical van from Vadodara based company, Narayan Powertech Pvt. Ltd. . This van will be utilized for conducting awareness and screening camps in and around Vadodara district.

Regular bi-monthly meetings of 'Prerana', the rehabilitation programme for kidney patients, was held across all chapters.

One of the noteworthy was the one held at Ahmedabad recently. 'Hasta Raho Rasto Tunko Lagshe' (Life is better when you are laughing )- this subject was chosen for our 'Prerana' members undergoing dialysis in Ahmedabad and surrounding area by a motivational speaker, Shri Maheshbhai Sanghvi. He put a smile on their face with his highly inspiring speech. Shri P.K. Laheri, Advisory Board member of Ahmedabad chapter, was also present.

I am happy to share that rehabilitation activities under the programme called 'Prerana' are now also started at Bhuj for all patients residing in Bhuj district. Dr. Harshal Vora, Nephrologist in Bhuj, was invited to educate them about treatment options of Chronic Renal Failure.

On the first death anniversary of our beloved Founder Chairman, Late Shri Chinubhai Shah, IRF took a small initiative of providing a bag with an insulated flask and lunch box, a water bottle with a pill box and a soft ball to all needy patients taking haemodialysis. It is observed that patients traveling to remote places for their dialysis treatment consume packaged food and beverages available in the market. Our objective is to encourage them to carry home-made food along and lead a better life. We thank Shri Maheshbhai Sanghvi and Narayan Powertech Pvt. Ltd. for kindly sponsoring all expenses.

We are in process of building up the tempo of activities in Bhuj and Sabarkantha. The process of forming Advisory committee at Sabarkantha is on and we are fortunate in receiving confirmations from Himmatnagar's leading citizens.

Making a difference in the life of many kidney patients would not have been possible without the support of our corporate and individual donors. Their continued generous support has helped us continue in our mission. We gratefully acknowledge their contribution. The names of all donors have been mentioned elsewhere in this issue.

With best wishes,

**Trilokbhai R. Parikh**  
Chairman

## Awareness and Screening Camps held during the quarter:

Our awareness and screening camps are well organized. It covers all basic information related to kidneys and presented in a very lucid way through a power-point presentation. Through the feedback of participants, we have come to know that awareness camps not only gives knowledge about the disease and its prevention but it has also participants to adopt a healthy lifestyle which in turn has improved their quality of life to a great extent.

During the quarter 136 awareness and screening camps were held.



Screening Camp at Khoda Village



Bayer Crop Science Limited, Himmatnagar



GSRTC Bus Stop, Kadi.



GSRTC Divisional Office, Mehsana



Detection Camp, Bhavnagar

### Advisory Committee Member: 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



ITI, Bhuj



Police Training Centre, Junagadh



Sadvichar Parivar, Uvarsad Village



GSRTC Divisional Workshop, Himmatnagar



Ambuja Cement Foundation, Surat



Screening Camp at Rajpura Village



Exhibition Stall, Junagadh

## What people say ?

On behalf of my team I would like to say thank you for visiting our site and educating us about Kidney, an important organ in human body. Many of my teammates have understood about blood purification & importance of the kidney. We are very much happy to learn about prevention & awareness about Kidney failure.

We are also thinking to conduct same program for those who were not able to attend. India Renal Foundation is doing a fantastic job by serving the society with such awareness programmers.

Once again thank you very much.

**Shri Mahendrabhai Patel**  
**Site Manager, Bayer Crop-science Ltd.**



### Advisory Committee Member: Mehsana Chapter

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

Rehabilitation activities for kidney patients are being done under the programme called 'Prerana' since October 2002 across all chapters. During the quarter many events were held.

'हसता रहो रस्तो टूट्को लागशे' (Life is better when you are laughing)-was the subject chosen by the known motivational speaker, Shri Maheshbhai Sanghvi for our patients. This programme was held in the month of May in Ahmedabad.

In order to encourage these patients to carry healthy home made food along, all needy patients across the state were given a bag with an insulated lunch box and a flask, a water bottle with a pill box so that they can carry their favourite beverages and snacks along from home. These entire kit was sponsored by Shri Maheshbhai Sanghvi and Narayan Powertech Ltd. to all needy patients.

We are very glad to share that similar activities for patients have been also started in Bhuj District. Our first 'Prerana' programme was held in Bhuj on 29th June wherein Dr. Harshal Vora, Nephrologist discussed about treatment options of Chronic Renal Failure.

One programme was held at Surat on 19th May wherein Dr. Kalpesh Gohil, Nephrologist was invited to talk about 'Benefits of Kidney Transplant' and Post-transplant care. He covered all details of the subject in his speech.

A programme of YOGA was held for patients on 30th June, at Vadodara.



Dr. Kalpesh Gohil addressing Prerana Members, Surat



Shri P.K. Laheri and Shri Maheshbhai Sanghavi addressing Prerana Members, Ahmedabad



Dr. Harshal Vora and Shri C.R. Zala addressing Prerana Members, Bhuj



Yoga Programme at Vadodara

'Prerana' programme is like a festival for me, and I am sure, not only for me but for all my brethren who enjoys this bi-monthly programme across the state must have the same feeling.

I enjoy all programmes, be it entertainment, motivation or education. I and my family never like to miss any programmes.

**Shri Mukul Gandhi**  
**Ahmedabad**



Mukulbhai recognizes the importance of motivating people in these tough times and tries to make a difference in their lives. He is undergoing dialysis at Ahmedabad and believes that such programmes should be held quite often.

He along with many other patients appreciates rehabilitation activities being run by India Renal Foundation across the state since October 2002.

## IRF's Dialysis Facilities at Piplodi, Himmatnagar:

We established our first dialysis center at Krishna Sarvjanik Hospital, Piplodi near Himmatnagar in September 2018 with an objective to provide quality dialysis, a life saving treatment for patients with chronic renal failure from nearby villages.

Foundation received generous support from the society to establish this center in a remote place.

This center is a hospital-based unit with 5 haemodialysis machines of Fresenius, 4008s series. All disposables and dialyser are being used single time. Dialysis care at this centre is provided by a team of professionals, including nephrologists, registered nurses, certified haemodialysis technicians and a social worker. It is considered to be one of the best dialysis facilities in North Gujarat region.

When Chronic Kidney Disease (CKD) progresses on to dialysis, diet continues to play a vital role in patients' rehabilitative care. A well-balanced diet is necessary for them to stay fit as their kidneys are no longer functioning at its full capacity. To achieve good dialysis outcome, dialysis patient needs to carefully monitor their diet in order to control the waste products and fluids accumulated between dialysis treatments. They are also given healthy snacks during dialysis.

Our goal is to maintain and improve the overall health and quality of life for patients with end-stage renal disease. To maintain high standards of operation and patient care, we continually monitor patient satisfaction and the quality of our clinical services.

Here is a glimpse of dialysis facility:



Dialysis Centre



Girishbhai accepting kit

My kidneys got injured during an accident that happened at very young age. I was treated with medicines and my kidney function became normal again then. 2 years later, I started vomiting suddenly and was advised to take certain medical tests through which I came to know about Chronic Kidney Failure in 2003.

I received my kidney transplant in 2007 which lasted for almost 7 year.

I have been on haemodialysis since 2014. I have been taking dialysis treatment at the dialysis center run by India Renal Foundation here in Himmatnagar since last 9 months. I am keeping healthy and really feeling better.

**Shri Rakeshbhai Patel**  
**Himmtanager**



### **Advisory Committee Member: Bhavnagar Chapter**

1. Shri. Janardanbhai Bhatt
2. Shri Sunilbhai Vadodaria
3. Dr. Shri Asheshbhai Trivedi
4. Shri Chetan Kamdar
5. Shri Rajubhai Baxi
6. Shri Mehulbhai Patel

## Making Most out of Life....

### Shri Anilbhai Thakkar Ahmedabad

Anilbhai Thakkar works as a freelance accountant. He loves to roam around in a city with his all time buddy, walking stick as a support. The 45-year-old, who was stricken with kidney failure two years ago, is on lifelong dialysis. He is a highly self-motivated person and his passion to live life to the fullest give him the strength and courage to push on in life.

He is single and lives with his brother's family in Maninagar area of Ahmedabad. After completing his education till class 10 in Mahemdavad in Kheda district, he moved to Ahmedabad in the year 1991. Considering financial condition of his family then, he started working along with his studies. After completing his graduation, he worked for 14 years in Ahmedabad.



Shri Anilbhai Thakkar

### **Long-term use of pain-killers led to kidney failure**

Suddenly, one day he started feeling severe back pain. Slowly that pain travelled to his legs and hands also and he was put on medication. The long-term use of pain-killers damaged his kidneys.

In the beginning of 2017, he found that he could not even walk 100m without feeling breathless and tired. His legs were swollen and painful. When he saw the doctor, he was sent to a nephrologist. On admission, he weighed 76kg. After a week, when the excess waste in his body had been drained, his weight fell to 69kg. His body condition prevents him from having a kidney transplant. Hence, he has no choice but to stay on haemodialysis.

Anilbhai participates in IRF's 'PRERANA' programmes regularly. He travels from Maninagar to Sadvichar Pariwar near S.G. Highway by BRTS bus alone with his walking stick and encourages fellow patients by sharing his experiences in coping with his illness and providing a listening ear to them. On Haemodialysis for almost two years, he enjoys his life.

**He said, "No point worrying. Enjoy while you can and try to make the most out of your life."**

**“No matter what,  
just be positive and cheerful,  
and take care of your health....”** Shri Kripalsinh Jadeja, Bhavnagar

A young patient from Bhavnagar was diagnosed with Chronic Renal Failure, just at the age of 17 in the year 2002. He had to make regular visits to the hospital, undergo multiple tests and needles poked into him constantly.

After being diagnosed with High BP at the age of 17, and considering his symptoms he was referred to a Nephrologist. He was diagnosed with End Stage Renal Disease. It was hard being healthy one day and then being sick the next. Eventually, he began receiving haemodialysis. Since then Kripalbai is undergoing dialysis twice a week in Bhavnagar.

As he never wanted to get a kidney transplant done, he followed all instructions and guidance given by his doctor and continued to be on haemodialysis. Today, after a long journey of 16 years of being on haemodialysis, Kripalsinh acknowledges the support and financial assistance given by India Renal Foundation for his treatment.

**He says, " No matter what, just be positive and cheerful, and take care of your health." I believe that early diagnosis of any illness can and will save lives.**



Shri Kripalsinh Jadeja

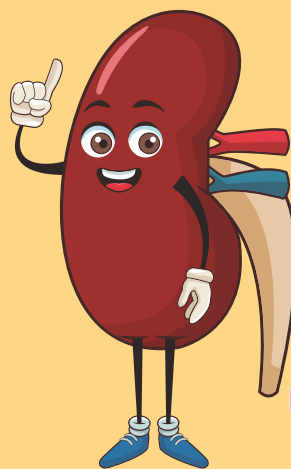
# SOME

FREQUENTLY

ASKED

QUESTIONS

# ABOUT KIDNEYS



## 1. Can Obesity lead to Kidney Failure ?

Obesity leads to diabetes and high blood pressure, among other chronic diseases, both of which are the two leading causes of kidney failure.

Causes include poor diet/food choices, lack of exercise, a family history of being overweight or obese and negative emotions like boredom, sadness, or anger, which may influence eating habits.

## 2. Is Kidney Transplant better than Dialysis ?

A kidney transplant offers best long term survival and quality of life. It is the most optimal solution to kidney failure. The transplanted kidney can substitute almost fully the lost functions of the failed kidneys and it usually begins to function right away, thus allowing the patient to lead a normal life. With a new lease of life, the patient no longer faces day-to-day restrictions due to having to undergo dialysis for the rest of his or her life.

## 3. Are there any tests for early detection of Chronic Kidney Failure ?

Yes, there are tests and procedures for kidney disease diagnosis. The tests include Serum Creatinine which is a key indicator to determine how well the kidneys are functioning and Urine Analysis to find out how much albumin (a type of protein) is in the urine as having too much protein is an early sign of kidney damage. Kidney disease is a progressive disease and there are five Chronic Kidney Disease (CKD) stages. The glomerular filtration rate (GFR) will determine what stage of kidney disease the person is at (see diagram at NKF's website). You may require additional blood tests and screening depending on your condition.

In its early stages, it is usually managed with diet and medication. With this approach, most people can slow or stop the progression of kidney disease and enjoy a normal lifestyle. Those with medical or family history of diabetes, cardio-vascular disease including hypertension, stroke, obesity or kidney disease are at higher risk of kidney failure. Hence, it is important for one to go for regular health screenings and to consult one's general practitioner who will be able to advise on the necessary course of action where needed.

**Dr. Hasit Patel, Nephrologist**

## Donations received during the quarter

### Main Donor

Narayan Powertech Pvt. Ltd., Vadodara Rs. 5,50,000

### Other Donors

Fresenius Medical Care India Pvt. Ltd. Rs. 49,000

M.R. Foundation, Ahmedabad Rs. 25,000

Shri Sunilbhai I. Patel, Ahmedabad Rs. 5,000



### Ahmedabad

Shri Rashmikantbhai Shah, Ahmedabad Rs. 96,000

### Vadodara

Narayan Powertech Pvt. Ltd., Vadodara Rs. 1,20,000

Alpha Foundation Rs. 11,440

Shri Pramodbhai Pancholi Rs. 1,000

### Surat

Geelon Industries Pvt. Ltd., Surat Rs. 15,000

Shri Jigar D. Mehta Rs. 6,000



Shri Maheshbhai C. Sanghvi, Ahmedabad Rs. 20,000

### Donor Membership Programme

Sr.No.	Type of Membership	Donation Amount
1.	Annual Membership	Rs. 250
2.	Five year Membership	Rs. 1,000
3.	Ten year Membership	Rs. 2,500
4.	Life Membership	Rs. 5,000
5.	Gold Membership	Rs. 10,000
6.	Patron Membership	Rs. 25,000

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### 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

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