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Oasis

Quarterly Newsletter of India Renal Foundation

Issue 72 : January - March 2020

Dear Friends,

Greetings!

This 72nd issue of Oasis, witnesses collective efforts of our team, health professionals and unprecedented support of individuals or society to disseminate information about kidney diseases and preventive measures. It mirrors the amount of work carried out by the organization in the first quarter of the year 2020.

India Renal Foundation embarked on the 19th year of its journey, and we are committed to continue pursuing these activities in line with the organization's mission.

During the quarter, before the challenging time due to Covid-19, 183 awareness and screening camps were held for various institutions across the state. We continuously spread our activities to a rural area as a foundation now owns 5 mobile vans with the kind support of generous donors.

Every year 2nd Thursday of March is celebrated as World Kidney Day and the motive is to raise awareness about kidney diseases globally. Kidney Health for Everyone, Everywhere from Prevention to Detection and equitable access to care for everyone...is the theme given for the year 2020. There is an article by a well-known nephrologist, Dr Sonal Dalal in this issue about Kidneys and Chronic Kidney Disease. And also the myths prevailing in the society about the same. We thank her for her contribution.

An article about precautions to be taken by kidney patients during this prevailing situation of COVID-19 is also given by a nephrologist, Dr Hasit Patel.

This year World Kidney Day was celebrated on 12th March and many events were held worldwide which can be viewed on www.worldkidneyday.org. I applaud the initiative of organizers and all the organizations working across the globe for promoting kidney health.

I would like to share one of the noteworthy events that were held during this quarter. IRF organized state-wide free screening camps for BP and Diabetes in association with Sterling Accuris. It was supported by Concord Biotech by way of donating Rs.50000/- for screening and supporting the printing of small booklets of BP and Diabetes for educating participants. We gratefully acknowledge their support.

I would also like to mention the contribution of Rs.1,00,000/- received from Shri RashmikantbhaiShah, (Lions Club of Shahibaug) for carrying out awareness and screening camps especially in educational institutes in the state. We appreciate his continued support for various activities of the foundation.

Dialysis facility installed by the foundation in Himmatnagar is now being regularly utilized by needy kidney patients from Himmatnagar and surrounding area.

I thank all volunteers, well-wishers, and donors for their unabated support through these years. We wish that each passing year we will keep expanding our activities to a new geographical area and our endeavours achieve a new milestone.

With best wishes,

Trilokbhai R. Parikh
Chairman

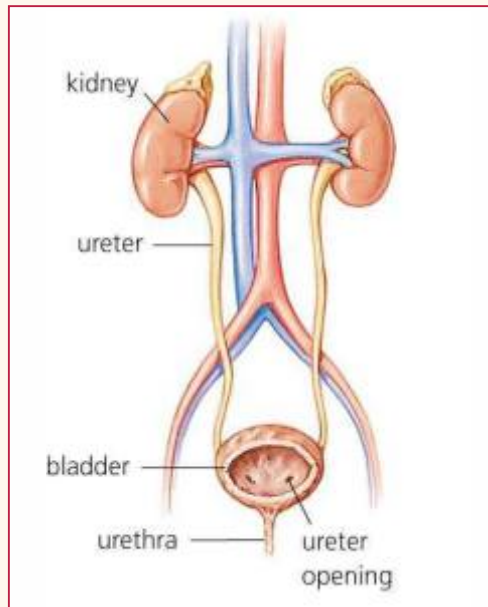
About Kidneys

Let us know a little bit about the amazing function of this delicate organ and the proper care of it ...!



Kidney is one of the most important organs in our body, whose function is equally important. In Gujarati, it has been nicknamed as 'The Natural Filter'. (કુદરતી ગળણી)

Friends, it is very important that awareness about kidney health rises in the society, which is why every year second Thursday of March is celebrated as a World Kidney Day worldwide. So we will talk about some of the key issues related to kidneys and how important it is to keep it healthy.



As we all know, the role of kidneys is important for removal of impurities, nourishing bones with vitamin D, maintaining blood pressure, and balancing body fluids.

One of the most important functions of kidneys is to purify the blood. They filter our blood and removes excess fluid in the form of urine. Urine is excreted through the Ureter, Urinary Bladder and Urethra from the body. We have two kidneys in our body. Kidneys are located in the upper abdominal area, either side of the spinal cord and below the ribs.

The kidneys are a pair of bean-shaped organs and weigh 150 to 170 grams. The urine, which is formed in the kidney, passes through the ureter, which is about 25 cm long, and stored in the urinary bladder. The bladder is a muscle sac, arranged in the front in the lower part of the stomach (in the pelvis), in which the urine accumulates. When approx. 400 ml of urine gets accumulated in the bladder, one feels the urge to urinate.

- Nephron is the smallest kidney unit (filter) that acts to purify the blood and make urine.

- There are about one million nephrons in our kidneys. Every minute about 125 ml fluid is filtered through a filter called the glomerulus. which means about 180 litres of urine is produced in 24 hours. These 180 litres of urine also contain unnecessary excretory substances, salts and toxic chemicals, glucose and other substances. This 180 litres of urine made in glomerulus comes into the tubules, where 99% of the fluid is absorbed as a useful fluid in the body. The tubules of both kidneys are about 100 km in length. The red blood cells, white blood cells, fat, and proteins that the body needs are not excreted in the urine.
- Unwanted substances (toxins) produced in the body are removed in the urine. Maintaining the amount of fluid in the body, excess fluid is released into the urine through the kidneys. The kidney maintains the level of a number of components in our body such as sodium, chloride, potassium, magnesium, phosphorus, bicarbonate and keeping the brain, heart and muscles functioning. The kidney also plays a vital role in maintaining blood pressure-regulating hormone levels and also making an essential element for the production of red blood cells.

When the level of creatinine and other impurities increases in the blood, it is observed that the kidney's function is worsening. The levels of creatinine and other waste products in the blood are higher than normal when kidney function is worsened more than 50%.

Causes affecting the kidneys:

There are currently, a number of known and unknown causes that affect the kidneys. Kidney diseases can be caused by a variety of causes, such as diabetes, blood pressure, inherited diseases, birth defects, over-the-counter pain killer medications, diarrhoea, and infections. In addition, unnecessary drugs, irregular routine, inadequate water intake, stressful lifestyle, excessive junk food, obesity can also damage the kidneys.

Kidney problems do not show any symptoms in the early stage. It is advisable to visit an expert if you find the loss of appetite, swelling on the body or legs, frequent urination at night, decreased haemoglobin, shortness of breath, etc.

Advisory Committee Member:

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8. Shri Mittal Khetani
9. Shri Rajanibhai Patel

Remember, regular health checkups are very useful in preventing kidney problems. Regular health screening should be done after the age of 40-45.

Care of Kidneys

It is important to keep in mind the small factors necessary to prevent the increasing prevalence of kidney disease. Regular health check-ups, controlling diabetes and blood pressure, healthy lifestyle, abstaining from smoking and other addictions, proper treatment of kidney stones, regular exercise, low salt intake, avoiding non-essential medicines and pain-killers. Follow proper and necessary dietary intake and not being overweight. Periodically perform various tests such as urine micro-albumin, urine albumin-creatinine ratio, serum creatinine, serum urea etc. for the kidney's health and its problem.

Why do individuals with one kidney need to care?

- For some reason a person who has one kidney lives a normal life and without any problem.
- A person who has only one kidney should be careful that it should not get damaged. If this sole kidney is damaged, it can have many adverse effects, and over time it can become fatal. Such a person needs a kidney transplant as the last option.
- A person with one kidney should understand all factors affecting damage to the kidney and the risks it causes.

Myths (Misconceptions) and Facts of kidney disease

Myth: All kidney diseases are serious.

Fact: not all kidney diseases are serious. Many kidney diseases can be completely cured after early diagnosis and proper treatment. Proper treatment can prevent further kidney failure.

Myth: Inflammation is seen in all kidney failure patients

Fact: It is possible that some patients who have kidney failure and if the patient is taking regular dialysis, he may not have any swelling.

Myth: My kidney is good after treatment. I don't have to take medication.

Fact: In some kidney failure patients condition may improve due to treatment with medicine. Some patients stop medicines on their own, which can be extremely dangerous. The kidney can quickly deteriorate due to lack of medication and diet control.

Myth: If my Serum Creatinine levels are high in the blood, I do not need to worry and no special treatment is required to maintain good health.

Fact: If the level of Creatinine in the blood is higher than the normal, it may indicate that the kidney function is worsening. It is imperative to see a kidney specialist (nephrologist).

Myth: Once a person starts taking dialysis, it has to be taken lifelong

Fact: In acute kidney injury patients, after a few dialysis, the kidney starts is fully functioning again and no dialysis is needed. In the final stages of chronic kidney disease, regular dialysis needs to be done to maintain good health. An expert doctor can provide the right opinion for this.

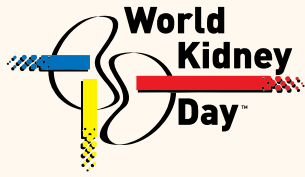
Dr. Sonal Dalal
Nephrologist and Transplant Physician
Sterling Hospital, Ahmedabad



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

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7. Dr. Mukesh Choudhary



World Kidney Day 2020

Kidney Health for Everyone, Everywhere

This year World Kidney Day continues to raise awareness of the increasing burden of kidney diseases worldwide and to strive for kidney health for everyone, everywhere. Specifically, the 2020 campaign highlights the importance of preventive interventions to avert the onset and progression of kidney disease.

What is a preventive intervention?

The term “prevention” refers to activities that are typically categorized by the following three definitions:

- 1) **Primary Prevention** implies intervening before health effects occur in an effort to prevent the onset of kidney disease before the disease process begins
- 2) **Secondary Prevention** suggests preventive measures that lead to early diagnosis and prompt treatment of kidney disease to prevent more severe problems developing and
- 3) **Tertiary Prevention** indicates managing kidney disease after it is well established in order to control disease progression and the emergence of more severe complications.

We at India Renal Foundation hosted several events to mark World Kidney Day and highlight a global awareness campaign dedicated to elevating the importance of overall kidney health. The list of events includes awareness and screening camps, walks, handing out leaflets at crossroads, drawing competition, cycle rally and awareness through social media.

Here is a glimpse of all events

State-wide screening camps, for BP and Diabetes, were held in association with Sterling Accuris Laboratories.

Ahmedabad

Leaflet distribution at Prahladnagar garden and SBR garden in Ahmedabad. An Awareness and Screening Camp at Women ITI, Thaltej, this camp was held on 12th March and more than 150 girls participated.

World Kidney Day
12th March 2020

India Renal Foundation in association with Sterling ACCURIS

Free Screening for BP and Diabetes at all major cities in the Gujarat State

Please visit any center of Sterling Accuris in the State of Gujarat

Day: Thursday, 12th March Time: 8 am to 12 noon

For more information please Contact 079-40027885

www.indiarenalfoundation.org www.sterlingaccuris.com



Screening Camp ITI, Thaltej



Awareness Camp ITI, Thaltej

Advisory Committee Member: Gir-Somnath Chapter

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3. Shri Jagmal Vala
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6. Shri Suresh Kampani
7. Shri Girish Thakker
8. Shri Dr. Raju Krishnani
9. Shri Tejas Pandya
10. Shri Arunkumar Sharma

Kidney Walk at Vadodara

A walk was held at Vadodara from Kirti-Stambh to Gandhinagar Gruh circle, in association with Baroda Institute of Medical Science, (BIMS) and Jan Sikshan Sansthan on 12th March. It was flagged off by Shri Indravadan Patel, Director, Jan Sikshan Sansthan; Shri Govindbhai Patel, Trustee of BIMS and Shri Anilbhai Patel, Director of BIMS.



Kidney Walk at Vadodara

Cycle Rally at Mehsana

Cycle rally and Awareness talk in association with Indian Medical Association, Mehsana branch was held at Mehsana on 12th March. Entire Mehsana city was covered and booklets were distributed to raise awareness about kidney diseases. Dr. Mukesh Chaudhary and Dr. Neel Patel (Nephrologists) and Dr. Rakesh Vyas (Urologist) also participated in the rally with many other eminent doctors and volunteers.



Cycle Rally at Mehsana

Awareness Talk at Mehsana

This talk was held at Kamala Ba Hall in Sarvjanik Education camps in Mehsana in association with Indian Medical Association. Dr. Mukesh Chaudhary and Dr. Neel Patel educated citizens of Mehsana about kidney-related ailments and organ transplantation.



Awareness Talk at Mehsana

Awareness and Screening camp at Bardoli

This camp was held at Swaraj Ashram, Bardoli on 12th March



Awareness and Screening camp at Bardoli



Awareness camp at Jan Shikshan Sansthan, Bharuch

Screening camp at Rajkot

A screening camp was held at Rajkot on 12th March in association with, Kothari Laboratories.



Screening camp at Rajkot



Awareness camp at Rajkot

Awareness and screening camp at Deesa

On 13th March, a talk was held at Deesa in association with Rotary Club of Deesa with the kind support of Dr. Champakbhai Jhalmora. It was followed by a screening camp wherein citizens participated in large number.



Awareness and screening camp at Deesa

Awareness Talk at Surat

This talk was organised in association with B.R.C.M. College of Management, V.T. Choksi Law College, Sarvjanik Law College, B.Ed. College, SPB Gujarati and English medium colleges of commerce. It was indeed very inspiring to witness the participation of students in large number. We thank all faculty members and directors for their kind presence. Dr. Anil Patel, Nephrologist delivered a speech on "Awareness and Prevention of Kidney Disease". He discussed about causes and treatment of kidney-related health problems.

Chairman of Sarvjanik Education Trust, Shri Kamlesh Yagnik (also an advisory board member of IRF- Surat chapter) graced the function as the chief guest. We thank him and Directors of all the eminent colleges for their support.



Leaflet distribution at Surat - Shri Sharadbhai Kapadia and Volunteers



Awareness Talk at Surat

Awareness and Screening camp at Bhavnagar

An Awareness talk was held at an old age home in Bhavnagar on 11th March. A drawing competition was also held at Bhavnagar wherein Dr. Nilav Shah, Nephrologist, was invited to talk about kidney-related problems and their prevention.

A screening camp was also held at the same place on 12th March in association with Red-Cross society. Also, a screening camp for the residents of Karchaliya Para, a small village near Bhavnagar, was held on 12th March.



Awareness and Screening camp at Bhavnagar



Drawing competition at Bhavnagar

Preventive Measures for COVID-19

Corona virus spreads mainly from person to person. Older adults and people with kidney disease or other severe chronic medical conditions seem to be at higher risk for more serious Corona virus illness. Because of this increased risk for kidney patients, it is especially important for you to take actions to reduce your risk of exposure. If a Corona virus outbreak happens in your community, it could last for a long time. Experts recommend following actions to reduce your exposure. These actions can slow the spread and reduce the impact of the disease.

It is important that everyone follow these preventative measures

- **Stay home if you feel sick or have any symptoms such as fever, cough, sore throat, body aches, headache, chills.**

IMPORTANT NOTE: If you are on dialysis, you should NOT miss your treatments. Contact your clinic if you feel sick or have any concerns.

- Avoid others who are sick. Limiting face-to-face contact with others as much as possible.
- Cover coughs and sneezes with a tissue, then throw it in the trash can.
- Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If you don't have soap and water, use hand sanitizer with 60%-95% alcohol.
- Clean very often the things that get touched a lot, like door handles
- Avoid touching your face, especially your nose and mouth.
- Wear a face mask if your healthcare team or someone from the public health office says you should.

What about my dialysis treatments and/or medical appointments?

- If you are a dialysis patient, you should NOT miss your treatments. If you feel sick, be sure to tell a member of your healthcare team. In the unlikely event that your clinic is closed due to an outbreak, your centre will help you get dialysis at another nearby centre.
- Always wear a mask during dialysis session and on the way.

For early stage kidney patients or transplant recipients, contact your healthcare professional or nephrologist with any questions or concerns.

Stay safe,

Dr. Hasit Patel
Nephrologist

Advisory Committee Member: Bhavnagar Chapter

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

Donations received during the quarter:

Main Donors

Novel Acid Spent Management	Rs. 2,50,000
Shri Rashmikantbhai Shah(Lions Club of Shahibaug)	Rs. 1,00,000
Concord Biotech	Rs. 50,000

Other Donors

Shri Gauranghai Bhatt,	Rs. 25,000
Shri Gurjar Manav Seva Trust,	Rs. 15,000
Indian Red Cross Society,	Rs. 5,000
Shri Shakti Singh, Gaziabad	Rs. 3,000



Ahmedabad

Shri Rashmikantbhai Shah	Rs. 96,000
Shri Hemantbhai Shah : Donation of 100 dialysers and tubings	

Vadodara

Narayan Powertech	Rs. 90,000
Smt. Manoramaben Desai	Rs. 250
Smt. Varshben Shah Patel	Rs. 250
Smt. Niravben Joshi	Rs. 100

Surat

Geelon Industries	Rs. 15,000
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Donor Membership Programme

Five Year Membership (Rs. 1000)

Shri Vasantbhai Virchand Bhavsar , Mehsana

Life Membership (Rs. 5000)

Gir-Somnath

Shri Vijaysinh Chavda
Shri Ashwinbhai Barad

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India Renal Foundation

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