



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

*IFKF-WKA Connect*

*April 2024*

*World Kidney Day 2024*



## Content

### Editorial Board

Ms. L Kumaraswami

Ms. A Onat

Ms. E Obeng

Mr. Tashi Namgay

Dr. SF Lui

# IFKF-WKA Connect April 2024

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## President's Message

# PRESIDENT'S MESSAGE

**Ms Latha A. Kumaraswami**

Managing Trustee, TANKER Foundation, Chennai, India.



Greetings from IFKF-WKA.

World Kidney Day 2024 had a large number of our members across the globe participating in multiple ways. This year the message on Kidney Health was spread to a very large audience and many Governments supported our endeavors. This day was a great success for our Foundation members.

Please remember to inform us and the WKD website about your activities. PIN your activities on the World Kidney Website once you complete the activity. Let the world know about Kidney Health and let us keep the momentum going!

We request each member to bring one new member this year. We are working on webinar's from next month and we request each member to attend and there by encourage the members doing the webinars. We request all of you to pass the word to your patients and their care givers to attend and learn from our expert panelists and doctors.

Looking forward to meeting you all in the forthcoming months!

Warm regards,

Latha Kumaraswami





Committee  
Members &  
Portfolio  
Jan 23 – Dec 24

# COMMITTEE MEMBERS & PORTFOLIOS

- 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
- 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 Kumaraswam





Kidney  
Foundation  
Bangladesh

# Kidney Foundation Bangladesh

## WKD: Looking back-24 and Looking Forward-25

Dr. Harun Ur Rashid PhD, FCPS, FRCP Sr. Professor of Nephrology and  
Founder President of KFB

**WKD was first observed in the year 2006 & the Theme was “Are your kidneys okay?”**

and WKD in 2024 Kidney health for all- Advancing equitable access to care and optimal medication practice.

**WKD was first observed in the year 2006 & the Theme was “Are your kidneys okay?”**

- Screening Population
- To provide Rational Prescription for CKD and ESRD patients
- Controlled use of Antibiotics and other drugs in CKD and ESRD
- Prevention of AKI due to use of inadvertent drugs

# WKD Day



**Awareness program arranged by all organizations-in 24**

WKD was observed by

- organizations
- Private Hospitals
- Public Hospitals & Medical colleges

**KFB observed the day from 8am to 5pm**

- Screening program for disadvantage populations.
- Rikshapoolar
- Driver
- Patients attendants



## Awareness program arranged by all organizations-in 24



## Urine and blood tests for every patients



## Checking BP by Automated Machine



## Screening Population waiting





## Awareness meeting in progress with HCP, Patients group and stakeholders



## An advanced CKD patients discussing his feeling



## A HD- patient talking her inability to continue her Treatment due to financial constrain



## A CAPD patients expresses her satisfaction by doing CAPD





**A transplant patients is full of joy by doing Transplant and feeling his satisfaction**



**Looking forward in 25**

- More and more awareness program for prevention of CKD and ESRD
- Education, Education and education
- Stakeholders, Govt. and HCP involvement needed.

**Staff of KFB in WKD**





# Ethiopian kidney care

Ethiopian kidney care celebrated World kidney day with awareness creation and screening events by partnering with Tesfa dialysis patients association , GIV Ethiopia, Dessie specialized comprehensive hospital , St. Paul hospital.

A free health education and an awareness creation session was undertaken by Ethiopian Kidney Care for about 500 students in two public schools, Hedasse and Black Lion Secondary Schools







Ethiopian  
Kidney Care

Health education was given at Dessie specialized comprehensive hospital







Ethiopian  
Kidney Care

Awareness creation on our social media

page

የኩላሊት ህመም ከሌሎች የጤና ሁኔታዎች ጋር ያለው ግንኙነት ምንድን ነው?

የሰነር ህመም

ከፍተኛ የሰነር ህመም ቁጥጥር በማድረግበት ጊዜ በኩላሊቶች ውስጥ የሚገኙትን ጥቃትን የረዳ ስርዓት ይገኛል። በአብዛኛዎቹ ሁኔታዎች በሰነር ህመም የሚከሰት የኩላሊት ህመም ምንም ምልክቶች አይታዩም። ለመመርመር ብቸኛው መንገድ ምርመራዎችን (ረዳ እና ሽንት) ማድረግ ነው። የዚህ ጥቃት የመጀመሪያ ምልክት ዘንጉን ወሰኑ አልባህረን ማግኘት ነው። ይህ በዘመን ጊዜ ዲፕላኒስ ተብሎ በሚጠራው የሽንት ምርመራ ሊታወቅ ይችላል።

የደም-ግፊት

ከፍተኛ የደም ግፊት በኩላሊቶች ውስጥ ያሉ የደም ሥርዓትን በትኩስ የመሥራት አቅማቸውን ይቀንሳል። በኩላሊቶች ውስጥ ያሉት የደም ስርዓት ከተበላሹ ከሰዓት ውስጥ ቆሻሻያችን እና ተጨማሪ ረባሾችን ማስወገድ ሊያቆሙ ይችላሉ። ዘመን ሥርዓት ውስጥ ተጨማሪ ረባሽ መኖሩ የደም ግፊቱን የሰበሰበ ከዩ ሊገደብ ይችላል። ይህም አደጋ ውደት ያደርገዋል። ግን የኩላሊት ህመም ከፍተኛ የደም ግፊትን ሊያስከትል ይችላል። እና ይህ በሚያገባበት ጊዜ የደም ግፊቱ ከላሊት በፍጥነት እንዲባባስ ያደርጋል።

እርግዝና

ሥር የሰደደ የኩላሊት ህመም የመውለድ እድልን ይቀንሳል። በእርግዝና ጋር የተያያዙ ችግሮች እጣጃረ የኩላሊት ጥቃት (AKI) እና ፕሪክላምፕሪያ (በወሊድ ጊዜ የሚመጣ የደም ግፊት እድገት) ወደ ሥር የሰደደ የኩላሊት ህመም እድገት ሊያመር ይችላሉ። በዚህ ውስጥ ያለ ማንኛውም ሳይነት የኩላሊት ህመም በእርግዝና ላይ አስታዊ ተጽእኖ ስላለው ይከሰቱ እና በግንቡ ጤና ላይ እድገት ሊያስከትሉ ይችላሉ። ድንገተኛ ቅን ማስመረጥ፣ የምትመወደሱ ሲመወዱ የእኩል ተርጉሞች እና ሌሎች ረጅም ጊዜ ወጪ የሚመጡ እነሆች ሊያመጣ ይችላሉ።

ከመጠን ያለፈ ውፍረት

ከመጠን በላይ ውፍረት ለጥና ሞት የ CKD አደጋዎች ሊገጥሙ ነገሮች ናቸው። 2 የሰነር ህመም እና የደም ግፊትን ይጨምራል። ቀጥተኛ መንስኤ ኩላሊቶች ከመጠን በላይ መሥራት ሲኖርባቸው፣ ከመጠን በላይ ማጣራት (hyperfiltration) ተብሎ የሚጠራው ይፈጠራል። ይህ የመደበኛ ተግዘር መጨመር ለረጅም ጊዜ ሲከሰት የመያዝ አድራ ከፍተኛ ነው።

Awareness creation event with a free kidney disease screening session for about 300 employees of the Ethiopian National Alcohol and Liquor Factory.





# Ethiopian Kidney Care







Hungarian  
Kidney  
Foundation

# World Kidney Day in Hungary 2024



**EGÉSZSÉGES VESÉT  
MINDENKINEK !**

**Egészséges vesével** csökkenthető a  
**szív- és érrendszeri betegségek**  
kockázata !

Kísérje figyelemmel laboratóriumi értékeit,  
különösen az **eGFR** és **vizeletvizsgálat**  
eredményeit !



  **#worldkidneyday**  
**#vesevilágnap**  
[www.worldkidneyday.org](http://www.worldkidneyday.org)

A Nemzetközi Vese Világnap az  
   
közös kezdeményezése.

A magyarországi kampány a  **MAGYAR  
NEPHROLOGIAI  
TÁRSASÁG** szervezésében,  
az **AstraZeneca**  támogatásával került megvalósításra.

AstraZeneca Kft. 1117 Budapest, Állás utca 4. E ép. I. em. tel.: +36 1 850 8500; [www.astrazeneca.hu](http://www.astrazeneca.hu)

Hungarian Society of Nephrology  
Hungarian Kidney Foundation



**2024.március 14.**

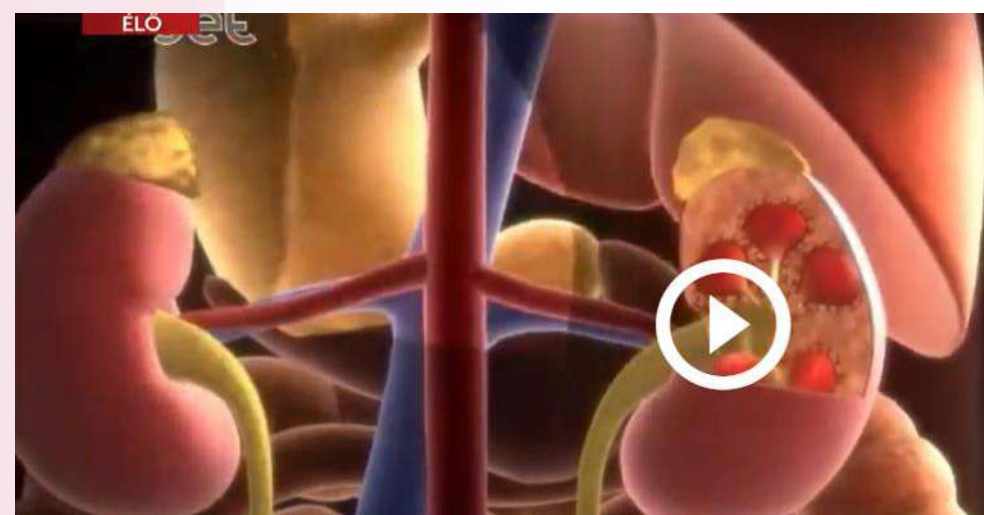


## Radio interviews, podcasts, YouTube videos about the prevention and early recognition of CKD

Leading Hungarian nephrologists spoke about the importance of prevention, early recognition and treatment options of CKD.



Calling attention to healthy lifestyle to prevent CKD







Hungarian  
Kidney  
Foundation

.... and to avoid harmful drugs for kidneys



Lectures and open day of dialysis units  
for CKD patients, their relatives and for  
anyone interested



**I. ÓBUDAI VESE NAP**

**2024.03.09. SZOMBAT**  
**10 - 17 ÓRA**

Ismeretterjesztő nap vesebetegeknek a Vese Világnapja alkalmából és továbbképző délután szakembereknek.

**HELYSZÍN: ÓBUDAI TÁRSASKÖR**  
1036 BUDAPEST, KISKORONA U. 7.

Minden érdeklődőt, vesebetegséggel érintett páciens és családtagját sok szeretettel várunk 10 - 14 óra közötti programunkra, melyen orvosi, dietetikai és pszichológiai témájú előadásokat hallhatnak.  
Ezt követően 14 - 17 óra között szakmai továbbképző előadások lesznek.

A részvétel ingyenes, de előzetes regisztrációhoz kötött.  
Kérjük adja meg nevét, elérhetőségét az alábbi email címen:  
[info@nephrohome.hu](mailto:info@nephrohome.hu)

**Várjuk szeretettel rendezvényünkön!**

Exercising together on World Kidney Day in Debrecen



Exercising together on World Kidney Day  
in Debrecen

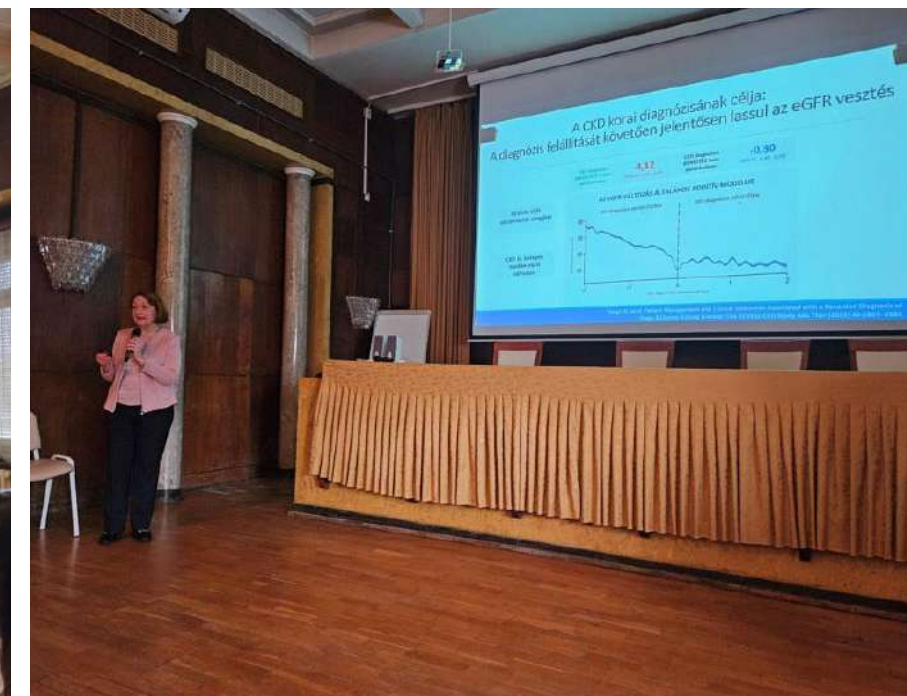




**How to prevent CKD? Lecture for family physicians by diabetologist**



**How to prevent and treat CKD? Lecture for family physicians by nephrologist**



**How to treat CKD patients? Lecture for family physicians by clinical pharmacist**



**Prevention, diagnosis and treatment of CKD Calling attention to CKD for medical students!**



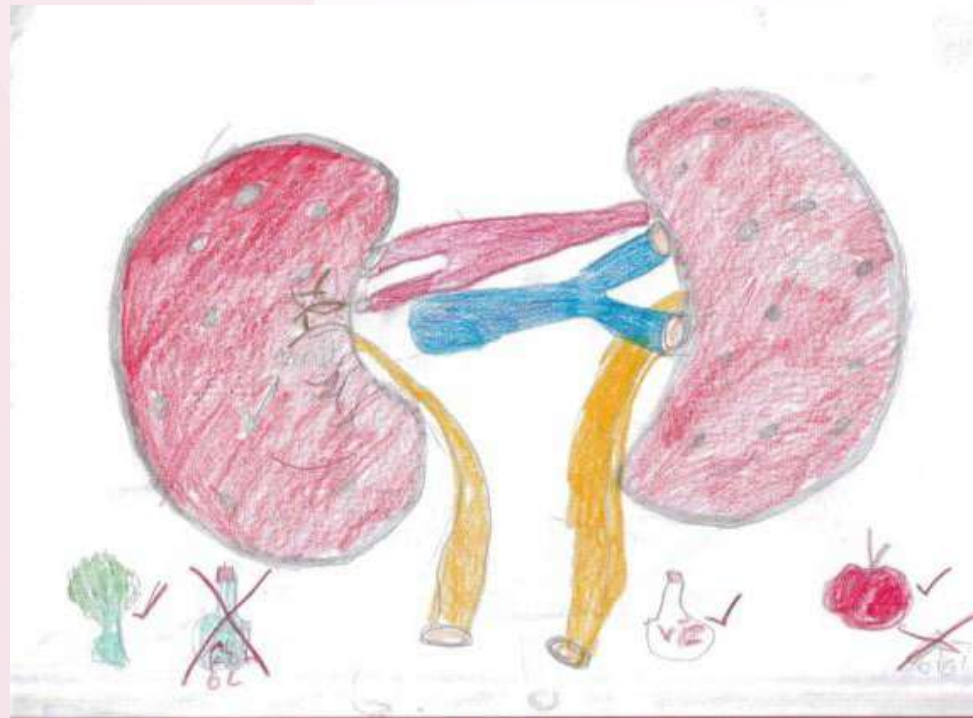
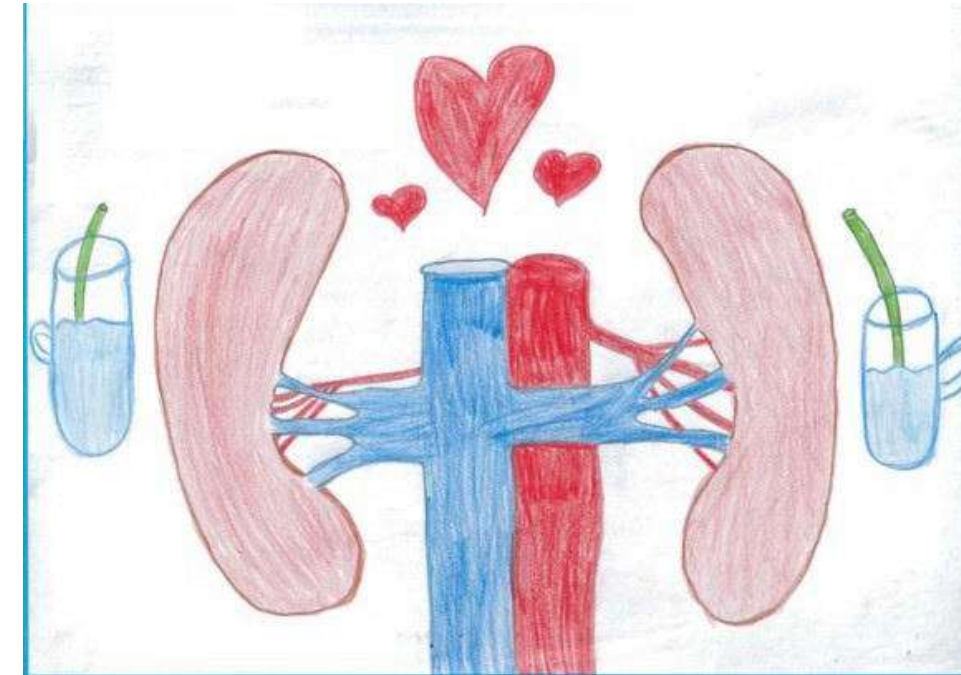
**Pay attention to CKD as a medical student!**



# Drawing competition about the kidneys for students



Hungarian  
Kidney  
Foundation







## Indian Renal Foundation



### *India Renal Foundation*

India Renal Foundation (IRF) is a voluntary not-for-profit health organization working for Prevention, Treatment, Rehabilitation, Education and Research in the area of kidney diseases in Gujarat since January 2002.

Public Awareness Programs are the core activities of the organization, which is currently on going in the villages of Gujarat. Kidney failure is a traumatic and fatal disease; thus, it is our responsibility to educate the society on the importance of having healthy kidneys for a healthy life. We know kidney disease can be easily detected with blood pressure, blood sugar and a kidney test. Timely diagnosis and treatment can prevent the progression of incurable diseases such as Chronic Renal Failure (CRF). Therefore, it is the need of the hour to make society aware of renal problems and its serious emerging complications.

India Renal Foundation has done various activities in the last 3 months of January to march under the main program of the organization. The details of which are as follows:

#### **1. PREVENTION THROUGH AWARENESS PROGRAMME and kidney (Serum Creatinine) diabetes and blood pressure screening camp**

During this quarter (January to march 2024), we organised 131 awareness programs and 85 screening camps across Gujarat, with people being made attentive through these programs in various Taluka and interior villages of Vadodara, Surat, Anand, Narmada, Mehsana, Rajkot, Bhavnagar, Gandhinagar, Himmatnagar and Ahmedabad district. Around 3700 people were given proper advice about diabetes – BP and to prevent kidney diseases.



·A Glimpse of Prevention Through Awareness Programme:



·A Glimpse of BP, SUGAR and Kidney (Serum create.) check-up camp:







## 2. WORLD KIDNEY DAY 2024

International Federation of Kidney Foundation (IFKF) and the International Society of Nephrology (ISN) celebrate the second Thursday of every March as 'World Kidney Day' with the aim of making everyone aware of kidney diseases. It helps in broadcasting the importance of 'Amazing Kidneys' in our overall health and reducing the frequency of kidney disease worldwide.

WKD theme for the year 2024 is – “Kidney Health for All – Advancing Equitable Access to care and optimal medication practice”

Part of the celebration of World Kidney Day on 14th March, 2024. Many events and awareness programmes organized by India Renal foundation in all chapters across the state of Gujarat.

### **Ahmedabad:**

On 14th March 2024, Thursday, on the occasion of 'World Kidney Day' A Kidney Awareness Poster Exhibition, BP-Diabetes and Kidney Checkup` Camp were organized in collaboration with students of J.G International Nursing College at Shree OmKareshwar Mahadev Temple, Jodhpur, Satellite, Ahmedabad. The students made every citizen visiting the temple aware of kidney disease through awareness posters and also checked their blood pressure and diabetes.





## Indian Renal Foundation



As part of the celebration of world kidney day, a public awareness seminar was organized by India Renal Foundation at Government Polytechnic College, Ambawadi, Ahmedabad for all faculty members and students, in which senior urologist of the city, Dr. Himanshu Shah was present as the keynote speaker and gave detailed information about kidney and Kidney Stone. Shri Bharatbhai Modi, Member of the Advisory Committee of the organization was especially present in this seminar.



One more seminar was organized by IRF on Friday, 15th March, 2024, at GMERS Medical College, Sola, to realize the purpose of World Kidney Day 2024 and made the upcoming generation of doctors aware of the latest updates in the field of kidney. In this seminar, the well-known Dr. Siddharth Mavani (nephrologists) was invited as a speaker, who gave detailed information to the medical students on the above topic through power point presentation. It was well attended programme.





## Bhavnagar

On the occasion of World Kidney Day, 2024, India Renal Foundation Bhavnagar and students of Tejashwi School jointly organized a Kidney Awareness Rally. During the rally, all students enthusiastically participated and showed interest by holding posters of the prevention of kidney disease on the main road of the Bhavnagar city.

Secondly, an open drawing competition was organized with the support of Red Cross Society and Tejashwi School. Children enthusiastically participated in this drawing competition. Where all participated made drawings related to kidneys.

Thirdly, a kidney awareness seminar was held at the District Institute of Education & Training Shyamapara village. Active member of Bhavnagar Advisory Committee Mr. Sumitbhai Thakkar and Mr. Maheshbhai Chudasama (member of DIET) was present in this seminar.







## Indian Renal Foundation

### Vadodara

As part of World Kidney Day celebrations, a seminar was organized for the students of Sigma Nursing College on 30 March 2024 in association with India Renal Foundation and Sigma University. Renowned Nephrologist Dr. Harshal Joshi of Vadodara was present as the keynote speaker in this program. He explained in very simple language about kidney and kidney diseases as well as cadaver organ donation. In this program Mrs. Rashmiben, Principal of Nursing College and Head of Social Work Faculty Shri Jagdishbhai Solanki were present. The questions asked by student and staff about kidney disease and kidney stone.



### Mehsana

On 20th march, 2024, a kidney awareness programme was organized by India Renal Foundation Mehsana Chapter at College of Horticulture, Jagudan, on the occasion of World Kidney Day 2024. In this programme renowned Nephrologists Dr. Neel Patel was invited as a keynote speaker who gave detailed information about kidney disease.



One more programme was organized for all faculty members as well as students of the Dantiwada Agricultural University. Which guidance was given by Dr. Jayesh Modi (Urologist) to protect kidneys from disease. In this program diabetes- blood pressure, kidney checkup and other tests were done at concessional rates.





## Indian Renal Foundation



### Rajkot

India Renal Foundation Rajkot chapter was conducted kidney awareness programme at the Government Nursing College. Dr. Danish Savalia (Nephrologists) discussed the prevention of kidney disease.

Secondly, kidney awareness program was conducted at SRPF Police Rajko



### Surat

India Renal Foundation Surat Chapter was arranged a kidney awareness program at Haji A.N Lokhat & Dr. AM Mullan Public Hospital. In this programme Dr. Deepak Tamakuwala (Nephrologist) gave detailed information about kidney and kidney diseases.





### 3. PRERANA :

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

Our care goes beyond dialysis. We strongly believe in comprehensive care through psychosocial and emotional support, which is important for the patients' rehabilitation. This is especially needed when patients are first diagnosed with kidney failure as it is a traumatizing experience. Many are unable to come to terms with their illness, and some lose the will to live.

#### Ahmedabad

An education program was organized at Sadvichar Parivar on Saturday, 30th March 2024, as a part of the 'Prerana' programme. In which Dietician Dr. Charmi Shah gave detailed information about the dietary requirements of kidney patients through a Power Point Presentation and resolved the questions of the Prerana members regarding food intake



#### Vadodara

Vadodara Chapter was organized a Picnic at Ajwa-Nimeta under Prerana programme on Sunday, 3rd March, 2024. A total of 45 patients and their family members greatly enjoyed this picnic with delicious food.







## Indian Renal Foundation

### Mehsana

On 31st March 2024, India Renal Foundation Mehsana chapter organized a musical programme for Prerana members. Ten musical artists entertained all members with their melodious voice. All Prerana members enjoyed this evening.



### Bhavnagar

On 20th January, 2024, India Renal Foundation Bhavnagar distributed cereal kits and blankets to kidney patients under Prerana programme.



## 4. Save a Life Programme :

‘Save a Life’ is India Renal Foundation's endeavor to provide financial assistance to needy patients undergoing dialysis and kidney transplant. This activity was started in July 2002.

During this quarter (January to march) we helped 55 Needy dialysis patients and kidney transplant patients of Rs. 1,93,458 by the way of providing dialysis kits, medicines, and support for the surgery expenses of making A.V. Fistula.





Kidney  
Foundation  
Malawi

# WORLD KIDNEY DAY IN MALAWI 2024

## HEALTH KIDNEYS FOR ALL

### ADVANCING EQUITABLE ACCESS TO CARE AND OPTIMAL MEDICATION PRACTICE

#### EXECUTIVE SUMMARY

World Kidney day is an international day which is commemorated to raise awareness on; the importance of kidneys, kidney disease and challenges that people living with kidney diseases and kidney failure are facing such as; access to appropriate diagnostic services, treatment and care. Since 2009, Kidney Foundation Malawi has collaborated with the Ministry of Health to observe World Kidney Day on the second Thursday of March or later. Over the years, the main event has been held in various districts including Lilongwe, Dedza, Mzuzu, Mangochi, and Blantyre, some of them hosting multiple times. Recognizing the significance of this commemoration, the foundation decided to extend the observance from March 8th to March 14th, 2024, across different areas. This extended period aimed at enhancing the visibility and impact of the activities and the main event. The foundation organized a number of activities including; panel discussions on radio and TV, Radio programs, and mass screening. The main function was held on the 14th March, 2024 in Lilongwe at Likuni boys secondary school ground. The Guest of honor was the deputy Minister of Health Hon. Daudi and other invited guest included, the Mayor of Lilongwe city, the District Commissioner of Lilongwe district, the District Health Officer for Lilongwe, tradition leaders of the area, religious leaders, people living with kidney failure and school children. During the same function the ministry of Health launched the National Renal Protocols .and some authorities gave their speeches.





Kidney  
Foundation  
Malawi

The following were partners for the 2024 World Kidney Day

1. Ministry Of Health
2. Blantyre Adventist Hospital
3. Kamuzu Central Hospital
4. Partners in Health
5. Christian Health Serces
6. Malawi NCD Alliance
7. Moyowathu Health Services
8. Malawi Red Cross Society
9. Bliss Pharmacy
10. Mr and Mrs Gondwe
11. Kidney foundation malawi

### **ACKNOWLEDGEMENT**

The foundation extends its appreciation to those who tirelessly dedicated their efforts to ensure the success of World Kidney Day 2024. Special thanks go to:

- The Ministry of Health, particularly the NCD unit, for their invaluable support and collaboration.
- Partners in Health, Kamuzu Central Hospital, Malawi Broadcasting Station, Times TV, and Mulimi Radio for their instrumental roles in organizing and promoting the event.

We are immensely grateful to the organizing committee, whose unwavering dedication facilitated the seamless execution of the main function. Our sincere thanks to:

- |                    |                       |
|--------------------|-----------------------|
| • Hastings Chiumia | • Jean Banda          |
| • Evelyn Chibwe    | • Nervas Chirwa       |
| • Noel Kasomekela  | • Wisdom Nyirenda     |
| • Emily Matola     | • Franci Liyati Phiri |
| • Patrick Mkunika  | • Samuel Kumwanje     |
| • Misheck Chipyoza |                       |
| • Ester Nyanja     |                       |
| • Kumpasa          |                       |





Kidney  
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Malawi

We also extend our gratitude to our Deputy Minister, Honorable Halima Daudi MP, whose presence as the guest of honor at the main function in Likuni on March 14, 2024, added great significance to the occasion. Her attendance marks a milestone as the first Minister to grace the World Kidney Day event since its inception in 2009.

A special mention goes to the acting secretariat for their diligent efforts in compiling the post-event report for World Kidney Day 2024. Under the leadership of Samuel Kumwanje, Thom Kasimbi, and Misheck Chipyoza, and with the assistance of capturing memorable moments through photography, their contributions have been invaluable in documenting and commemorating this important event.

### **TOGETHER WE CAN CONTROL THE RISK FACTORS OF KIDNEY DISEASES IN MALWI**

**The deputy minister launching the National Renal protocols during the WKD-2024 in Likuni**



***As a foundation we feel World Kidney Day is a very good platform to increase the awareness of kidney disease, available treatment, and challenges which people living with kidney disease are facing. As a foundation we need to amplify the importance of our beloved kidneys, how we can care our kidneys for them to care us***

### **RISK FACTORS OF KIDNEY DISEASE**

Kidney failure, classified as one of the Non- Communicable Diseases (NCDs) in Malawi, presents a growing concern due to its increasing prevalence.

Addressing the following risk factors is important to mitigate the rise in kidney failure cases, thereby alleviating the financial burden on both patients and the government:



- Inadequate management of co-existing conditions such as diabetes and hypertension.
- Excessive alcohol consumption and the use of un prescribed medications.
- Prolonged periods of retain ingurine

On the 13th of March, 2024, the Ministry organised the panel discussion where by Samuel Kumwanje represented both Kidney Foundation Malawi and People living with Kidney failure and Dr Jonathan Chiwanda, Deputy Director of NCD Directory at MoH, conducted the discussion for one hour at the public radio and TV, Malawi Broadcasting Station.

## SYMPTOMS AND SIGNS OF KIDNEY FAILURE

Diagnosing kidney failure can be challenging due to overlapping symptoms with other illnesses like malaria and anemia. However, drawing from lived experiences, the following indicators can aid in identifying kidney failure:

- I. Morning swelling, particularly in the face and legs.
- II. Loss of appetite.
- III. Generalized body pain and weakness.
- IV. Elevated levels of electrolytes such as potassium, urea, phosphorus, creatinine, and sodium.
- V. Dry skin resulting from salt excretion through the skin.

The foundation organized a program on Times TV to increase the publicity of WKD, Sister Virginia Zirikudondo and Sister Emily Matola from Kamuzu Central Hospital articulated the sign and symptoms of kidney failure and available treatments in Malawi. The two gave the awareness on kidney failure which included symptom, signs, causes, treatment and challenges which people living with CKD are facing.

**Sister Virginia and Emily at Times TV –WKD 2024**







**The Deputy Minister of Health Hon. Halima Daudi making a speech during the main function on the 14th March, 2024**



**A cross section of the participants of Malawi WKD 2024 at Likuni, in the picture Dr. Chunda and Dr. Chiwanda**



**The National Renal Protocol book which was launching by the deputy minister during the WKD**



**Cross section of the launching, in elephant Jacket, Deputy Minister of Health, Hon. Halima Daudi, In grey Jacket Dr Chiinga, from Lilongwe DHO and Dr Mercy Mkandawire in flowery blouse the Nephrologist at KCH and in red Madam Khomba**





**The Deputy Minister appreciating what Kamuzucentral Hospital is doing by offering the dialysis services to the general public free of charge. Sister Emily in red**



**Across section of the participants of WKD in Malawi**

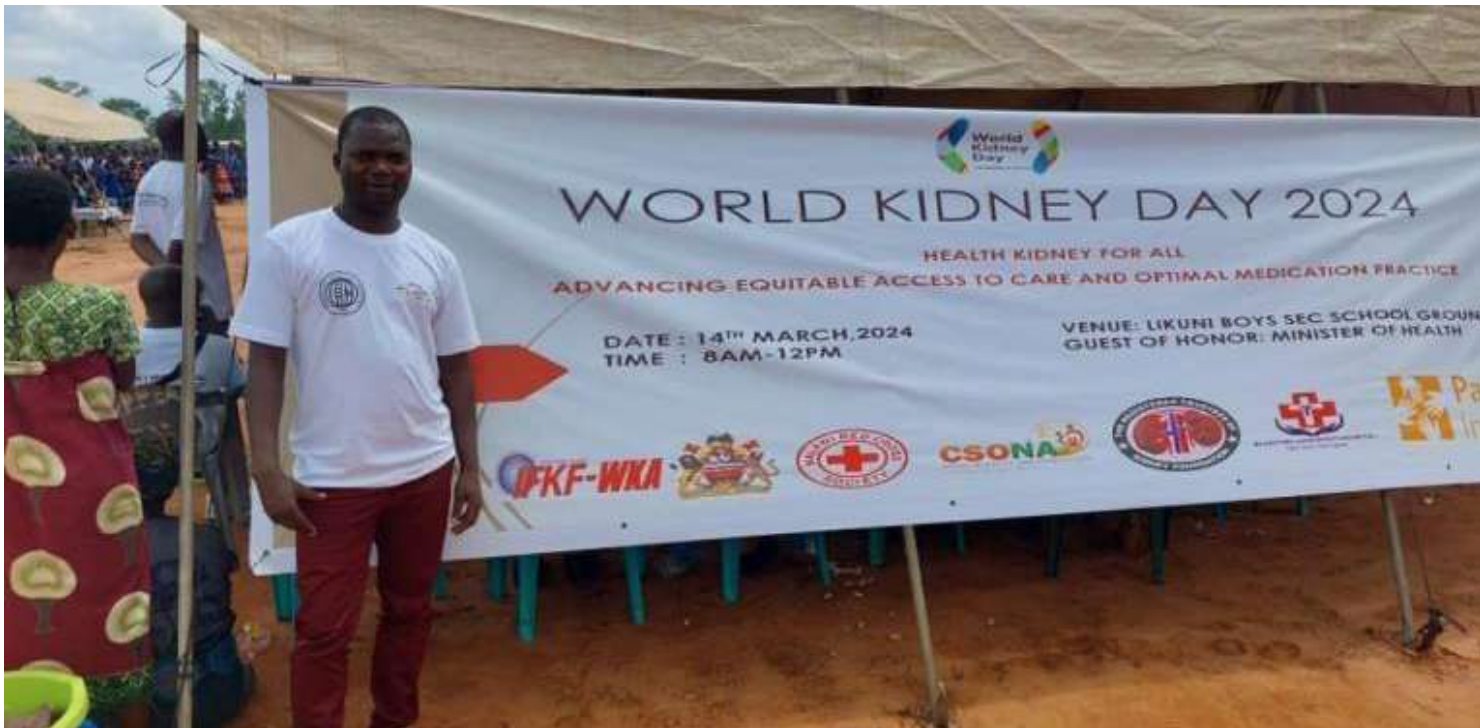


**The main function was very entertaining because of the various performance including this dancing group of Ken one of the person living with kidney failure – Meaningful involvement**



**The deputy minister joined the KCH dancing group**





Gule wamkulu was used as a public puller during the world kidney day in Malawi



## Patients' desperate pleas for dialysis

**FRIDAY SHAKER**

FROM PAGE 3

due to neglect and lack of investment. Each and every year, the government has not been able to reach the Abuja health declaration, which guides that 15 percent of the national budget should be channelled to health.

As a result, most hospitals have not been able to access essential drugs, let alone medical machines. Samuel Kamwanje, founder of the Kidney Foundation says it is surprising that the government is failing to install dialysis machines in Mzuzu and other hospitals when "the situation is dire for patients".

**'Death on waiting list'**  
He bemoans how patients are suffering and dying on the waiting list, pointing out that for one to access dialysis, it means



**MWALE—I miss having a normal life**

another patient has to die. Kamwanje adds that the foundation is aware of the supply chain for the machines, which can be utilised to address acute shortages and says some suppliers provide the machines for free. "We have a company where they procure the machines; they give the government the machine

for free and government is only required to buy medical supplies from the company for five years," he explains.

In 2022, during the Karonga-Chitipa Cultural Festival, President Lazarus Chakwera directed the Ministry of Health to establish a dialysis centre in northern Malawi.

Two years later, the Northern Region, home to 2.2 million, is yet to have a single facility.

But Deputy Minister of Health Halima Daudi says the government has procured a machine for Mzuzu Central Hospital. She says what is remaining is for the equipment "to be installed".

**More waiting**  
The installation of a dialysis machine in Mzuzu could be good news for many patients in Malawi's third-largest city, including Angela Watson. Just like Mwale, Watson, 52, migrated from her home village in 2015 to

settle in Lilongwe to live close to a dialysis machine at KCH.

She visited the hospital several times but she could not be helped for her kidney problems for years because the hospital she was attending did not have proper equipment.

Once a farmer, she left behind the only life she knew and her family including her then five-year-old daughter. The girl is fourteen now.

Watson cannot easily go back home. Dialysis is to life and she has to be close to where a machine is.

"I had a normal life, but at 30, I noticed a change in my body. I was no longer having my monthly period but I was not in any pain," she recalls. Watson started dialysis in 2015. She has heard about the planned installation of machines at Mzuzu Central Hospital, which would be more convenient for her. She prays this will come to pass in her lifetime.

The foundation made sure to use all media platform to reach the general public and increase the awareness of kidney failure in Malawi.

CHIPYOZA AND KUMPASA  
MEMBERS OF KFM





## Kidney Foundation Malawi



**Mayamiko Khomba amplifying the awareness of Kidney failure to the general Public – she actually stress on the life style of the general public**



**Kamuzu Cental Hospital dialysis nurses; Charity, Atupele, Virginia and Victoria**



**It was a moment to remember. Virginia and Charity our dialysis nurses**



**During WKD the general public were given the opportunity to check the blood pressure. In picture Henry from Moyowathu Health Services checking the BP**





Kidney  
Foundation  
Malawi

## CONCLUSION

The 2024 World Kidney Day was success, leaving a lasting impact by providing key information on kidney disease to the general public, encouraging them to seek medical attention upon experiencing symptoms or signs of kidney disease. The foundation remains deeply committed to serving the community and striving to reduce and delay the cases of chronic kidney disease in Malawi. Your continued support is invaluable, and we invite you to stand with us in supporting the foundation's mission

## CONTACT

0999224 763/0888 123 200/0888918 073

[Kidneyfoundation196@gmail.com](mailto:Kidneyfoundation196@gmail.com)





Tamilnad  
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Research  
Foundation

# Tamilnad Kidney Research Foundation

Since January falls in the first quarter of a year when the Annual Charity and Awards Nite of TANKER Foundation is celebrated, it is a hectic quarter with staff rushed off their feet tying loose ends. There were also other activities that kept everyone busy.

## **Dr. Georgi Abraham's book released**

It was in January that the Tamil Nadu State Health Minister, Mr. Ma. Subramanian, released the book 'Cardiovascular and Kidney Disease within the Geriatric Population in Developing Countries', written and edited by TANKER Foundation Founder Trustee, Dr Georgi Abraham, who is senior consultant, Department of Nephrology, MGM Healthcare. The book has Prof. Dr. Narayan Prasad and Prof. Dr. Santosh Varugheese as co-authors and co-editors.

Speaking after the launch, Dr Georgi Abraham said the geriatric population has many problems and the book deals with the investigations for these diseases and their treatment. The book has 19 chapters and addresses cancer, stroke, kidney disease, urology problems and palliative care, he pointed out. It would be a useful textbook for senior and junior doctors.

Minister Subramanian said the book has been documented by the doctors after research. It would be useful for patients who suffer from non-communicable diseases, he said.

## **Spectacular achievement**

TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, was presented the Community Star Award by Saveetha Institute of Medical And Technical Sciences (SIMATS).

The award was presented as part of the SIMATS Women Icon Awards presentation ceremony during SIMATS International Women's Day celebrations, March 8, 2024.





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The certificate reads that Mrs. Latha Kumaraswami is being presented the Community Star Award in recognition of her 'spectacular achievement and contribution to the development of society'. SIMATS is a Deemed to be University functioning from Thandalam, Chennai, Tamil Nadu.

## **Celebrating an icon**

Head of TANKER Awareness and Prevention Program (TAPP) of TANKER Foundation, Mrs. Rajalakshmi Ravi, was selected for the Jeppiaar Icon 2024 Award for her stewardship of the awareness programme. Mrs. Rajalakshmi Ravi was among the 11 awardees at the function and she was introduced to the audience as an Angel without Wings.

Speaking on the occasion while graciously accepting the award, which was a memento and a shawl, Mrs. Rajalakshmi Ravi explained that there are generous donations for adding dialysis machines to the various units of TANKER Foundation. But it "pains" that there is need for so many people to undergo dialysis. So, said Mrs. Rajalakshmi Ravi, after she became an Advisory Member of TANKER Foundation in 2001, she initiated an awareness programme as a preventive measure for controlling kidney diseases, in 2005.

The TANKER family salutes the pioneering work of Mrs. Rajalakshmi Ravi in spreading awareness among the public about a disease that cannot be cured, and for her stewardship in conducting screening camps in various parts of Tamil Nadu.

## **Activities galore on WKD**

TANKER Foundation made not just a lot of noise during World Kidney Day but also forcefully sent the message home to the general public about the need to look after one's kidneys. The 19th World Kidney Day was observed March 14 with call to action being 'Kidney Health for All' – 'Advancing equitable access to care and optimal medication practice'.





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A whole load of activities was planned for the day: The WKD observance began on March 10 and reached its peak on March 14. There were roadshows with an interactive street play on the need to look after kidneys; a walkathon inaugurated by cinema stars was organised near a prominent Chennai beach; staff of all 14 dialysis units of TANKER Foundation jumped into action, made videos, working model of kidney, charts detailing healthy habits for kidney health; they struck out of their units and distributed leaflets, bookmarks, caps and brochures on kidney disease among the public; awareness and screening camps were conducted; WKD messages and posters were sent to corporates; and there was activity at Chennai airport where standees were set up listing info about kidney health and leaflets distributed to airline crew and passengers.

All these activities also drew a lot of media attention, which led to widen dissemination of the message of World Kidney Day.

## **MoU strengthens TANKER hands**

February 22 turned out to be a red-letter day for TANKER Foundation. TANKER Foundation's supporters, Dr. D.Y. Gokul, and Dr.C. Saravanane, from Shri Sathya Sai Medical College & Research Institute offered to do free fistula surgery for TANKER Foundation patients. An MoU to the effect was signed between Shri Sathya Sai Medical College & Research Institute and TANKER Foundation. TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, signed the MoU with the institute's representatives.

## **Panelist at international conference**

TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, was on the panel to discuss the topic, 'Investing in Health and Health Research – Whose Responsibility?', conducted as part of the three-day Kalaignar Centenary International Medical Conference on Future of Medicine, conducted by the Department of Health & Family Welfare under the aegis of the Government of Tamil Nadu and The Tamil Nadu Dr.M.G.R. Medical University, Chennai.

Considering Mrs. Latha Kumaraswami's rich experience in running the NGO TANKER Foundation for 30 years, the topic she was invited to speak on was 'Scope of NGOs in Health Care and Health Research'. The moderator for the session was Dr. Soumya Swaminathan, former Chief Scientist of World Health Organization and currently the Chairperson of M.S. Swaminathan Research Foundation, Chennai.





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## Honouring with awards

TANKER Foundation celebrated its 31st Annual Charity and Awards Nite January 25, 2024, in Chennai.

The programme began with The Mr. Venkatesan & Mrs. Malathi Venkatesan TANKER Foundation Memorial Lecture, delivered by Ms. Shanthi Rajmohan, a brave warrior and a person who is on CAPD for 20+ years.

TANKER Foundation Founder Trustee, Dr. Georgi Abraham, was grateful to the sponsors for supporting the awards for research in nephrology and dedicated service of doctors. The Awards Nite was a function to recognise research in nephrology and service to the public, he said.

The K.V. George Kottukulam Memorial TANKER & Kerala Kidney Research Foundation Young Investigator Award for outstanding research done in the field of nephrology in India was awarded to Dr. Pallav Gupta, for his research into 'Clinico pathologic spectrum and outcomes of infections diagnosed on graft biopsies and nephrectomy in live renal allograft recipients: An institutional experience'.

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 was awarded to Dr. Kamalakannan R, a GP who does selfless service for the needy.

The K. Venkatanarayana TANKER Foundation Awareness Award, given to an individual for creating awareness of any disease, mental, physical and social, was awarded to Mr. Amandeep Singh Kandhari.

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 was awarded to Ms. Shanthi Rajmohan, a brave warrior and a person who is on CAPD for 20+ years.

The La Renon TANKER Foundation Lifetime Achievement Awards given to two individuals who have done exemplary work in the field of nephrology were awarded to Dr. Sanjeev Gulati, New Delhi, and Dr. Sharad Madanlal Sheth, Mumbai, who have served tirelessly in the field of kidney disease.

The Ashok Sankaralingam TANKER Foundation Patient Endowment – One year dialysis support, was given to four underprivileged patients with kidney failure – Rs. 2 lakh.

Honouring of Enablers – Master Jitspeed, the young author of the book 'Legend of Icarus – Flight of Destiny – Unveiling the Mythical Odyssey', has donated the sale proceeds of his book to help kidney patients.





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## Boundless generosity

Mr. Anandan, Executive Chairman, Aptus Value Housing Finance India Ltd., donated a car to TANKER Foundation. Aptus has been donating unstintingly to TANKER Foundation over a few years now: TANKER has received generous donations in the form of CCTVs connecting all the dialysis units, frontloading washing machines for all 14 dialysis units, medication for all the patients, a dialysis machine, laptops and desktops.

## Welcome additions

1. Four new dialysis machines, costing Rs. 28,60,000, were donated by Sun TV Network Ltd and inaugurated by Mrs. Kavery Kalanithi, Executive Director, Sun TV Network Ltd, at The Rekha Memorial Renny Abraham Ambattur Rotary TANKER Dialysis Unit at Ambattur, February 20, 2024. TANKER Foundation Founder Director, Dr. Georgi Abraham, welcomed Mrs. Kavery Kalanithi, and said TANKER was grateful for all the support given by Sun TV Network over the years.
2. Adding to the donor list of The Rekha Memorial Renny Abraham Ambattur Rotary TANKER dialysis unit is Kotak Mahindra Life Insurance Company Ltd, which has donated one dialysis machine and 3 defibrillators. The machine was inaugurated, February 17, 2024, by Mr. Clement Williams, Senior Vice President – FIG, and Mr. Pawan Soni, Chief Manager – CSR. TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, said every donation was precious and conveyed TANKER's grateful thanks to Kotak Mahindra Life Insurance Company Ltd, the CMCHIS, Greater Chennai Corporation, Ambattur Rotary Club and Hospital and other valuable donors for their regular support.

## Benevolent couple

It was a happy day at the TANKER Foundation office with benevolent couple donors, Mr. K. Ragothaman and Mrs. Usha Ragothaman, on January 30, 2024, making a generous donation of Rs. 7 lakh to make it that much easier for TANKER Foundation to render its services.

## Little one with big heart

When the history of TANKER Foundation is written, one of the sweetest things that would be written about is the donation by Master Jitspeed, son of TANKER Foundation Advisory Member, Mrs. Vidhya Arumugam.





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The little one, already a published author of the book, 'Legend of Icarus – Flight of Destiny – Unveiling the Mythical Odyssey', is given to donating the proceeds of the sale of the book to TANKER Foundation. He did this in 2023 and repeated it in 2024.

On March 18, 2024, Jitspeed walked into the office with a generous donation which was gratefully received by TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, and Head Admin, Mrs. Vasanthi Ravichander.

According to Mrs. Vasanthi Ravichander, Jitspeed has already sold 200 copies of the book. He has also donated 25 copies of the book to TANKER Foundation, she adds.

## **Patient turns donor**

TANKER Foundation Founder Trustee, Dr Georgi Abraham, and Managing Trustee, Mrs. Latha A. Kumaraswami, do not tire of saying that every drop in the form of donation helps to serve TANKER patients well. And if the donation is from a patient herself, it needs to be celebrated. One of the Chennai unit patients, Ms. Sheeba Joseph, donated nine boxes of 1" Micropore (3M) – 108 numbers – March 27, 2024. The donation was accepted gratefully by unit Senior Manager, Mr. Giridharan.

## **Become aware**

The TANKER Awareness and Prevention Program (TAPP) team of TANKER Foundation is doing yeoman service in spreading the word about the need to look after one's kidneys, and by also conducting screening camps for early detection of kidney disease.

A brainchild of TAPP Head, Mrs. Rajalakshmi Ravi, the TAPP team has been reaching out to schools, colleges and other educational institutions in Chennai, Madurai and other places.

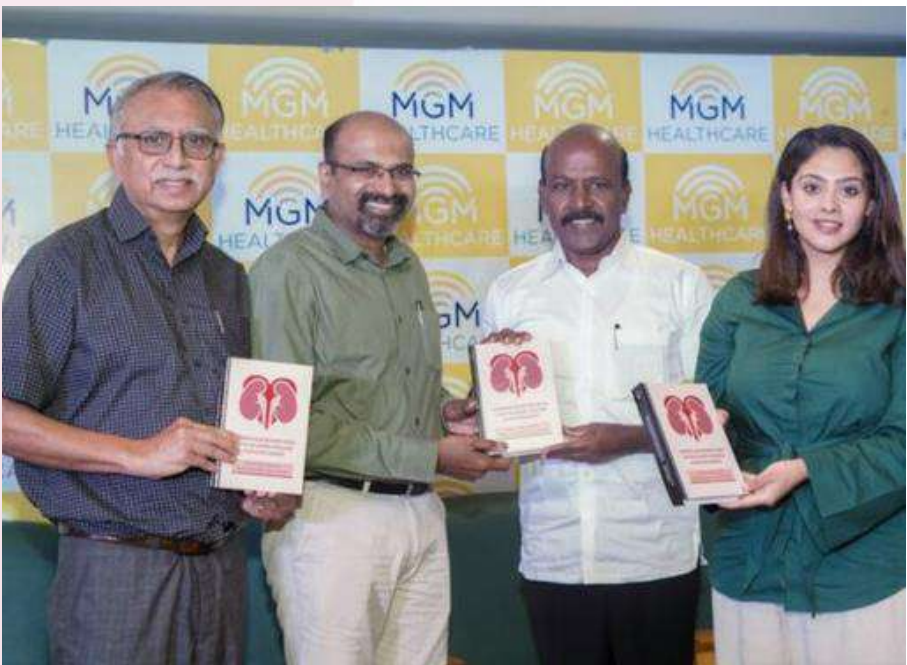
Mrs. Rajalakshmi Ravi was invited by Hindustan Institute of Technology and Science, near Chennai, to give an awareness talk on kidney health. The TAPP team consisted of Mrs. Rajalakshmi Ravi and Mrs. Rukmini. They were ably supported by Mrs. Sathya, who belongs to NGO iVolunteer.

In another instance, the TAPP team found instant gratification at a school in Chennai that is run for underprivileged children. The programme was spearheaded by TAPP team members, Mrs. Ramapriya and Mrs. Deepa. Mrs. Deepa gave an awareness talk about kidney disease. At the end of the presentation, the TAPP team asked questions based on it. The students answered most of the questions very well, which meant that the message had reached the target audience!





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## Singing away the blues

TANKER Foundation Advisory Member, Mrs. Sudha Lakshmi Rao, a trained singer with a golden heart, has been given to singing for the patients at the different dialysis units of TANKER Foundation. This time she chose three units in Chennai to render her service. While she belted out Tamil film songs, she was joined by the enthusiastic patients who sang along. One of them was a stage singer, Mr. Delhi Prakash. It was not just the patients who joined in the singing but also staff of the units.

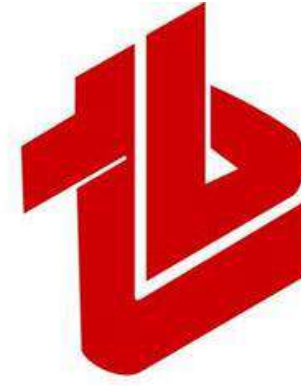
It was a beautiful experience for Mrs. Sudha Lakshmi Rao as in one instance, a patient said her singing had brought down his blood pressure, and another plied her with goodies as a token of appreciation. Many patients and their attendants turned emotional at her effort to alleviate their situation.







Turkish  
Kidney  
Foundation



**TURKISH KIDNEY FOUNDATION**

# **World Kidney Day 2024 Activities**

**« See Your Doctor Once A Year »**

For 2024, World Kidney Day theme has been stated as

**« See Your Doctor Once A Year »**

The 2024 general main theme is needed to be localised due to Türkiye's healthcare and universal social security coverage system.





Turkish  
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It is very important to keep body and mind healthy.

Preventive medicine is the key for both individual and public health from different aspects.

In Türkiye, all individual healthcare expenses are covered by the social security system (SGK) if the service is provided by the public (government operated) healthcare facilities.

If privately owned and operated facilities are preferred, then either all expenses are paid by the patient and/or patient's private insurance policy or partial payment is made by the patient if the facility has signed service agreement with social security system.

Therefore, with our theme, we organised activities for 2024 World Kidney Day.

We kindly remind that during 2024 WKD period, Türkiye was on the course of local elections which has very important political, social and economical outcomes.

Yet, all medium such as digital screens, CCTV systems, billboards, CLP's and other advertising units were all allocated to political parties and candidates by the authorities.

This was a main obstacle for our publicity nationwide



[illegible]

A set of keys is shown against a wooden background. The keys include a brass key with a circular head engraved with 'TÜRK BÖBREK VAKFI' and 'TBV', and a silver key with a circular head engraved with 'TÜRK BÖBREK VAKFI' and 'TBV'. A white plastic keychain is attached to the keys, featuring a red TBV logo and the text 'TÜRK BÖBREK VAKFI' in black capital letters.







## Dünyada 2 milyondan fazla kişi diyaliz tedavisi görüyor

■ Dünyada böbrek sağlığına dikkat çekmek üzere, her yıl farklı bir tema ile ele alınan ve çeşitli etkinliklerle tüm ülkelerde gündeme getirilen Dünya Böbrek Günü 2024 yılı Türkiye teması "Senede Bir Gün" oldu. Böbrek hastalıklarına eşlik eden hastalıkların her geçen gün artış göstermesi, hayat tarzı değişiklikleri yanında düzenli kont-

rol şartının önemini de ortaya koyuyor. Türkiye'de 2023 yılı itibarıyla 63 bin diyaliz hastası tedavi görüyor.

Türk Böbrek Vakfı Başkanı Timur Erk, "Bu yıl Dünya Böbrek Günü için duyurumuz, 'Senede Bir Gün' doktora gidin. Günümüzde dünyada 2 milyondan fazla kişi, hayatını devam ettirebilmek için diyaliz tedavisi görüyor." dedi.

## DÜNYADA 2 MİLYONDAN FAZLA KİŞİ DİYALİZ TEDAVİSİ GÖRÜYOR

Dünyada böbrek sağlığına dikkat etmek üzere, her yıl farklı bir tema ile ele alınan ve çeşitli etkinliklerle tüm ülkelerde gündeme getirilen Dünya Böbrek Günü 2024 yılı Türkiye teması "Senede Bir Gün" oldu.

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Türk Böbrek Vakfı Başkanı Timur Erk, "Bu yıl Dünya Böbrek Günü için duyurumuz, senede 1 kez muhakkak doktora gidin. Günümüzde dünyada 2

milyondan fazla kişi, hayatını devam ettirebilmek için diyaliz tedavisi görüyor. Bu hastaların yılda yaklaşık yüzde 10-15'i böbrek nakline ihtiyaç duyuyor. Belirti vermeden, sinsi ilerleyen kronik böbrek hastalığına "dur" diyebilmek için tedbir almak gerekiyor, tedbirin ilk adımı ise yılda bir doktor kontrolü. 5 kademede ele alınan kronik böbrek yetmezliğinde ilk 3 kademeyi görmek ve farkına varmak imkansız. Dolayısı ile 4. kademede yakalayabiliyoruz. Bunun için rutin kontroller çok önemli" dedi.

**"Böbrek hastalıkları tedavisi, hem hastaya hem hasta yakınına hem de sağlık bütçelerine ağır yük"**  
Böbrek hastalıkları ve böbrek yet-

mezliği olan kişilerin tedavisinin hastanın kendisine ve yakınına getirdiği yükü ek olarak, sağlık bütçelerine de ağır bir mali yük getirdiğini altını çizen Erk, "Hemodiyaliz için hasta başına yıllık maliyet ABD'de 88.195 dolar, Almanya'da 58.812 dolar, Belçika'da 83.616 dolar, Fransa'da ise 70.928 dolar olarak öne çıkıyor. Türkiye'de bir hemodiyaliz hastasının kamu bütçesine maliyeti yaklaşık 22 bin dolardır. Ülkemizde ise bugün itibarı ile 63 bin son dönem kronik böbrek yetmezliği hastası bulunuyor. Bu açıdan düşünüldüğünde Türkiye şanslıdır, çünkü tüm hastalara diyaliz ve organ nakli tedavileri ücretsiz bir şekilde sağlanıyor. Avrupa'da ise

tahminen 100 milyon kişi kronik böbrek hastalığı (KBH) ile yaşıyor ve 300 milyon kişi de risk altındadır. Kronik böbrek hastalığının görülme sıklığı, büyük ölçüde yaşanan nüfus ve diyabet, kalp hastalığı ve obezite gibi diğer risk faktörlerindeki artış nedeniyle, toplum tarafından daha fazla bilinen bulaşıcı olmayan diğer hastalıkları geride bırakıyor. KBH, böbrek fonksiyonunun zamanla azaldığı, tedavi edilemez, uzun vadeli bir durumdur. Kronik böbrek hastalığı erken tespit edilmez ve uygun şekilde yönetilmezse hasta, hasta yakını ve sağlıkçılarda dahil tüm paydaşlar için çok pahalı ve kâlfetli bir hal alır" dedi.



## Böbreklerinizi yılda bir kez kontrol ettirin!

Gönüllüler Dünya Böbrek Günü için Bakırköy'de sokağa indi. Türk Böbrek Vakfı'nın maskot horozlar "senede bir gün" çağrısı için öttü. TBV Başkanı Timur Erk, "Dünyada 2 milyondan fazla kişi diyaliz tedavisi görüyor. Tedbir için yılda bir doktor kontrolü şart" dedi.

✓ Dünyada böbrek sağlığına dikkat çekmek üzere, her yıl farklı bir tema ile ele alınan ve çeşitli etkinliklerle tüm ülkelerde gündeme getirilen Dünya Böbrek Günü 2024 yılı Türkiye teması "Senede Bir Gün" oldu. TBV gönüllüleri, uzmanlar ve TBV başkanı Timur Erk, TBV'nin maskot horozları eşliğinde Bakırköy'de "Senede Bir Gün Düzenli Kontrol" çağrısında bulundu. Böbrek hastalıklarına eşlik eden hastalıkların her geçen gün artış göstermesi, hayat tarzı değişiklikleri yanında düzenli kontrol şartının önemini de ortaya koyuyor. Türkiye'de 2023 yılı itibarıyla 63.000 diyaliz hastası tedavi görüyor. Beslenme eğitimleri, şeker, tuz ve su tüketimi bilgilendirmeleri gibi koruyucu önlemler konusunda, Türkiye'de hayata geçirilen projelerle büyük farkındalık yaratan Türk Böbrek Vakfı; Dünya Böbrek Günü için gönüllüler, vakıf çalışanları, TBV destekçileri ve uzmanlar ile sahaya inerek, böbrek sağlığının korunması için düzenli kontrol şartına dikkat çekti.



Başkanı Timur Erk; "Türkiye dahil 80 ülkede her yıl ele alınan Dünya Böbrek Günü için bir aradayız. Bu yıl Dünya Böbrek Günü için duyurumuz, senede 1 kez muhakkak doktora gidin. Günümüzde dünyada 2 milyondan fazla kişi, yaşamını devam ettirebilmek için diyaliz tedavisi görüyor. Bu hastaların yılda yaklaşık %10-15'i böbrek nakline ihtiyaç duyuyor. Belirti vermeden, sinsi ilerleyen kronik böbrek hastalığına "dur" diyebilmek için tedbir almak gerekiyor, tedbirin ilk adımı ise yılda bir doktor kontrolü. 5 kademede ele alınan kronik böbrek

yetmezliğinde ilk 3 kademeyi görmek ve farkına varmak imkansız. Dolayısı ile 4. kademede yakalayabiliyoruz. Bunun için rutin kontroller çok önemli. Bu sebeple bizim TBV olarak 15 seneden beri yaptığımız koruyucu hekimlik, çok önemli bir etken" dedi.

### "SAĞLIK BÜTÇELERİNE AĞIR YÜK"

Böbrek hastalıkları ve böbrek yetmezliği olan kişilerin tedavisinin hastanın kendisine ve yakınına getirdiği yükü ek olarak, sağlık bütçelerine de ağır bir mali yük getirdiğini altını çizen TBV

Başkanı Timur Erk; "Hemodiyaliz için hasta başına yıllık maliyet ABD'de 88.195 dolar, Almanya'da 58.812 dolar, Belçika'da 83.616 dolar, Fransa'da ise 70.928 dolar olarak öne çıkıyor. Türkiye'de bir hemodiyaliz hastasının kamu bütçesine maliyeti yaklaşık 22 bin dolardır. Ülkemizde ise bugün itibarı ile 63 bin son dönem kronik böbrek yetmezliği hastası bulunuyor. Bu açıdan düşünüldüğünde Türkiye şanslıdır, çünkü tüm hastalara diyaliz ve organ nakli tedavileri ücretsiz bir şekilde sağlanıyor. Avrupa'da ise tahminen 100 milyon kişi kronik böbrek hastalığı (KBH) ile yaşıyor ve 300 milyon kişi de risk altındadır.

Kronik böbrek hastalığının görülme sıklığı, büyük ölçüde yaşanan nüfus ve diyabet, kalp hastalığı ve obezite gibi diğer risk faktörlerindeki artış nedeniyle, toplum tarafından daha fazla bilinen bulaşıcı olmayan diğer hastalıkları geride bırakıyor. KBH, böbrek fonksiyonunun zamanla azaldığı, tedavi edilemez, uzun vadeli bir durumdur. Kronik böbrek hastalığı erken tespit edilmez ve uygun şekilde yönetilmezse hasta, hasta yakını ve sağlıkçılarda dahil tüm paydaşlar için çok pahalı ve kâlfetli bir hal alır" dedi.

■ HABER MERKEZİ





Hong Kong  
Kidney  
Foundation



2024 世界腎臟日暨香港腎臟日嘉年華



藥物與你 醫患用藥 識識相關

精靈用  10 錦囊

2024 World Kidney Day cum  
Hong Kong Kidney Day  
**Medication and you**  
The inter-related role of  
healthcare professionals  
and patients





# 1. Targeting healthcare professionals

## To optimise the use of medication

3 symposiums for general practitioners & specialists

### 5 Rights of good prescribing

 Treat the right patient

 at the right time

 with the right medication(s)

 at the right dosage

 to the right target



Organizations:

世界腎臟日  
World Kidney Day is a joint initiative of  
ISN IFKF-WKA

**OPTIMISING MEDICATIONS FOR  
HYPERTENSION AND DIABETES TO  
MAXIMISE KIDNEY CARE**

*CME applicable*

Registration: **12:30pm–13:00pm** for both dates.

**February 28, 2024 (Wed)**

Time : **1:00pm–3:00pm**  
Venue : Forum Room 1, Basement 2,  
Regal Hotel,  
Causeway Bay, Hong Kong

Moderator: **Prof. Desmond YH Yap**  
*Division of Nephrology, Department of Medicine,  
Queen Mary Hospital, The University of Hong Kong*

Speaker:  
**Dr. Gary Chan**  
*Associate Consultant, Division of Nephrology  
Queen Mary Hospital*

**February 29, 2024 (Thu)**

Time : **1:00pm–3:00pm**  
Venue : Tang Room, 3/F,  
Sheraton Hotel,  
Tsim Sha Tsui, Kowloon

Moderator: **Dr Lui Siu Fai** BBS, MH, JP.  
*Chairman, Hong Kong Kidney Foundation*

Speaker:  
**Dr. Winston Fung**  
*Associate Consultant, Division of Nephrology  
Prince of Wales Hospital  
Clinical Assistant Professor, Medicine & Therapeutics  
Chinese University of Hong Kong*

Sponsors:

PLEASE SCAN QR CODE  
FOR REGISTRATION

<https://cc.eventsair.com/hkksym/gp>







Hong Kong  
Kidney  
Foundation



Organizations:



## SYMPOSIUM FOR SPECIALISTS – OPTIMISE MEDICATION

March 2, 2024 (Sat)

Time : 2:00pm–5:00pm

Venue: Grand Ballroom, Level 6,  
Royal Plaza Hotel, Mongkok

CME/CNE applicable

Specialists – nephrologist, diabetologist,  
internal medicine

TIME	PROGRAMME	SPEAKERS
1:30–2:00pm	REGISTRATION	
2:00–2:15pm	INTRODUCTION World Kidney Day 2024: Kidney Health for All – Advancing Equitable Access to Care and Optimal Medication Practice	Dr. Siu-Fai Lui, BBS, MH, JP Chairman of Hong Kong Kidney Foundation, Co-Program Director of IFKF-WKA/ISN Joint Steering Committee on World Kidney Day
SYMPOSIUM 1 Moderators: Dr. Sunny SH Wong and Dr. Sing Leung Lui		
2:15–2:50pm	Why can't and how can guidelines make an impact?	Dr. Kai Ming Chow Consultant, Department of Medicine and Therapeutics, Prince of Wales Hospital
2:50–3:00pm	PANEL DISCUSSION	
3:00–3:15pm	GROUP PHOTO & COFFEE BREAK	
SYMPOSIUM 2 Moderators: Prof. Philip KT Li and Dr. Yuk Lun Cheng		
3:15–3:50pm	What is the challenge to attain targeted LDL level?	Prof. Kathryn CB Tan Sir David Todd Professor in Medicine, Department of Medicine, The University of Hong Kong
3:50–4:25pm	Cardiovascular-Kidney-Metabolic Syndrome: the cardiologists' perspective	Dr. Guangming Tan Assistant Professor, Department of Medicine and Therapeutics, The Chinese University of Hong Kong
4:25–4:40pm	PANEL DISCUSSION	
4:40–4:50pm	CLOSING REMARKS	Dr. Sunny SH Wong Chairman, Hong Kong Society of Nephrology

Sponsors:



PLEASE SCAN QR CODE  
FOR REGISTRATION



<https://fcc.eventsair.com/hkksym/specialist/Site/Register>





## 2. Targeting patients and public campaign

### Launch 10 Smart tips on use of medication.

2024 World Kidney Day - Hong Kong Kidney Day

#### Medication and You 10 Smart Tips on

01

##### Appropriate use

Healthy living is better than medication, but if your blood sugar or blood pressure is unsatisfactory, you must take medication as appropriate.

02

##### Careful use

Do not mix up your medications (especially if you take many).  
Read the drug label carefully.

03

##### Effective use

Take medication to reach the target goal of the treatment.  
You should not discontinue your medication without consultation.

04

##### Don't forget

Medication must be taken regularly. Keeping a record of medications taken can help you remember to take them. Using a pill box can help you not to miss medication.

05

##### Know your medications

Know why you are taking the medication.  
Know the function, side effects and possible drug-drug and drug-food interaction.

06

##### Take proper care of your medications

Do not use expired medicine.  
Store medicines safely and avoid moisture. Dispose of unused medicine properly.

07

##### Personal and self-purchased medications

Don't share your medicines with others. Don't buy prescription medicines over the counter without permission. Mindful of the potential harm of some over-the-counter medications such as non-steroidal painkillers.

08

##### Enhance doctor-patient communication

Good communication is essential. Notify your doctor if you have a drug allergy.  
Ask questions if you have any doubts or concerns about your medication.

09

##### Effective use of medication depends on your participation

10

##### Enhance your medication knowledge to protect your health.



## 01 **Appropriate use**

Healthy living is better than medication, but if your blood sugar or blood pressure is unsatisfactory, you must take medication as appropriate.

## 02 **Careful use**

Do not mix up your medications (especially if you take many).  
Read the drug label carefully.

## 03 **Effective use**

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You should not discontinue your medication without consultation.

## 04 **Don't forget**

Medication must be taken regularly. Keeping a record of medications taken can help you remember to take them.  
Using a pill box can help you not to miss medication.

## 05 **Know your medications**

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## Take proper care of your medications

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Store medicines safely and avoid moisture. Dispose of unused medicine properly.

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## Enhance doctor-patient communication

Good communication is essential. Notify your doctor if you have a drug allergy.

Ask questions if you have any doubts or concerns about your medication..

09

## Effective use of medication depends on your participation

10

## Enhance your medication knowledge to protect your health.



Roadshow at 3 shopping centres for the general public  
To promote the 10 Smart tips on the use of medication  
Meet the doctor, nurses and pharmacists at Shopping centre.







Hong Kong  
Kidney  
Foundation

# 2024 World Kidney day cum Hong Kong Kidney Day

Sunday 10 March 2024

To promote the 10 Smart tips  
on the use of medication

Morning: Opening ceremony  
(a 1.5 hours drama)

Afternoon: Funfair

Due to rain, the event for 600  
people was moved to an indoor  
venue (as two repeated  
sessions)





# Hong Kong Kidney Foundation







# Hong Kong Kidney Foundation



Role play by patients and healthcare professionals



## Sharing the finding of the survey on the use of medication by 187 renal patients



- >57% have to take medication three or more times a day
- On average taking 13 tablets a day (maximum 35)
- 26% do not follow the instructions to take medication
- 44% do not know the reason for using the medication or the side effect
- 29% do not know the name of the drug he/she is allergic
- 64% have concerns about the side effects of the medication
- 27% do not know the target of the treatment of hypercholesteremia
- >75% felt they had not reached the target of treating hypertension, diabetes and high lipid
- 30% would not tell the doctor they are not following the instruction
- 31% would not tell the doctor they have surplus drugs at home not being use .









Hong Kong  
Kidney  
Foundation



Singing by healthcare professionals

A doctor band  
A nephrologist

Songs to promote kidney health







## Healthy lifestyle Move for fitness

【科目三】 Kemusan (Subject 3) A popular song and song around the world.

About 70 doctors, nurses, pharmaceutical company staff and patients dance with  
“Lazy” & “Active” Lion







Students created a song on kidney disease using AI





# Afternoon: Fun Fair (booth)







香港腎臟日 世界腎臟日 香港腎臟基金會 世界腎臟基金會 HK KF

控血糖·控血壓·需達標\*

**恆常  
善用藥物**

\*不達標：可引至末期腎衰竭、心臟病、中風等。

支持機構  
Bayer Boehringer Ingelheim VIATRIS 輝致  
Astellas AstraZeneca Fresenius Kabi Fresenius Medical Care Otsuka Kyowa Kirin 德華 LINK 豐利

藥物與你 識識相關

此廣告空間由港鐵贊助  
This advertising space is sponsored by MTR

Optimise use of medication  
Take medication regularly  
Full board message on Mass Transient Railway stations







# Full page information on 5 local newspaper







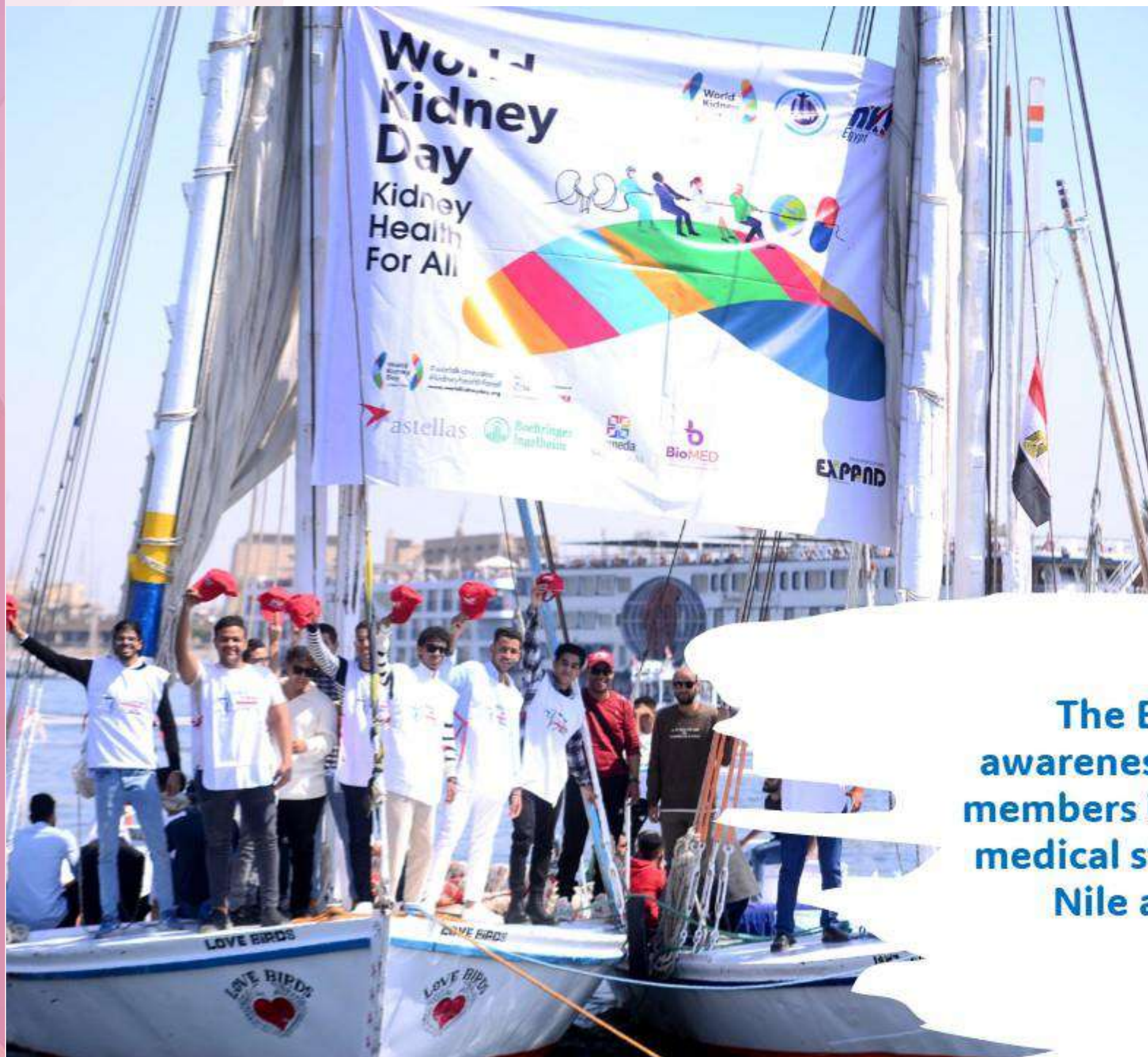
## Ain Shams University Day

A seminar at the Ain Shams University for the employees and students about kidney disease, prevention, early detection and optimal management.





## Egypt Society of Nephrology and Transplantation



**The ESNT-NKF Egypt organized WKD awareness campaign moderated by the ESNT members in Luxor and with great efforts of the medical students, all over the city, in the river Nile and the ancient historical places.**



*On the 8<sup>th</sup> of March and before the beginning of the holy month of Ramadan, ESNT-NKF Egypt held a WKD public awareness sports day, walkathon, paddle and football at the shooting club in Cairo.*

*The WKD was attended by the leaders of the two organizations and many of ESNT members and the public under the Auspices of the minister of health, with media coverage organized by the MOH media office.*





## Egypt Society of Nephrology and Transplantation



**ESNT-NKF Egypt  
teams, Paddle &  
Football**





## Egypt Society of Nephrology and Transplantation



### **The media office of MOH MOH screening team**

A marvelous team were responsible for the screening of HTN, diabetes and kidney disease in the high-risk population



## Egypt Society of Nephrology and Transplantation



### Public Seminar

A seminar for the members of the club about the early detection of kidney disease and its value on delaying progression.

A big number of nephrology professors from different society were participating in this seminar. With quizzes and prizes in the end.





## Egypt Society of Nephrology and Transplantation



**#showyourkidneys**





WKD 2024 –Penta day activity 10th March -14th March

5-day activity

With all Stake holders

Webinars , Xchat , Quiz etc

## Women in Nephrology India

Invites you for


### WIN INDIA -WIN GLOBAL PANEL DISCUSSION

**Title: Guidelines and practice patterns for optimal Kidney care: Challenges and Solutions**


**Host: Dr Jyothipriya**

**Date: 11<sup>th</sup> March 2024, Monday | Time: 9:00 PM IST Onwards**


**Panellists**




**Dr Valerie Luyckx**  
Switzerland




**Dr Benedicte Stengel**  
France




**Dr Raquel Lowe-Jones**  
Jamaica




**Dr Ugochi Onu**  
South Africa




**Dr Viviane Calice**  
Brazil



**Dr Ana Cecilia Pastor Ludena**  
Peru





**Dr Urmila Anandh**  
India



**Dr Manisha Sahay**  
India

**Moderators**




## Women in Nephrology India

Invites you for

### Patient Advocacy



**Host: Dr Shruthi Tapiawala**

**Date: 10<sup>th</sup> March 2024, Sunday | Time: 6:00 PM - 8:00 PM**

**PROGRAM AGENDA**


Time	Topic	Speaker	Moderator
6:00 pm - 6:05 pm	About WIN- India	Dr Urmila Anandh	Dr Manjusha Yadla
6:05 pm - 6:10 pm	About WKD	Dr Jyotsana Zope	Dr Shruti Tapiawala
6:10 pm - 6:40 pm	Panel on Kidney diseases and treatment	Dr Divya Bajpai Dr Kavita Vishwakarma Dr Monali Sahu Dr Purva Bavikar Dr Jyotsana Zope Dr Mita Shah Ms Zamrud Patel	Dr Shruti Tapiawala
6:40 pm - 6:50 pm	Question and answers		Dr Shruti Tapiawala
6:50 pm - 7:30 pm	Quiz for patients	Dr Sonal Dalal	Dr Swarnalatha
7:30 pm - 7:40 pm	About Organ Donation	Dr Swarnalatha	Dr Monali Sahu
7:40 pm - 7:45 pm	How to become an organ donor	DR Rasika Sirsat	Dr Mayuri Trivedi
7:45 pm - 7:55 pm	Short documentary	Narmada Kidney Foundation	Dr Shruti Tapiawala
7:55 pm - 8:00 pm	Vote of Thanks	Dr Manjusha Yadla	



## Women in Nephrology India

Invites you for



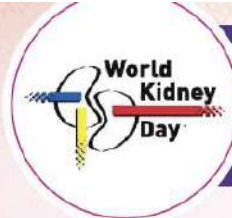

**Date: 12<sup>th</sup> March 2024, Tuesday | Time: 7:00 PM IST Onwards**

Quiz Master

Dr Sonal Dalal

Quiz Team

Dr Shivaparvathy

## Women in Nephrology India

Invites you for

### WIN INDIA State Chapters

Host: Dr Kajaree Giri

**Date: 13<sup>th</sup> March 2024, Wednesday | Time: 7:00 PM - 9:00 PM**

**PROGRAM AGENDA**

Time	Slot for	Topic	Speaker	Chairperson
7:00 - 7:20 PM	WIN - ANDHRAPRADESH	Prevention of kidney diseases	Dr Bharathi	Dr Jikki Dr Ammanna Dr Praveen Kumar
7:20 - 7:40 PM	WIN - KARNATAKA	Kidney health for all- Barriers to equitable access to care & optimal medication practices	Dr Mythri Shankar	Dr Renuka Dr Swarna
7:40 - 8:00 PM	WIN - TELANGANA	Optimal Kidney Care Services at Organised Public Sector Hospital in the State of Telangana - Challenges and Gaps	Dr Dhanalaxmi	Dr Anuradha Raman Dr Gangadhar Taduri Dr Jyotsna G
<b>PANEL DISCUSSION ON: Achieving Optimal Kidney Care Services: State Perspectives Dr Manjusha, Dr Swarnalatha</b>				
8:00 - 9:00 PM	WIN - KERALA		Dr Sreelatha M Dr Gomathy	Dr Namrata Rao Dr Smriti Sinha
	WIN - TAMILNADU		Dr Ranjane Dr Jayalaxmi S	
	WIN - EAST ZONE		Dr Manjuri Sharma Dr Aruna Acharya	
	WIN - CENTRAL ZONE		Dr Padmini Kanungo Dr Isha Tiwari	





# #Iwinchat

Join us on X platform, if you are a ..

we invite one and all to share your views on  
**Making Kidney care accessible for all**  
(barriers and solutions)

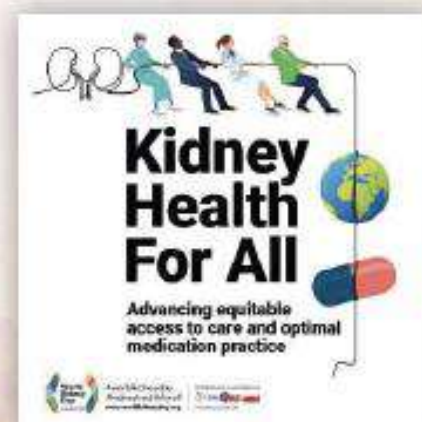
Contributes to this constructive discussion,  
let your voice be heard

**Join us if you are a**

- ✓ Kidney disease warrior or
- ✓ Care giver or
- ✓ You care about Kidney disease

**Time: 9:30 PM IST Onwards**

**Date: 14<sup>th</sup> March 2024, Thursday**





# Women-In- Nephrology India

Recording

kidney failure practical aspects - PowerPoint

File Home Insert Draw Design Transitions Animations Slide Show Record Review View Help Tell me what you want to do

Clipboard New Slide Section Slides Font Paragraph Drawing

6 Causes

- Acute infections
- Severe hypotension
- Drug induced
- SNAKE poisoning
- Acute glomerulonephritis
- Acute obstruction

All of these will resolve within 6 to 8 weeks

7 Chronic Kidney Disease

8 Signs and symptoms of kidney disease

9 Stages of Chronic Kidney Disease

Dr.Jyotsna Zope



kidney failure practical aspects - PowerPoint

File Home Insert Draw Design Transitions Animations Slide Show Record Review View Help Tell me what you want to do

Clipboard New Slide Section Slides Font Paragraph Drawing

6 Causes

7 Chronic Kidney Disease

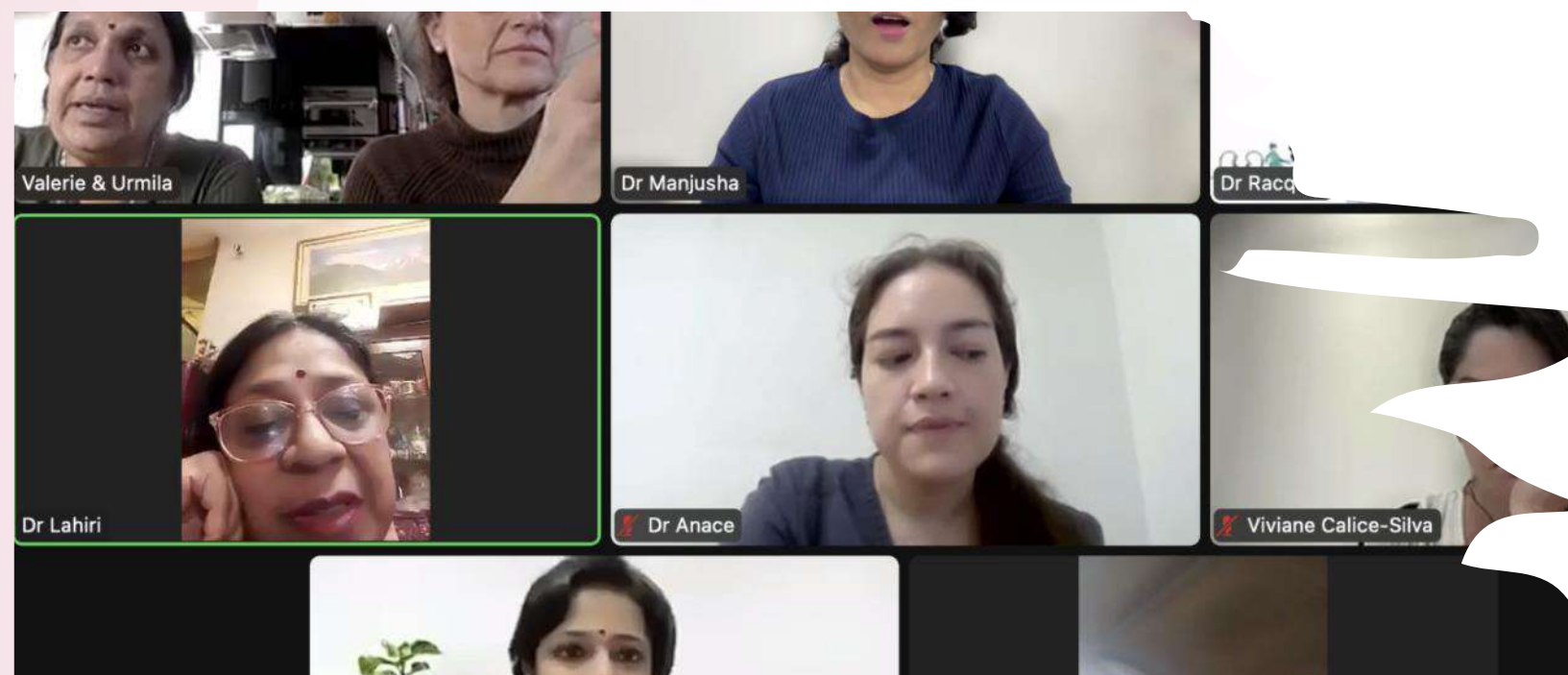
- More than 3 months of kidney damage
- Slowly progressive, Cannot be reversed
- Causes
  - Diabetes mellitus
  - Hypertension
  - Drug induced- Pain killers/ Alternative meds
  - Chronic Glomerulonephritis

8 Signs and symptoms of kidney disease

10<sup>th</sup> March -  
<https://youtu.be/La1Lzme1r0o>



# Wowen-In- Nephrology India



11<sup>th</sup> March  
[https://www.youtube.com/watch?v=VS4JxM4\\_YFs](https://www.youtube.com/watch?v=VS4JxM4_YFs)

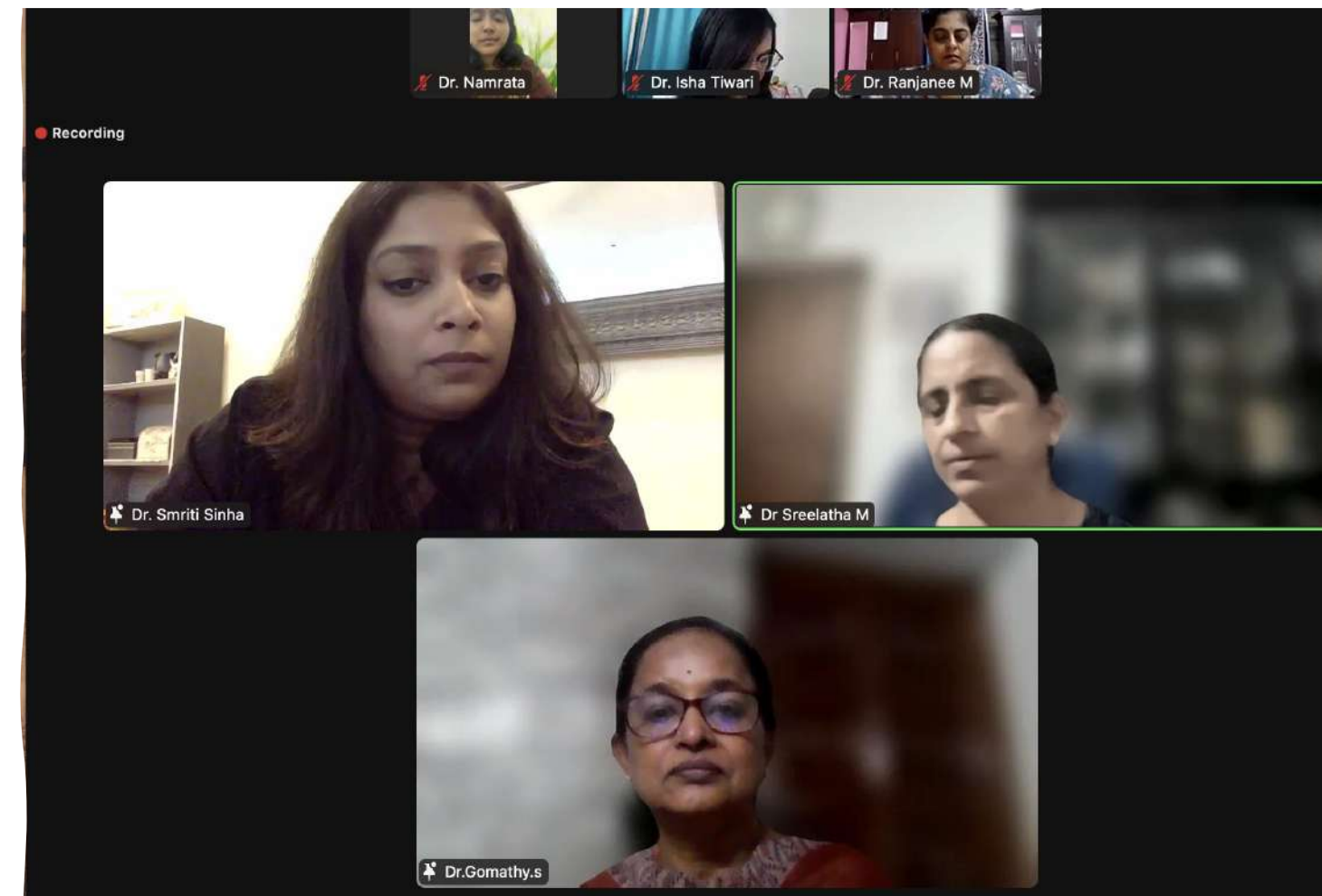


# 12<sup>th</sup> March Quiz session

For all trainees across the country

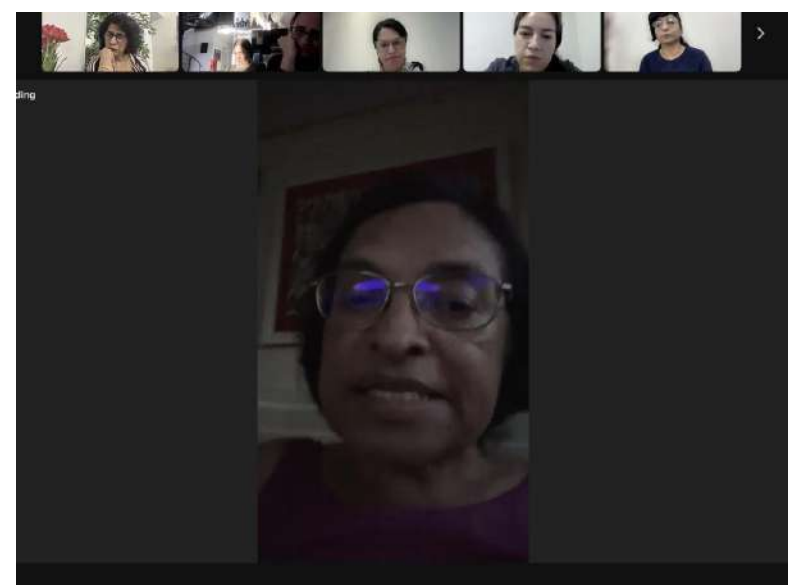
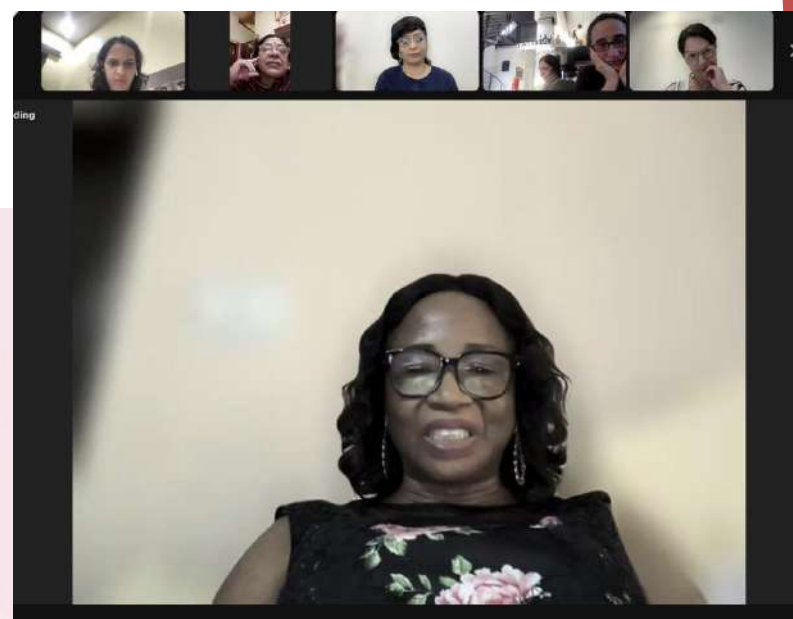


# Women-In- Nephrology India



13<sup>th</sup> March  
<https://youtu.be/pjJVLIEAqWU?si=8tlej4u4UJuv0e-F>

- Didactic talks
- Panel discussion





## WIN INDIA STATE CHAPTER ACTIVITIES





## Few more activities on media , SoMe, Walk, Camp





# World Kidney Day 2024

## Activities

Tipologia attività	N.
Open Doors in Nephrology (Screening activities)	128
Screening activities in squares	30
Lit monuments	8
Schools	23
Conventions and conferences	16
Drugstores	26
Malls	6
Info points	47
Health walking	4
Reception centers	3
Fit Walking	1
Training courses for general practitioners	3
Other	3
<b>TOTAL</b>	<b>298</b>

Region	# activities
Abruzzo	3
Calabria	5
Campania	39
Emilia Romagna	13
FVG	12
Lazio	26
Liguria	6
Lombardia	35
Marche	5
Molise	4
Piemonte	45
Puglia	38
Sardegna	1
Sicilia	27
Toscana	4
Umbria	5
Valle D'Aosta	5
Veneto	25



# Foundation Italiana del Rene





# Fondazione Italiana del Rene





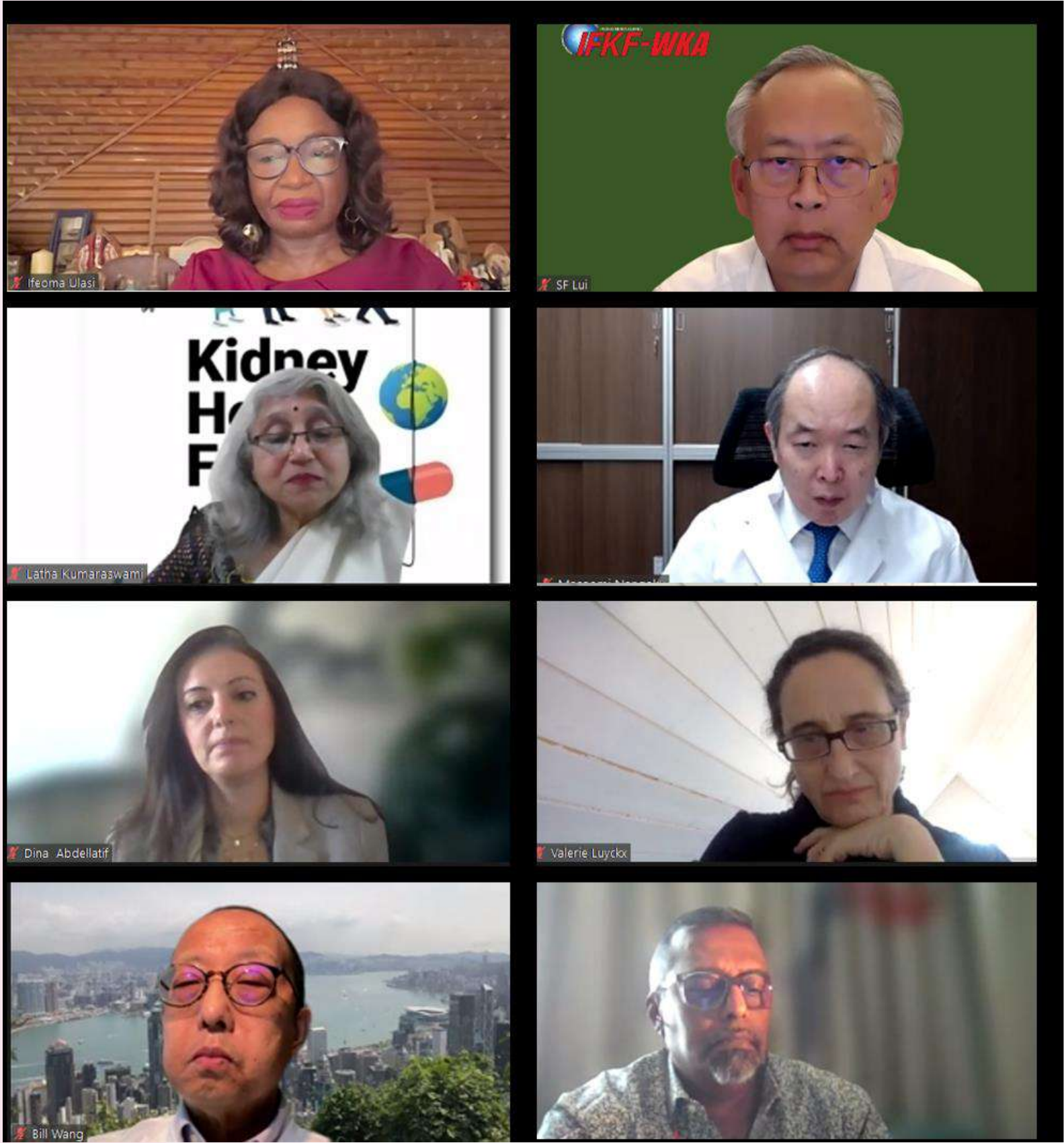
# Foundation Italiana del Rene







Joint  
IFKF\_WKA  
& ISN  
World Kidney  
Day webinar



World Kidney Day 2024:  
Advancing Equitable Access to Care  
and Optimal Medication Practice

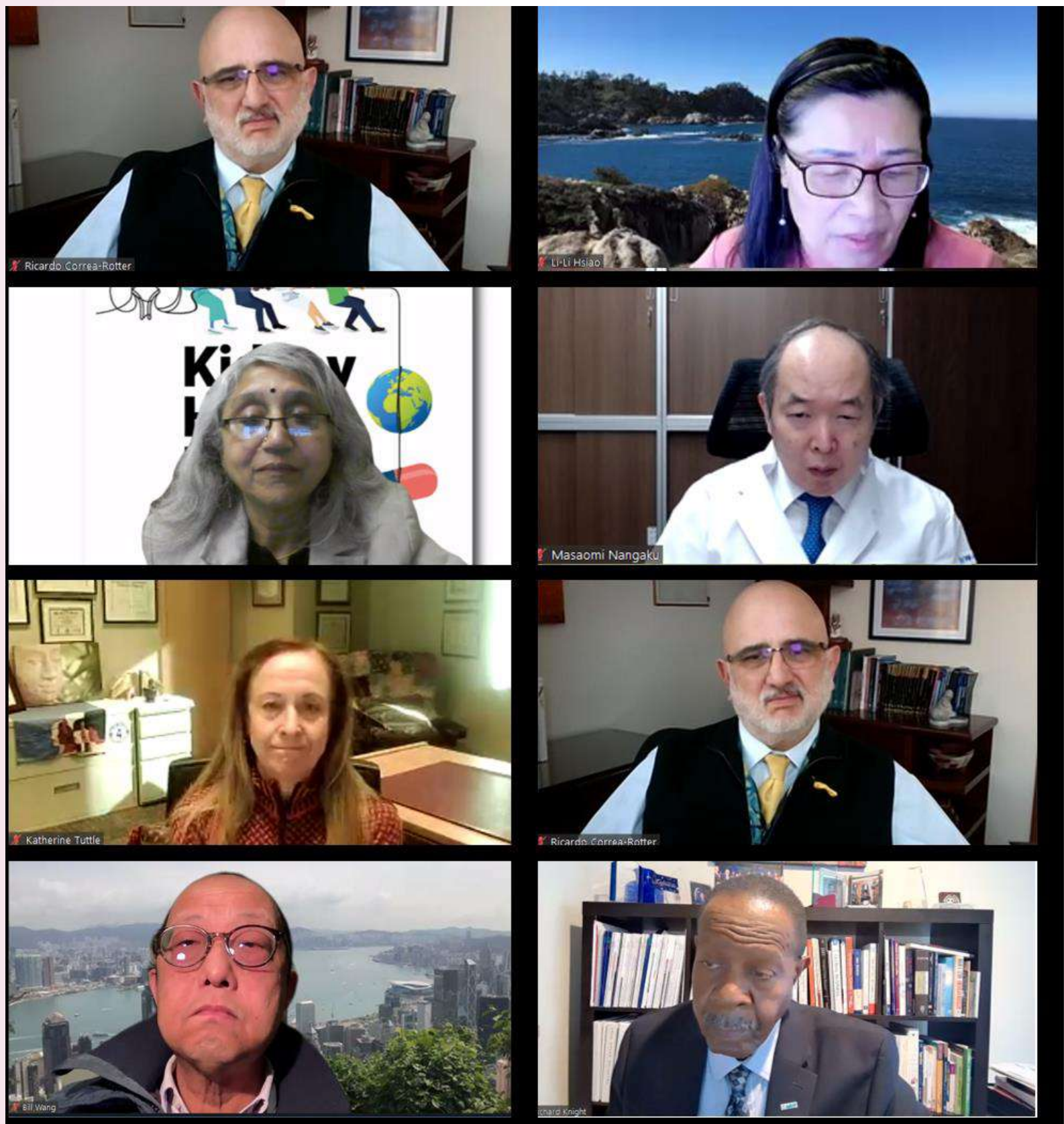
<b>Webinar 1 - 11 a.m. CET for Europe/Africa/Asia</b>		<b>MODERATORS</b>	<b>Webinar 2 - 11 p.m. CET for North &amp; South America/Australia</b>	
				
<b>Ifeoma Ulasi</b> ISN, Nigeria	<b>SF Lui</b> IFKF-WKA, Hong Kong		<b>Li-Li Hsiao</b> ISN, USA	<b>Ricardo Correa-Rotter</b> ISN, Mexico
<b>WELCOME FROM THE PRESIDENT OF IFKF-WKA AND ISN</b>				
				
		<b>Latha Kumaraswami</b> IFKF-WKA	<b>Masaomi Nangaku</b> ISN	
<b>Webinar 1 - 11 a.m. CET for Europe/Africa/Asia</b>		<b>PHYSICIAN'S PERSPECTIVE</b>	<b>Webinar 2 - 11 p.m. CET for North &amp; South America/Australia</b>	
				
<b>Valerie Luyckx</b> ISN, Switzerland	<b>Dina Abdellatif</b> IFKF-WKA, Egypt		<b>Katherine Tuttle</b> ISN, USA	<b>Ricardo Correa-Rotter</b> ISN, Mexico
<b>Webinar 1 - 11 a.m. CET for Europe/Africa/Asia</b>		<b>PATIENTS' PERSPECTIVE</b>	<b>Webinar 2 - 11 p.m. CET for North &amp; South America/Australia</b>	
				
<b>Bill Wang</b> ISN Patient Liaison Advisory Group and member of IFKF-WKA, Hong Kong	<b>Manvir Victor</b> ISN Patient Liaison Advisory Group, Malaysia		<b>Bill Wang</b> ISN Patient Liaison Advisory Group and member of IFKF-WKA, Hong Kong	<b>Richard Knight</b> ISN Patient Liaison Advisory Group, USA

Webinar 1 – 14 March 2024 11 a.m. CET





Joint  
IFKF\_WKA  
& ISN  
World Kidney  
Day webinar



### World Kidney Day 2024

## Advancing Equitable Access to Care and Optimal Medication Practice

Webinar 1 - 11 a.m. CET for Europe/Africa/Asia

**MODERATORS**

Ifeoma Ulas  
ISN, Nigeria

SF Lui  
IFKF-WKA, Hong Kong

Webinar 2 - 11 p.m. CET for North & South America/Australia

Li-Li Hsiao  
ISN, USA

Ricardo Correa-Rotter  
ISN, Mexico

**WELCOME FROM THE PRESIDENT OF IFKF-WKA AND ISN**

Latha Kumaraswami  
IFKF-WKA

Masaomi Nangaku  
ISN

Webinar 1 - 11 a.m. CET for Europe/Africa/Asia

**PHYSICIAN'S PERSPECTIVE**

Valerie Luyckx  
ISN, Switzerland

Dina Abdellatif  
IFKF-WKA, Egypt

Webinar 2 - 11 p.m. CET for North & South America/Australia

Katherine Tuttle  
ISN, USA

Ricardo Correa-Rotter  
ISN, Mexico

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**PATIENTS' PERSPECTIVE**

Bill Wang  
ISN Patient Liaison Advisory Group and member of IFKF-WKA, Hong Kong

Manvir Victor  
ISN Patient Liaison Advisory Group, Malaysia

Webinar 2 - 11 p.m. CET for North & South America/Australia

Bill Wang  
ISN Patient Liaison Advisory Group and member of IFKF-WKA, Hong Kong

Richard Knight  
ISN Patient Liaison Advisory Group, USA

Webinar 2 – 14 March 2024 11 p.m. CET