



Editorial

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Oasis

Quarterly Newsletter of India Renal Foundation

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Dear Friends,

Greetings!

As the year 2020 ends, draws to a close, I would like to express our sincere gratitude to all well-wishers, donors, and volunteers for their continued support.

This was a year full of challenges for all of us, not to mention it revolutionized our own personal lives by stay-at-home orders and mobility restrictions, but throughout all these hardships our activities continued to grow and extended its impact in the community.

As we work towards our mission, we remain committed to decreasing the incidence of Chronic Kidney Disease, and saving and improving the lives of our citizens affected by kidney disease.

Through our awareness, early detection and support programs, we will continue to ensure every person at risk of, or affected by, kidney disease receives the best possible support to enjoy a good quality of life.

During these unprecedented times many disadvantaged patient families were supported in many different ways. India Renal Foundation gives financial assistance to needy kidney patients under the program called 'Save a Life' and works for their rehabilitation under the program 'Prerana' since 2002.

Some families were involved in the mask-making activity, and that could help them earn their livelihood, and this activity is still on. Similarly decorative diyas were made by quite a few patients and their families during Diwali time and that also helped them.

Many needy patient families were also given financial assistance for their treatments, be it AV fistula surgery or medications for post transplant surgery. Many haemodialysis patients were helped for their routine check-ups, Hepatitis treatment, dialyzers and also medicines. Foundation spent Rs. 14,43,780 during last nine months with your generous support.

Our awareness activities have been started slowly and gradually in rural area and during this quarter 111 camps were held across the state. Our dialysis centre at Himmatnagar is working full-fledged and serving patients from nearby areas.

India Renal Foundation is now a member of International Federation of Kidney Foundations (IFKF) which has its headquarter in Mexico and many foundations working across the globe in the area of kidney related diseases are member of IFKF. It has been established with a vision of better kidney health for all & optimal care for people affected with Kidney Disease.

IRF was fortunate to receive good contributions from the corporate and individual donors during this quarter also which includes donation of ECG machine from Ratnamani metal & tubes limited. This machine will be utilized at our dialysis centre thankfully acknowledge their support once again. We are well poised to make significant strides in the year ahead.

Best wishes,

Trilokbhai R. Parikh
Chairman

Most people are fortunate enough to have two healthy kidneys. Many others lead a normal life with just one. But there are people who are pushing through life with none or have compromised kidney function.

India Renal Foundation has been supporting kidney patients under 'Save a Life' programme. During this quarter many patients were given financial assistance for their treatment.

This financial support was provided in the form of injections such as Erythropoietin, Iron, other routine medicines and also for Hepatitis treatment and blood tests required by dialysis patients on a regular basis. Small surgeries required by dialysis patients such as AV Fistulas or Grafts were also funded.

In the times of the COVID-19 pandemic, many dialysis patients were helped for their dialysis like they were given consumables such as dialysers, bloodlines, transport to dialysis centres, COVID-19 testing and any other assistance that a dialysis patient may require in these troubled times.

Some underprivileged patients with lower socio-economic background were also helped with ration kits during these tough times with the help of generous donors.

Our patient stories...

Mr. Mahendrasinh Solanki



Mr. Mahendrasinh Solanki, 40, a patient of Chronic Kidney Disease and taking haemodialysis in Ramkrishna Paramhans Hospital in Vadodara now.

Unfortunately, Mahendrabhai and his wife both suffer from Polio. A father of two daughters used to work as a courier delivery man before he was diagnosed with Chronic Kidney Disease in 2018.

In November 2020, after thorough investigations he was advised to go for dialysis by his doctor. He was helped with his AV fistula surgery expenses and also being helped for his monthly medicine expenses under 'Save a Life' programme.

He was suffering from Poly Cystic Kidney Disease



Mr. Mahendrasinh with his wife

Advisory Committee Member: Rajkot Chapter

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9. Shri Rajanibhai Patel

A V fistula is an essential part of dialysis. It is created surgically by joining a vein to an artery in the area of the wrist to get desired blood flow for dialysis.

A fistula surgery costs between Rs. 10,000/- to Rs. 30,000/-. Up to December 2020, IRF has sponsored free fistula surgeries for 11 underprivileged patients.

Mr. Kiran Solanki

Mr. Kiran Solanki lives in Vadodara and takes Haemodialysis treatment at Sterling Hospital. He is 32 year old and a father of one daughter. He got infected with Hepatitis C during his dialysis treatment and that led to big turmoil in his life. Due to worsening health condition he lost his job. His wife started working as a domestic help. The monthly family income is around Rs 3,000 .

His dialysis treatment is being taken care of under Mukyamantri Amrutam Yojana but he was in need of financial assistance for his Hepatitis C treatment which can otherwise lead to liver damage.

Narayan Powertech Ltd, a Vadodara based company, has been regularly donating to Save a Life programme of India Renal Foundation for last more than 5 years. We have



been helping Shri Kiranbhai from this fund and he is feeling much better now and able to work. He is extremely thankful to the donor and IRF for supporting his treatment. Hypertension is the primary reason for his kidney failure

Mrs. Chandani Anjaria



Mrs. Chandani was diagnosed with Chronic Kidney Disease in July 2019. She is suffering from both Diabetes and Hypertension. She is currently in the phase of progressive renal failure and being treated with diet control and medicines. Her monthly expense for medicines is approx. Rs. 5000. Her husband is working as a clerk in one hospital in Rajkot.

"What surprises me most though is how so many people are completely unaware of kidneys impact on general health and well-being, on family and social life and on job prospects and so on," She says .

She now believes that prevention of incurable diseases is the only cure and appreciates activities of India Renal Foundation.



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Mr. Rajubhai Nayi

After 'Just Surviving' on Dialysis, Rajubhai Celebrates Life With a New Kidney

Rajubhai Nayi who lives in Vijapur, visited his family doctor with complaints of breathlessness and swelling on ankles and he was diagnosed with Chronic Kidney Disease at the age of 27 in November 2014.

With regular dialysis treatments, he started feeling better and he continued to improve but he was dependent on dialysis three days a week to do the work his kidneys couldn't—filtering waste, salt and fluid from his blood.

It was an experience he describes as exhausting. He managed to keep going, although Rajubhai admits that sometimes he felt like he wasn't living at all. "I was tired of just surviving," he says. IRF was supporting him by providing consumables them.

Fortunately he received a donation of one kidney from his father in April 2015 and his life was transformed but he has to take certain post-transplant medicines life long. He is now working as a sales man in a local cloth shop in his town.

India Renal Foundation has been supporting him for his monthly medicines since January 2017. There are many other kidney transplant patients who are helped their medicines across the state under 'Save a Life.'



We have a stringent screening process to make sure that only those who genuinely need financial support are helped under 'Save a Life' programme. We accept donations from the community who would like to make a difference to kidney patients' lives.

All funds are being used in a transparent manner and all information about the fund spent is shared with donors regularly.

India Renal Foundation
spent Rs. 14, 43,780 for
needy patients under
'Save a Life' programme
in last nine months

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7. Shri Girish Thakker
8. Shri Dr. Raju Krishnani
9. Shri Tejas Pandya
10. Shri Arunkumar Sharma

Prevention Through Awareness Programme

Awareness or Knowledge is a prerequisite for changing behaviour, and is useful for improving outcomes and reducing mortality rates in patients diagnosed with chronic kidney disease (CKD). It also empowers people for the self-management of the diseases like diabetes and hypertension which are primary cause of renal failure.

During these challenging times we have gradually started our awareness camps and majority camps are being held in rural areas with proper physical distances. We are glad that we could hold 111 awareness and detection camps during the last quarter of 2020.



Awareness and Detection Camp at Ambasan Village



Awareness and Detection Camp at Bodla Village Mehsana



Awareness Camp at Kotdasangani, Rajkot



Awareness Camp at Anandpura Village Taluka Kadi



Awareness Camp at Vanpardi Village Becharaji



Awareness Camp at Mitha Agar Bhavanagar



Awareness Camp at Yoga Board, Jamnagar



Detection Camp at Mora Village, Hazira, Surat

Preventing and slowing down the progression of Diabetic Kidney Disease

14th November is celebrated as World Diabetes Day in response to growing concerns about the escalating health threat posed by diabetes.

Diabetes is the leading cause of kidney disease. Over time, diabetes can cause permanent and irreversible damage to the blood vessels in kidneys, which is known as diabetic kidney disease. If diabetic kidney disease is not treated early, the damage can eventually lead to kidney failure.

Symptoms of Diabetic Kidney Disease.

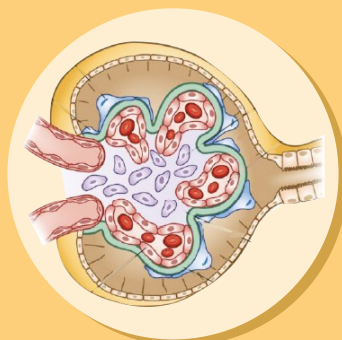
- Worsening blood pressure control

- Protein in the urine

- Swelling of feet, ankles, hands or eyes

- Increased need to urinate

- Reduced need for insulin or diabetes medicine



- Confusion or difficulty concentrating

- Shortness of breath

- Loss of appetite/ Weight loss

- Nausea and vomiting

- Persistent itching

- Lethargy /Fatigue

How can diabetic kidney disease be prevented ?

Diabetic kidney disease does not happen overnight, and having diabetes does not necessarily mean that kidneys will get damaged. If one is aware about diabetes, there are things one can do to prevent diabetic kidney disease:

1. **Control Blood Sugar:** Keeping blood sugar within a Normal range is the best way to prevent diabetic kidney disease. Managing blood sugar means that kidneys will not have to work as hard to remove high levels of sugar from blood, saving them from the blood vessel damage that causes diabetic kidney disease.

2. **Control High Blood Pressure:** High blood pressure is the second leading cause of kidney disease, so having both diabetes and high blood pressure puts one at higher risk. If one is diagnosed with high blood pressure, it is important to check blood pressure at home twice weekly and take blood pressure medicine(s) as prescribed.

3. **Control Cholesterol :** When combined with diabetes, high cholesterol—a waxy, fat-like substance in blood—can make one more likely to get kidney disease, as well as get heart disease or have a stroke.

There are two types of cholesterol—HDL (good cholesterol) and LDL (bad cholesterol). If one has high cholesterol, he/she should a doctor and take proper medicine.

4. **Eat healthy :** Eating healthy foods can help maintain a healthy blood sugar and manage diabetes. One can also try eating smaller, more frequent meals, rather than large breakfasts, lunches and dinners.

5. **Stop using tobacco :** Quit smoking or chewing tobacco to lower chance of getting kidney disease.

6. **Keep physically active :** Staying active and exercising for at least 30 minutes five days per week can help control blood sugar, blood pressure and cholesterol.

Small changes in lifestyle can help like 30 minutes of exercise can include: parking at the far end of the parking lot instead of the spot closest to the door, taking the stairs instead of the elevator in your apartment building and taking a walk after dinner with a family member or friend.

7. **Maintain an ideal weight:** Maintaining an ideal weight can help control your blood sugar and blood pressure, which will lower chances of getting kidney disease. If one is overweight, losing even just a few kilos can make a big difference in health.

How can one keep existing diabetic kidney disease from getting worse?

Since any damage that has already been done to kidneys is irreversible, it is very important that one carefully manages diabetes to keep kidney disease from getting worse. If one already has diabetic kidney disease, above steps to help slow down the progression to kidney failure, as well as:

Consult a doctor: A doctor can work to keep your diabetes under control and stop kidney function from decreasing or slow down the rate at which it is decreasing.

Know about treatments for diabetic kidney disease. While there is no cure for kidney disease, there are new medicines available that can help slow down or stop the progression to kidney failure.

Dr. Hasit Patel
Nephrologist



Ms. Yashvi Sompura



Ms. Khushbu Trivedi



Ms. Urvi Limbachiya

Our little angels who were involved in hand painting of Diyas during Diwali 2020. All young girls are undergoing haemodialysis twice or thrice a week. We, at IRF now contemplating to begin such small activities under the rehabilitation program called 'Prerana'. These activities keep them busy without any physical strain, help them earn and relieves them mentally.

We thank everyone who contributed to this activity and encouraged us

Advisory Committee Member: Bhavnagar Chapter

1. Shri. Janardanbhai Bhatt
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

Meghmani Organics Limited, Ahmedabad	Rs. 5,00,000
Cadila Pharmaceuticals Limited, Ahmedabad	Rs. 2,00,000
Shri Viralbhai J. Banker, Ahmedabad	Rs. 1,00,000
Shilp Gravures Limited, Ahmedabad	Rs. 50,000

Other Donors

Shri Jethalal Acharatlal Parikh and Smt. Vidhyagauri J. Parikh Charitable Trust, Ahmedabad	Rs. 11,000
Nanavaty Public Charitable Trust, Ahmedabad	Rs. 7,500
Subharti Charitable Trust, Ahmedabad	Rs. 5,000
Shri Sunilbhai I. Patel, Ahmedabad	Rs. 3,000



Ahmedabad

Shri Rashmikantbhai J. Shah	Rs. 96,000
Smt. Nirali Parikh	Rs. 3,000
Shri Shakti Singh	Rs. 1,000
Shri Govindbhai Patel	Rs. 2,000

Vadodara

Narayan Power-tech Pvt. Ltd.	Rs. 90,000
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Rajkot

Shri Rajnibhai Patel	Rs. 11,000
Shri Yogeshbhai H. Thakker	Rs. 2,000

“Giving is not just about making a donation,
It is about making a difference”
- Kathy Calvin

All Donations to India Renal Foundation are eligible for 50% tax exemption u/s 80 G of IT act

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iRf
India Renal Foundation

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