Kidney Health for all.
Optimal care for people with kidney disease.

IFKF-WKA Connect
April 2023
Official Newsletter of IFKF-WKA
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**Editorial Board**  
Ms. L Kumaraswami  
Ms. A Onat  
Ms. E Obeng  
Mr. Tashi Namgay  
Dr. SF Lui  
Dr.Kam Kalantar
Dear Members,

It is a great pleasure to write to you all once again.

I hope this message finds you all in good health and high spirits. I take this opportunity to update you on the significant progress and achievements of our association in the past three months.

First and foremost, I would like to express my gratitude to each and every member who has contributed their time, expertise, and dedication to advancing the goals and objectives of our association. Your unwavering support has been a great help.

Over the past three months, we have focused on several key areas, and I am delighted to share some of the notable work done:
Membership Growth: Our association has experienced an increase in membership. Through talking and writing to Foundations, we have got four new members. In this regard we request for support from every Member here to bring in one new member and help us grow.

Professional Development Initiatives: We understand the importance of continuous learning and development for our members. In line with this commitment, we will be organizing numerous workshops, webinars, and training sessions in the months to come. These events will cover a wide range of topics, including the latest trends, emerging technologies, equipping our members with valuable insights and tools to excel in their respective focus areas.
Strengthening Member Services: We have dedicated significant efforts to enhance the services and resources available to our members. Our website is offering a user-friendly interface, an online community platform for members to engage and update their important activities. We invite all our members to post on the IFKF-WKA FB, Insta and Twitter accounts and gain visibility and increase networking opportunities.

These achievements are a testament to the collective efforts of our association’s team effort, committees, volunteers, and, most importantly, our dedicated members. It is through your commitment and passion that we continue to thrive and make a positive impact globally.

Regards,

Latha
In this newsletter we highlight all the magnificent events that took place around the world celebrating the World Kidney Day. More than 1500 events were held around the globe aiming to raise the awareness with kidney disease. The theme this year was Kidney Health for All. “Preparing for the unexpected, supporting the vulnerable!” Disasters and crisis happen every now and then somewhere in the world (pandemics, earthquakes, extreme weather changes), such emergency put patients and the health care systems in a serious challenge. The theme was to highlight the importance of being prepared for such relentless events.
In this regard, together with ISN joint steering committee an editorial was published in the Kidney International discussing the effect of disasters on the kidney patients and addressing a plan on how to be prepared for such situations. Moreover, a podcast was organized few days before the World Kidney Day that was followed by webinar on the day of the World Kidney Day. Besides, there was a dedicated session in the WCN for this topic. We hereby encourage everyone and all foundations and organizations to share with us there in the World Kidney Day 2023, in our coming webinar that will be announced very soon.

Sincerely,

Dina
1. **Executive Committee**: Dr. SF Lui, Dr.Kam Kalantar, Mr. Carlos Castro, Dr.Alessandro Balducci
   Dr. Dina Abdellatif, Ms. Latha A Kumaraswami

2. **Membership Committee**: Dr. SF Lui, Dr.Joel Kopple, Ms.Ayse Onat,Ms.Esther Obeng,Mr.Zaki Morad

3. **Finance & Fundraising Committee**: Dr.SF Lui, Dr.Kam Kalantar, Mr.Carlos Castro,
   Dr.Dina Abdellatif, Ms.Latha A Kumaraswami

4. **Communication & Outreach Committee** : Dr.Kam Kalantar, Ms. Ayse Onat, Ms.Esther Obeng,
   Mr. Tashi Namgay, Dr.SF Lui.

5. **Education, Publication & Program Committee** : Dr.Kam Kalantar, Dr.Joel Kopple,
   Ms.Haris Agnes, Dr. Alessandro Balducci, Dr. Dina Abdellatif, Dr. Harun Ur- Rashid

6. **Website Management Committee**: Dr.SF Lui, Dr.Dina Abdellatif, Ms. Latha A Kumaraswami
Activities of Kidney Foundation Bangladesh  
(January, February, March – 2023)  
Progress in treatment of end stage Renal disease in haemodialysis (HD),  
Chronic Ambulatory Peritoneal Dialysis (CAPD) and Kidney transplant (KT) including  
incidence of Acute Kidney Injury, no. of kidney biopsy for last 3 months.  
In 2023, on 18th January we have successfully organized a 1st ever diseased kidney transplant in cooperation with Bangabandhu Sheikh Mujib Medical University (BSMMU). Donor was a 22 years girl who died during surgery of tuberous sclerosis which she was suffering since her childhood. She died in the ICU of BSMMU and one kidney is transplanted in BSMMU and Other kidney by Kidney foundation. Both the recipient were from Kidney Foundation waiting list. Both of them are well.

<table>
<thead>
<tr>
<th></th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>HD Patients</td>
<td>627</td>
<td>655</td>
<td>680</td>
<td>650-750</td>
</tr>
<tr>
<td>HD Sessions</td>
<td>5892</td>
<td>5534</td>
<td>5990</td>
<td>17416</td>
</tr>
<tr>
<td>CAPD</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Transplant</td>
<td>3</td>
<td>2</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>AVF</td>
<td>176</td>
<td>162</td>
<td>180</td>
<td>518</td>
</tr>
<tr>
<td>Temporary venous catheter</td>
<td>147</td>
<td>153</td>
<td>147</td>
<td>447</td>
</tr>
<tr>
<td>Tunneled catheter</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Renal Biopsy</td>
<td>28</td>
<td>23</td>
<td>25</td>
<td>76</td>
</tr>
<tr>
<td>AKI</td>
<td>55</td>
<td>56</td>
<td>36</td>
<td>147</td>
</tr>
<tr>
<td>Hospital Admission</td>
<td>479</td>
<td>451</td>
<td>467</td>
<td>1397</td>
</tr>
</tbody>
</table>
Total Training Sessions – 20
Per session Participants - 30
Total Participants 20 x30 = 600 Doctors
January: 10 Batch, February: 10 Batch

Continue Medical Education (CME) organized by Kidney Foundation in 2023.

Total Teaching Sessions – 04
January – 03
March – 01
Biopsy Meeting

Monthly virtual biopsy meeting with Royal London Hospital, UK.

World Kidney Day, 2023
Internship on Renal Nutrition

Total number of students

From Daffodil University

From Dhaka University – 01

Training on renal nutrition at
Kidney Foundation

Training Given to Students of Pharmacy at
Kidney Foundation

Number of Students: 10

From Jahangirnagar University
Barbados Kidney Association

Some of our members attended a Church Service at the New Dimension Church on Sunday, May 5, 2023 at 8:30 AM.

Pamela received a kidney from her daughter Dionne

Sadie-Ann received a kidney from her brother Sheldon
Barbados Kidney Association

Mr. Jason Belle from one of our top radio stations interviewed two kidney donors and two recipients on March 11, 2023.
Barbados Kidney Association

We had a wonderful 3 kilometer walk in the beautiful Coverley Villages on March 12, 2023 at 4:30 PM.
Fundanier’s activities January to April 2023

Training on Blood Pressure for units personnel.

Donation of Masks

Strategic Planning

First Transplant of the Year
Seminar on Acute Injury

Symposium on Pediatric Nephrology in Escuintla.

II Trifinio Summit Of Pediatric Transplant
Class of pediatric nephrology to the medical residents of the Pediatric Oncology Unit

First sporting event with hemodialysis patients

International Women’s Day
World Kidney Day Celebrations

Mission for life” construction of rooms for patients on peritoneal dialysis
El Dr. Lou Meda was an invited speaker for the XII Congress on Transplant hosted by the Pediatric Transplant Society in Austin, Texas.

Finances training for the FUNDANIER team.

1st cadaverous transplant of 2023.
Hungarian Kidney Foundation

President Prof. emer. Dr. László Rosivall
March, 2023

MULTIDISCIPLINARY APPROACH OF CHRONIC RENAL DISEASE
SYMPOSIUM, MARCH, 2023
ORGANIZED BY
HUNGARIAN SOCIETY OF NEPHROLOGY AND HUNGARIAN KIDNEY FOUNDATION
SUPPORTED BY ASTELLAS PHARMA

One of ten of all Europeans,
One of five of hypertensive patients
One of three of diabetic patients

Live with chronic kidney disease
Most of them do not even know it!
Suggested by Professor László Rosivall, organized since 2006

In Hungary approximately 1.5 million people live with decreased renal function
**BAD NEWS**
Chronic kidney disease is an expensive condition for the society. Its prevention is both healthcare and economical issue!

**Patient counts & costs in 5% medicare data for CHF, DM, Diagnosed CKD & ESRD**

<table>
<thead>
<tr>
<th>Population</th>
<th>Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes 22.8%</td>
<td>CKD 19.4%</td>
</tr>
<tr>
<td>CHF 12.9%</td>
<td>Diabetes 33.9%</td>
</tr>
<tr>
<td>ESRD 1.2%</td>
<td>CHF 37.2%</td>
</tr>
</tbody>
</table>

Good news: it can be prevented!
AIMS and MISS

- Prevention, education, appropriate lifestyle
- Early diagnosis, regular check-ups
- Treatment, follow-up
- Renal replacement therapy, dialysis, transplantation
- Rehabilitation

Basis of the holistic approach / therapy / follow-up

Individuationized, complex patient care
- Etiology of the disease, its consequences and effects on the patient
- Cooperation
  - At all levels, with everyone, from prevention to rehabilitation
- Education
  - Professionals, patients, relatives, everyone in our environment, at home, in schools, in the society
Aiming health, successful treatment, all sides of a person have to be considered by a holistic approach.

**Holistic treatment**

- Social
  - Family
  - Interpersonal
  - Supportive
  - Cultural
  - Educational

- Biological
  - Genetical
  - Morphological
  - Physiological
  - Immunological
  - Neurological

- Psychological
  - Emotions
  - Values
  - Beliefs
  - Adaptation
  - Thinking
  - Behavior
New approach of the determinants

- Social, e.g.
- Biological, e.g.
- Psychological, e.g.

Internet network

Protein interactions

Psychogalaxy project

Determinants:
- Social, e.g.
- Biological, e.g.
- Psychological, e.g.

Analysis of networks

Scale-free network
Albert László Barabási

Pál Erdős and Alfréd Rényi
Patients’ possibilities, self manage

Live with renal failure
Handbook for patient to prevent and self management

written by
Kerstin Bergström és Per Åke Zillén

Translated by
Kiss Gergely

Edited by
Prof. Dr. Rosivall László

Semmelweis Press, 2012

Hungarian Kidney Foundation ensures free of charge access
(http://vese-alapitvany.hu/hu/betegtajekoztato/)
Our future depends on …

- Fulfilling nephrological activities,
- Decreasing the number of 1.5 million people living with chronic kidney disease in Hungary,
- Spreading completely the pathophysiological and preventive approach,
- Equal, high quality treatment everywhere
- Holistic approach, as introduced by Sándor Korányi, the famous, first Hungarian nephrologist
World Kidney Day in Hungary 2023

Hungarian Society of Nephrology

Hungarian Kidney Foundation

Készüljünk fel a rendkívüli helyzetekre, támogassuk a vese-esendőket!

VESE EGÉSZSÉGET MINDENKINEK

#worldkidneyday #kidneyhealthforall

www.worldkidneyday.org
Press release about the aims of WKD: CKD - Importance of early diagnosis and treatment

Népbetegség, mégis alig beszélünk róla: másfél millió magyar szenved tőle
Ma van a Vese Világnapja – Magyarországon is jelentősen aluldiagnosztizált az idült vesebetegség
Radio interviews about the prevention and early recognition of CKD

In different radio channels nephrologists, also patients living with transplanted kidney or on dialysis spoke about the importance of prevention and early recognition of CKD, and how to live a good quality and happy life with kidney disease.
Distribution of patient education materials
How to keep the kidneys healthy?
Lecture for senior citizens
Healthy kidneys for everyone!
Lecture for pharmacists and family physicians
Educational activities

- Lectures about the kidneys for students
- Drawing and story telling competition about the kidneys for students
Quiz about kidney health

"Mennyire ismeri a veséjét?" A vese világnapja 2023.03.09.

Tisztelt Hölgyem/Uram!


Kitöltésével segítség, hogy segíteni tudjunk!

Köszönjük!

Üdvözlettel:
Társadalmi Nephrológiai Oktatási Bizottság
Initiation of social media campaign about kidney health and prevention of CKD

- Facebook
- Instagram
Ethiopian Kidney Care
Ethiopian kidney care activities from Jan to March

Health education podcast
Ethiopian kidney care gave training for health officers and nurses on kidney health education for the community.
For world kidney day Health education was given in 6 schools, 3 health centers and 1 hospital
The Egyptian Society of Nephrology, in collaboration with NKF Egypt, with the support of the Egyptian Ministry of Health, organized a boat race on the Nile in Cairo to mark World Kidney Day 2023. On 10 March 2023, the rowers, members of the Arab Contractors Rowing Club, wore World Kidney Day t-shirts, while banners in the color of World Kidney Day were placed on the riverbanks to raise awareness about kidney health in Cairo.

Friday being a weekend day in Egypt, the race attracted a large number of participants, and more than 200 spectators attended the activity.
Following the race, participants were invited to attend a lecture aimed at raising awareness and preventing kidney disease in Egypt. The topics discussed were:

- Promoting regular kidney checkups for all patients with diabetes and high blood pressure;
- Encouraging preventive behaviors;
- Raising awareness among health professionals of their key role in detecting and reducing the risk of chronic kidney disease, especially in high-risk groups;
- Emphasizing that transplantation is the best treatment for kidney failure and that organ donation is one of the best initiatives to save lives.

The activity was also covered by the media office of the Ministry of Health, reporters from the main local media channels,
NKF - ESNT, Egypt
World Kidney Day 2023
Kidney Warriors Foundation, India

Kidney Health for All - Preventive Measures
*Screening blue collar workers – talking about risks and early intervention, 4th March 2023*

Bangalore, India

Event planned by Maryann Manasseh
Communications Director
Kidney Health for All - Preventive Measures

Raising awareness about kidney disease - 9th March 2023, KOLKATTA
Kidney Health for All- Preventive Measures

Raising awareness about kidney disease – 9th March 2023, KOLKATTA

Nephrologists talks: Managing dialysis and living with a transplant!
9th March 2023, KOLKATTA

Dr Sunil Kumar,
Consultant Nephrologist

Dr Sougata D Gupta,
Consultant Nephrologist

Dr Subhro Souma Das,
Consultant Nephrologist
Kidney Health for All- Preventive Measures

Managing and Living with CKD – patients honoured for poster competition and participating on stage, 9th March 2023, KOLKATTA

Screening people for BP, Blood sugar and urine, 9th March 2023, KOLKATTA
Kidney Health for All- Preventive Measures

Raising awareness about kidney disease, MUMBAI

Our Team at Narayana Dharmshila Hospital, Noida.
Kidney Health for All- Preventive Measures

Early intervention – by Diabetologists & Ophthalmologists, Cardiologists, Gynecologists and General Physicians – in BANGALORE on 19th March 2023

Event planned and executed by Kidney Warriors Foundation with support from NephroPlus.

Inaugural speeches– by Dr Gurudev, Nephrologist and Mr Randeep, Health Commissioner (IAS Officer) on 19th March 2023

Dr Gurudev, Consultant Nephrologist
Chief Guest Speech – Prevention Needed

Mr Randeep, Health Commissioner, Ministry of Health & Family Affairs
- Concerns over rising CKD
Kidney Health for All - Preventive Measures

Early intervention – by Diabetologists & Ophthalmologists, 19th March 2023

Dr Arvind Canchi, Consultant Nephrologist
Moderated the session with Diabetologists & Ophthalmologists

Early intervention – by Cardiologists, 19th March 2023

Dr Mythri Sankar,
Consultant Nephrologist
Moderated the session with Cardiologists
Kidney Health for All - Preventive Measures

*Early intervention – by Gynecologists, 19th March 2023*

Dr Kristin George,
Consultant Nephrologist
Moderated the session with Gynecologists

*Early intervention by General Physicians – in BANGALORE on 19th March 2023*

Dr Sundar Sankaran,
Consultant Nephrologist
Moderated the session with GPs (Family Doctors)
Kidney Health for All- Preventive Measures
Patient Advocacy- in BANGALORE on 19th March 2023

Ms Maryann Manasseh, Communications Director
Presented KWF work during last 5 years

Ms Vasundhara Raghavan, CEO spoke to Health Commissioner Mr Randeep, "Kidney patients need support!"
Kidney Health for All - Preventive Measures

*Interactive and attentive General Physicians*
- *in BANGALORE on 19th March 2023*
We will continue to work towards “Kidney Health for All”

- Preventive measures with talks and screenings
World Kidney Day 2023 – Italian Kidney Foundation activities

- Screening activities in homeless shelters: 5 events;
- Screening in shopping centers: 4 events;
- Conferences/conventions: 3 events;
- Drugstores: 12 events
- Open doors in Nephrology: 78 events;
- Schools: 18 events;
- Info points: 42 events;
- Lit monuments: 4 events;
- Screening activities in squares: 33 events.
World Kidney Day 2023 – Italian Kidney Foundation activities
World Kidney Day 2023 – Italian Kidney Foundation activities
The first quarter of 2023 was a busy time for Tamilnad Kidney Research Foundation (TANKER Foundation). It added strength to TANKER Foundation’s mite with different types of donations. It was also a time of presenting awards and receiving an award.

Winning ways

TANKER Foundation celebrated its 30th Annual Charity and Awards Nite, January 25, 2023, in Chennai, Tamil Nadu. The award winners were:

The K.V. George Kottukulam Memorial TANKER & Kerala Kidney Research Foundation Young Investigator Award for outstanding research in the field of nephrology in India - Dr. Manish Ramesh Balwani, Nephrologist;

The Renny Abraham TANKER Foundation Love for Service Award for a medical doctor who has gone beyond the call of duty in serving the underprivileged: Dr. Vivek Kute, Nephrologist;

The K. Venkatanarayana TANKER Foundation Awareness Award, given to an individual for creating awareness on any disease, mental, physical and social: Mrs. Manjula Kalyan of Swayamkrushi, NGO;

The La Renon TANKER Foundation For the Sake of Honour Award, given to an individual who has done exemplary work in his or her field: Dr. Gomathy Narasimhan, Liver Transplant Consultant;
The La Renon TANKER Foundation Lifetime Achievement Awards given to two individuals who have done exemplary work in the field of nephrology: Dr. Tonmoy Das, from Guwahati, and Dr. (Prof.) Sandeep Guleria, New Delhi.

World Kidney Day Activities

On March 9, 2023, World Kidney Day, TANKER Foundation Managing-Trustee, Mrs. Latha A. Kumaraswami, Head Admin, Mrs. Vasanthi Ravichander, and enabler, Mrs. Rukmini, were out early in the day to catch beach walkers at Besant Nagar, Chennai. Every dialysis unit of TANKER Foundation distributed leaflets and bookmarks carrying the message ‘Kidney Health for All’ with the tagline: ‘Preparing for the Unexpected, Supporting the Vulnerable!’ They did it inside their dialysis unit for patient attendants, outside on the road, catching office-goers at traffic signals, auto drivers, housewives, senior citizens and youth.

Our Goodwill Ambassador Actor Suriya tweeted on World Kidney Day 2023 with almost 350K views.

The staff members showed their creativity in observing the day: some made charts stressing on the importance of caring for one’s kidneys; some made cutouts of kidney and displayed them; some did designs on the floor to carry out the message; everybody took part in the #showyourkidney challenge – without disrupting patient care.
An achiever

TANKER Foundation Managing–Trustee, Mrs. Latha A. Kumaraswami, was adjudged the winner of the Woman Achiever Award under the Social Entrepreneur (NGO) category, for the prestigious FICCI FLO (FICCI Ladies Organisation) Chennai Award 2022-2023. She received the award from the then Tamil Nadu Finance Minister, Mr. Palanivel Thiaga Rajan, March 7, 2023, in Chennai.

Pat on the back

The Ambattur dialysis unit (Rekha Memorial Renny Abraham Ambattur Rotary TANKER Foundation Dialysis Unit) was selected by the Government of Tamil Nadu for commendation during the 74th Republic Day of India that was celebrated January 26, 2023. The unit received the certificate for exemplary performance under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana.

Walking the talk

Dr. Mehta’s Hospital along with TANKER Foundation and international organisations and childrenkidneycare.com organised a walkathon to mark World Kidney Day, March 12, 2023. TANKER Foundation Managing–Trustee, Mrs. Latha A. Kumaraswami, and Head Admin, Mrs. Vasanthi Ravichander, took part in the walkathon taken out at Besant Nagar beach.
TAPPing into good health

The TANKER Awareness and Prevention Program (TAPP) teams of TANKER Foundation in Chennai and Madurai had a busy schedule and did a number of awareness programmes and conducted screening camps for various groups of people, including college students.

Shining example

Mr. Sajay Kumar, who undergoes dialysis at the Ambattur unit of TANKER Foundation, wrote a moving note February 5, 2023, saying: ‘Twenty years before on this day 5th February 2003, I have started doing dialysis at Tanker Foundation. By the grace of God I am successfully completing 20 years of dialysis at Tanker Foundation. On this occasion i extend my deepest gratitude from my heart to Tanker Foundation, its trustees, staff, patrons and donors of Tanker foundation.’ He was greeted by the TANKER family at the unit for being an ‘inspiration’ to one and all.
Ficci Flo Award for Latha Kumaraswami

RO Plant Donation

Retteri Machine Donation

TANKER Award Winners

14th Dialysis Unit

TANKER Foundation - World Kidney Day Activities 2023
IRF participated with multiple activities for WKD. Kindly check their website for all the good work done! www.indiarenalfoundation.org
The focus of World Kidney Day in Hong Kong was on the unexpected on the individuals

**Search for the 4 invisible**

The unexpected case of high blood glucose, blood pressure, blood lipids or Body Mass Index
World Kidney Day
cum 3rd Hong Kong Kidney Day

Good health
Good kidneys

Organisers: Hong Kong Kidney Foundation
            Hong Kong Society of Nephrology
            Hong Kong Association of Renal Nurses
Partner: Alliance of Renal Patients’ Mutual Help association

Overweight
High BMI

High blood pressure

High blood glucose

High blood lipids

Search for the 4 invisible (unknown case)
Are you one of the invisible case (high blood glucose, blood pressure, lipids and BMI)? Slightly high blood glucose, blood pressure, lipids and BMI is **NOT** a problem is **WRONG**.
2023 Feb 2-14 (over 3 weekends)

Free health check at 5 shopping centres

1661 cases

200 shifts of voluntary work by doctors, nurses, volunteers, medical and nursing students
Sunday 5 March 2022
World Kidney Day @ Hong Kong cum 3rd Hong Kong Kidney Day
10:30 – 12:00
Stanley Plaza

Report on the health-check findings

Drama on “Slightly high level of diabetes, blood pressure, lipids, BMI is NOT ok”

8-golden rules on “Protect your kidneys”

Promote “Be active” (exercise, walking) and Eat smart

Singing by healthcare professionals to promote better health for all (Medical band)
Guests of Honor:
Prof Lo Chung Mau – Secretary for Health, HKSAR
Dr. Tony Ko, Chief Executive, Hospital Authority

Welcome
Dr Lui Siu Fai, Chairman, Hong Kong Kidney Foundation
Dr Chow Kai Ming, Chairman, Hong Kong Society of Nephrology
Ms Maggie Lee, President, Hong Kong Association of Renal Nurses

Dr Ronal Lam, Director, Department of Health
DH’s task force to promote activity:
Dr SF Lui (Chairman) and Dr Lobe Louie (Vice-Chairman)
Promoting 10,000 steps a day
Health check (screening) for 1661 Hong Kong citizens

Age: Average 65 (15-99)
Male 31%, Female 69%

34% has history of high lipids level
33% has history of high blood pressure
11% has history of high blood glucose
<table>
<thead>
<tr>
<th>Condition</th>
<th>Known Cases</th>
<th>Unknown Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Systolic blood pressure ≥140 or diastolic blood pressure ≥90</td>
<td>43% (708)</td>
<td>56% 396 did not know before</td>
</tr>
<tr>
<td>Random blood glucose ≥9 mmol/l</td>
<td>18% (295)</td>
<td>68% 200 did not know before</td>
</tr>
<tr>
<td>Random blood glucose ≥11.1 mmol/l</td>
<td>7% (114)</td>
<td>50% 57 did not know before</td>
</tr>
<tr>
<td>Random blood cholesterol ≥5.2 mmol/l</td>
<td>50% (826)</td>
<td>73% 602 did not know before</td>
</tr>
<tr>
<td>BMI ≥23</td>
<td>54% (930)</td>
<td>36% 335 did not know before</td>
</tr>
</tbody>
</table>

**Of those who are “known” case**

- **57%** Systolic BP ≥140 or Diastolic BP ≥90 (310/546 known case)
- **49%** Random blood glucose ≥9 mmol/l (93/189 known case)
- **30%** Random blood glucose ≥11.1 mmol/l (36/189 known case)
- **40%** Random blood cholesterol ≥5.2 mmol/l (222/560 known case)
- **87%** BMI ≥23 (564/652 known case)
Flash drama

Just slightly high, is not a problem?

1 – The 4 invisbles
2 – Slightly high blood pressure
3 - Slightly high blood glucose
4 - Slightly high blood lipids
5 - Slightly high BMI
6 – Not doing exercise
7 – Frothy urine
8 Golden rules (reduce the risk of kidney disease)

- Dr Leong Che-Hung, GBM, GBS, JP
  President, Hong Kong Kidney Foundation
- Prof Richard Yu,
  Patron, Hong Kong Kidney Foundation
- Prof Sydney Tang,
  President, Asian Pacific Society of Nephrology
- Dr Simon Tang,
  Director (Cluster Service), Hospital Authority
- Dr Lui Sing-Leung,
  Central Renal Committee, Hospital Authority
- Dr Raymond Ho,
  Head, Health Promotion Branch, DH
- Dr Lobo Louie,
  Vice-Chairman, DH’s task force to promote walking
- Ms Hui Lai-Wah,
  Chair-lady, ARPMHA
Promote 「10,000 steps a day」

Department of Health Taskforce to promote activity:
Dr SF Lui (Chairman) and Dr Lobe Louie (Vice-Chairman)
Singing by Prof Sydney Tang

St John Band (Medical doctors)
41 reports in the newspapers and electronic media

Full page articles on 5 newspapers
Radio program

RTHK31 精靈一點 08/03/2023
[香港腎科學會系列]
主題：健康護腎尋四隱患

嘉賓：
雷兆輝醫生
(香港腎臟基金會主席及國際腎臟基金會聯會世界腎臟聯盟前會長）
周啟明醫生
(香港腎科學會主席)

2023.03.15 腎臟功能、結構
鄭玉麟醫生（香港腎科學會前主席）

2023.03.22 腎臟移植
葉逸軒醫生（香港腎科學會義務司庫）

2023.03.29 預防腎衰竭、飲食、生活注意點
黃思豪醫生（香港腎科學會義務秘書）
林美琪護士（香港腎科護士學會副主席）

2023.04.05 多囊腎「泡泡腎」是甚麼？周啟明醫生
(香港腎科學會主席)

https://www.rthk.hk/radio/radio1/programme/healthpedia/episode/870125
150 Large (12-sheet) lightbox posters posting on Rail line from April 28

200 Large (12-sheet) lightbox posters posting on MTR from April 14
Dr SF Lui (Co-Program Director of IFKF-WKA and ISN World Kidney Day Joint Steering Committee) and Mr Bill Wang (ISN Patient Advocacy Group) took part in the International World Kidney Day Webinar