



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

*IFKF-WKA Connect*

*October 2024*

*Official Newsletter of IFKF-WKA*



## Content

## Editorial Board

**Ms. L Kumaraswami**

**Ms. A Onat**

**Ms. E Obeng**

**Mr. Tashi Namgay**

**Dr. SF Lui**

# IFKF-WKA Connect October 2024

## Content:

1. President's Message
2. Committee Members & Portfolio
3. Bangalore Kidney Foundation
4. Ethiopian Kidney Care
5. Fundanier Activities
6. Hungarian Kidney Foundation
7. India Renal Foundation
8. Italy Kidney Foundation
9. Tamilnad Kidney Research Foundation
10. Turkish Kidney Foundation
11. Forthcoming Events



## President's Message

# PRESIDENT'S MESSAGE

**Ms Latha A. Kumaraswami**

Managing Trustee, TANKER Foundation, Chennai, India.



Greetings from Chennai!

I am happy to share our foundation members and their activities and the hard work that is happening everywhere.

We are also happy to tell you all that we had two very successful webinars which were very well received and a good participation. You can access the same on our youtube channel IFKF-WKA Official.

We once again request that we all start our planning for WKD 2025 and let us work to make this Day a super success!

Looking forward to more collaboration with our members in the coming 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 Kumaraswami.



# Bangalore Kidney Foundation

Late Pt. Mallikarjun Mansur, the doyen of hindusthani music was once admitted to Bangalore Kidney Foundation for treatment of kidney disease and was treated. Being happy for the treatment received from BKF and inspired by the service BKF is doing, after his recovery, Pt. Mallikarjun Mansur performed in a concert specially to support BKF. He donated the entire proceeding of the concert to BKF. Since then, BKF is organizing DHWANI under the tagline MUSIC FOR A CAUSE every September, in memory of Late Pt. Mallikarjun Mansur, who passed away in September 1992.

Dhwani is a 2 days event having 2 sessions of generally 2 concerts per session –well-known artistes from all over India will perform in the event. Upcoming artistes from state of Karnataka will also be given opportunity. One of the concerts will be by senior hindusthani classical musician cum teacher, who will be felicitated with Pt. Mallikarjun Mansur Award.

Pt. Mallikarjun Mansur Award carries bronze bust of Pt. Mallikarjun Mansur, 1 lakh cash purse, citation and will be honored with shawl during one of the sessions of Dhwani.

Dhwani has reached 18 grand years, where music lovers of Bangalore eagerly wait for this event. Many well known artistes have performed in Dhwani, to name a few – Pt. Shivkumar Sharma, Dr. N. Rajam, Vid. Kishore Amonkar, Pt. Venkatesh Kumar, Pt. Vishwa Mohan Bhat, Ustad Rashid Khan, Dr. Prabha Aatre, Vid. Ashwini Bhide, Vid. Jayashree Patnekar, Pt. Ulhas Khashalkar, Pt. Raghunandan Panshikar, Pt. Ganapathi Bhat, Pt. Ajoy Chakrabarty and many more.

The proceedings of the Dhwani will enable Bangalore Kidney Foundation to sustain the service of providing free and subsidized dialysis to the economically weaker section in and around Bengaluru and also to rural areas.



# Ethiopian kidney care

July-September



Social media teachings





Partnered with an IT company which made an app for patients to find medications



Ethiopian  
Kidney Care



Ethiopian kidney care was part of a panel discussion on nutrition and chronic health diseases organized by Ethiohealth Alliance





Ethiopian  
Kidney Care

**Our IT team created an app accessible for kidney patients with all information of dialysis center, transportation, medication added on our website**

**[www.ethkidney.org](http://www.ethkidney.org)**





Fundanier  
Activities

# Fundanier Activities

July - September

Scientific Writing:







## Fundanier Activities

Seminar to update Fundanier's former fellows on nephrology.



Mission for Life







Fundanier  
Activities

July

Activity zero peritonitis, were we reward patients that haven't had peritonitis.





## Fundanier Activities

Play activities for patients and caretakers







## August

Recreative activity – Team Fundanier

### Fundanier Activities







## Fundanier Activities

Activity YO ME UNO – BAC (Central American Bank) Training for program “Yo me Uno” for team Fundanier



XIII – Nephrology Seminar







Fundanier  
Activities

Seminar IFMSA Guatemala 2024





## Fundanier Activities

## September Fistula Mission







Hungarian  
Kidney  
Foundation

# Hungarian Kidney Foundation

## 28th Budapest Nephrology School

26-30 August 2024



### THE 28TH BUDAPEST NEPHROLOGY SCHOOL

Nephrology, Hypertension, Dialysis, Transplantation, Nephropathology

26 - 30 AUGUST, 2024

Held at Semmelweis University with a highly distinguished international faculty, the Budapest Nephrology School is one of the most well-known refresher courses in the field of nephrology. It attracted many young physicians from Europe and around the world (68 countries) since 1993.

#### Features:

- **Nephrology course with diverse topics, including:** electrolyte disorders, glomerular physiology and pathophysiology, transplantation, nephropathology, tubular diseases, chronic kidney disease, hypertension
- **Lectures from leading experts of nephrology:** László Rosivall, Friedrich C. Luft, Jens M. Titze, Norbert Pardi, Janos Peti-Peterdi, Georgina Gyarmati, Katalin Susztak, Kitty J. Jager, Péter Studinger, Josh Lipschutz, Albert Ong, Simin Goral, Ondrej Viklicky, Eva Honsova, Gábor Kökény, Attila Mócsai, András Tislér, Safak Mirioglu
- **"Meet the Professors"** – an informal meeting during which participants can discuss their experiences and observations with the faculty
- A poster session which aims to have the participants discuss and consult their own research with the faculty

#### The registration fee includes:

- Attendance at the nephrology refresher CME course,
- Certificate of Attendance
- Refreshments, lunches

For further information, grants and registration please visit us at

<http://www.bns-hungary.hu>

<http://www.facebook.com/bnshungary>

<http://twitter.com/BpNephrology>

Please send your application to [bns@blaguss-congress.hu](mailto:bns@blaguss-congress.hu)!



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## 26 August 2024 – Opening ceremony





# Lectures







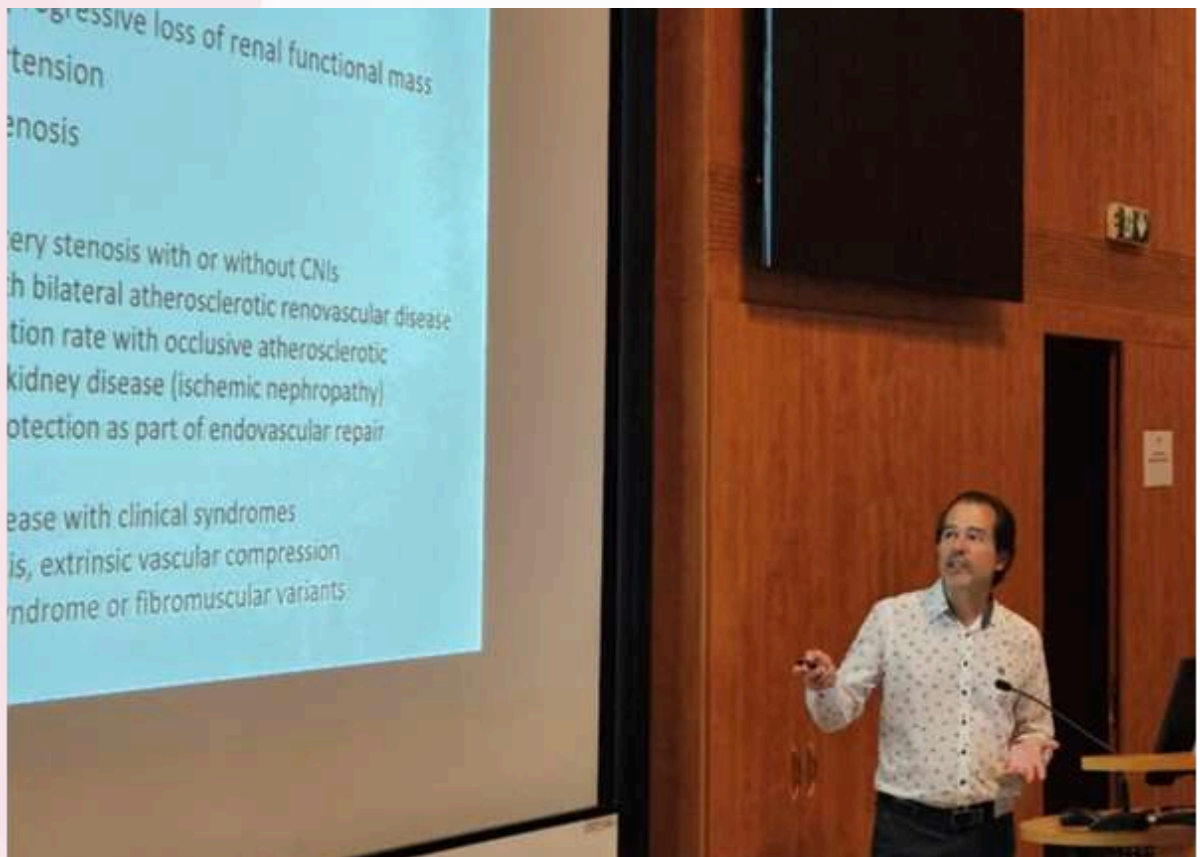
Hungarian  
Kidney  
Foundation

Wine tasting dinner





# Lectures

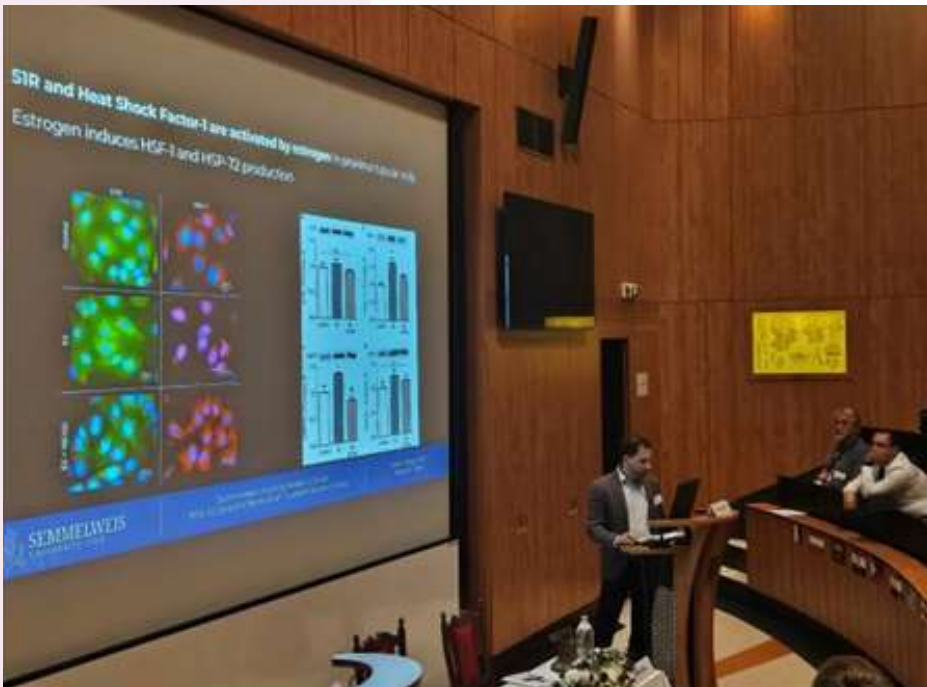






Hungarian  
Kidney  
Foundation

Lectures







Hungarian  
Kidney  
Foundation

## Farewell dinner







THANK YOU  
Budapest Nephrology School  
2024!

Warm greetings! Thank you for  
the opportunity to be a part of  
the 28th Budapest Nephrology  
School. We had gained new  
learnings, adventures, and new  
friends, and collected  
unforgettable memories.



 **PHILIPPINES**





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.

Today IRF is in its 22nd year and has 9 chapters in the state of Gujarat functioning at Ahmadabad, Mehsana, Vadodara, Surat, Bhavnagar, Rajkot Kutch-Bhuj, Geer-Somnath and Himmatnagar and have prominent citizens as advisory committee members at all chapters.

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

Our organizations' core activity is to create awareness on kidney and kidney disease among society and peoples. We have many major programmes but the First and foremost is PREVENTION THROUGH AWARENESS PROGRAMME. Through this programme we spread awareness about kidney and Kidney diseases by power point presentation. We conduct the PREVENTION THROUGH AWARENESS PROGRAMME in corporate, banks, residential complexes, voluntary organizations, social service club, school/ colleges, associations, etc.

During this quarter (July to September 2024), we organised 102 awareness programs and 47 screening camps were held across Gujarat, with people being made attentive through these programs in various Taluka and interior villages.



• A Glimpse of Prevention through Awareness Programme.



**Dholka Education Trust, Dholka,  
Ahmedabad**



**Kotak School, Rajkot**



**BIMS, Vadodara**



**Amudh Village, Ta.Unjha, Dist.  
Mahesana**



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



R.C Technical College, Ahmedabad



Ganeshpura village, Mehsana



Diamond office, Bhavnagar



Rolex Rings Company Limited, Rajkot



## PRERANA :

We at IRF, do rehabilitation activity for kidney patients under Prerana. The activity was started in the year of 2002. We have formal an association of kidney patients in all chapters. The objective of this activities is counseling, advise, recreation, rehabilitation, education and motivation of patients.

### Surat

On Sunday 14 July 2024, a musical program was organized by the organization under the banner 'Prerana' in association with GR Musical Club. Mr. George McEwan, Manager of GR Musical Club and other dedicated members of the group entertained the Prerana members by singing old and new film songs. A big thank you to both the organizations for providing the hall free of cost by Southern Gujarat Chamber of Commerce and Industry, Surat and Shree Ashapura Trust for catering to the members for this event.





### **Vadodara**

On 4th August 2024 , an educational program on “Awareness on Kidney Transplant” was organized at PM Regency Hotel, Vadodara. Senior Nephrologist and Kidney Transplant Physician Dr. Kamlesh Parikh were present in this program. Dr. Kamlesh gave a beautiful presentation about kidney transplant through PPT. Prerana members asked questions about the beliefs and misconceptions about kidney transplant and the problems they had in their minds about the transplant. Two Prerna members who underwent kidney transplant were also present in the program and they presented their experiences and encouraged the Prerna members present to undergo transplant.

### **Ahmedabad**

In this chapter, with the support of Friends Theater Group, Prerana members and their families were organized to enjoy the play by providing free tickets to the comedy play.







India Renal  
Foundation

## 2. Organ Donation day celebration 2024

Organ Donation Day is celebrated on August 13 every year globally with the aim of creating awareness about organ donation in society and people.

### Ahmedabad

On the occasion of World Organ Donation Day 2024, an awareness program was organized by the organization at Government Polytechnic for Girls College, Navrangpura to make students aware about cadaveric organ donation. Dr. Jigar Shrimali (Nephrologist), a renowned physician, was present as a speaker in the program and he gave detailed information about cadaveric organ donation to the audience and made everyone commit to organ donation.

Apart from this, in view of the World Organ Donation Day 2024, the organization organized an awareness program about kidney disease and cadaveric organ donation for the students and teachers of Bharatiya Vidya Bhavans Seth RA College of Science.







## India Renal Foundation

### Bhavnagar

On this special day, India Renal Foundation and Indian Red Cross Society, Bhavnagar branch organized an organ donation awareness rally from Shantilal Shah High School at 10 am in Bhavnagar city which was started by District Health Officer Mr. Chandramani.

An organ donation awareness lecture was organized at District Education and Training Bhavan Sidsar at 11:30 am. Then from 5 to 6:30 pm, an effort was made to create awareness on the subject by filling up pledge papers for organ donation, chakshudan, body donation at Joggers Park, Atabhai Chowk Bhavnagar and Ghoghagate Bhavnagar and distributing cadaveric organ donation awareness pamphlet.

Mr. Sumitbhai Thakkar, member of the local advisory committee of the organization, was specially present in the above three programs.





## Vadodara

During the Independence Day celebrations at Baroda Institute of Medical Sciences (BIMS) on 15 August 2024, India Renal Foundation organized an awareness program on cadaver organ donation in line with World Organ Donation Day celebrations. Dignitaries from religious-social organizations, teachers, trustees of BIMS and students were present in this program and Sarve took the pledge of organ donation.



Had also placed Cadaver Organ Donation Hoardings at Vadodara:





## Rajkot

An awareness play was organized by India Renal Foundation and 94.3 Radio Rajkot to encourage organ donation on Organ Donation Day at Folkology Centre, Racecourse Circle, Rajkot. MLA Mrs. Darshitaben Shah, Director of Radio Rajkot Mr. Sanjay Mehta, Trustee of Bolbala Trust Mr. Jayeshbhai Upadhyay, Members of Local Advisory Committee of India Renal Foundation Mr. Mittal Khetani, Mr. Dr. Denishbhai Adesara, RJ's of 94.3 Radio Rajkot all gave their guidance on World Organ Donation Day and spread the message of organ donation to people through radio and drama.

Another organ donation awareness rally was organized in Rajkot city with the participation of students of Kamdar Nursing College from Citizen Bank Chowk to Trikonbagh in which students tried to create awareness about organ donation through placards.



## Surat

Prevention of Kidney Disease and Cadaveric Organ Donation Awareness Program was organized on this day by the Surat Chapter of the Institute in collaboration with Master of Social Work (MSW) and Sociology Department of Veer Narmad South Gujarat University. Faculty, staff and students of MSW and Department of Sociology participated in the program with great enthusiasm.



Dr. Kishore Singh Chavda, Chancellor of Veer Narmad South Gujarat University was the chief guest of the program and Dr. Deepak Tamankuwala, a well-known nephrologist of the city, was present as the keynote speaker. Dr. Tamakuwala gave detailed information about kidney and cadaver organ donation in very simple language.

### **Mehsana**

India Renal Foundation Mehsana organized a cadaveric organ donation awareness program for students and professors of Joitiba College of Nursing, Bhandu. Dr. Neil Patel (Nephrologist) was present as the keynote speaker of the program and gave detailed information to the nursing students about cadaveric organ donation and kidney transplant through PPT and appealed to them to contribute to create awareness about this in the society.







### 3. Save a Life

**'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 (July to September) we helped Rs. 2,58,045 /- supporting 62 needy dialysis patients and kidney transplant patients by the way of providing dialysis kits, medicines, and support for the surgery expenses of making A.V. Fistula.

In past 3 months we helped 1 needy kidney patient for AV Fistula surgery.

#### **Vadodara Fund raising Musical Programme for needy kidney patients**

Shri Rohitbhai Parikh, Member of Vadodara Advisory Committee, celebrated his 71st birthday on 13th September. On this day, Mr. Rohitbhai has made a decision to raise funds by performing 71 musical programs for the purpose of providing financial support to kidney patients.

This fund raising musical program was organized on 19th September 2024 at Vasvik Hall, Vadodara in collaboration with Stage Entry Musical Group. About 250+ people attended and enjoyed the program and through this program Rs. 1,28,000/- has been received by the organization.

For making this musical program memorable, India Renal Foundation would like to express its heartfelt thanks to the organizers of Stage Entry Musical Group, Mr. Mukeshbhai Joshi, Mr. Rajeshbhai Pandya, Mr. Rohitbhai Parikh and all the dedicated members and artists of the group who played the Bollywood evergreen songs



Mr. Yogeshbhai Velani, Member of Vadodara Advisory Committee was especially present on this occasion and thanked everyone by informing the audience about the activities of the organization.







Italy Kidney  
Foundation

# Italy kidney foundation

**“A Mountain of Kidney Health”: together with the Italian Kidney Foundation to understand, prevent and detect early Chronic Kidney Disease (CKD)**

Last September 29th, the Italian Kidney Foundation (FIR) dedicated an entire day to the knowledge, prevention and early treatment/detection of CKD. The event took place in the main square of Leonessa, a small medieval mountain village in central Italy. Professor Alessandro Balducci, President-elect 2024-26 of the International Federation of Kidney Foundations - World Kidney Alliance (IFKF-WKA), also attended the event.

The participants - about 200 people, mostly from the nearby Italian regions of Lazio, Marche, Umbria and Abruzzo - met in Piazza 7 Aprile at 10 am, awaiting the arrival of the group that reached Leonessa from Rome through an awareness motorcycle race.

The motorcycle group was previously warmly welcomed at the San Camillo De Lellis Hospital in Rieti, before continuing the journey along the panoramic road of Monte Terminillo.

During the morning people took part in a very interesting cultural visit to the historic center and joined the free nephrological screening: Nephrologists and nurses carried out urine tests and blood pressure measurement, giving a referral to a Nephrologist to patients who tested positive.

In the square it was also possible to freely access the Health Village, a space that hosted various information points dedicated to:

- Lifestyles to prevent CKD and hypertension;
- Treatment of CKD;
- Correct nutrition;
- Importance of organ donation for kidney transplantation.





## Italy Kidney Foundation

Furthermore, numerous local and nephrology personalities publicly participated in the debate, all together with the goal of raising awareness about kidney disease:

- Professor Massimo Morosetti, President of the Italian Kidney Foundation;
- Gianluca Gizzi, Mayor of Leonessa;
- Brother Simone Calvarese, Provincial Friar of the Capuchin Friars;
- Dr. Fiorella Faraglia, Nephrology and Dialysis Unit of San Camillo de Lellis Hospital in Rieti;
- Vito Paciucci, Vice President of the Province of Rieti;
- Professor Giuseppe Maria Ettore, Director of the A. O. San Camillo-Forlanini Complex General Surgery and Transplant Structure in Rome;
- Roberto Costanzi, President of the Kidney Patients Association;
- Giuseppe Zelli, Provincial vicar vice president of AVIS;
- Professor Paolo Menè, Director of the post graduate school in Nephrology, La Sapienza University of Rome;
- Francesca Milito, General Director of ASL Rome 3;
- Hon. Paolo Trancassini, Quaestor of the Chamber of Deputies.





## Italy Kidney Foundation

In the second part of the event the participants gathered for a convivial lunch based on typical local products, such as the renowned Leonessa potato, a central element of the traditional cuisine of the area.

In the afternoon, the participants visited the complex of the Church of San Francesco with its famous nativity scene, its Cloister and the lower crypt decorated with suggestive frescoes.

Later, people visited the Convent of the Capuchin Friars, where the participants had the opportunity to live an experience of peace and reflection. The visit was also enriched by small surprises, including the donkeys, which added a further touch of uniqueness to the day.

This event was able to combine health prevention, local culture and valorization of the territory, demonstrating how it is possible to combine physical well-being, and naturally renal well-being, with cultural enrichment and conviviality.





Tamilnad  
Kidney  
Research  
Foundation

# Tamilnad Kidney Research Foundation

The third quarter of 2024 was a remarkable one for TANKER Foundation as it celebrated its 31st Foundation Day. The whole TANKER family was thrilled at completing yet another successful year and celebrated it with gusto. The quarter was marked by a major Chennai hospital organising its second annual oration in the name of TANKER Foundation Founder Trustee, Dr. Georgi Abraham. Otherwise, donors and supporters of TANKER Foundation visited the admin office and dialysis units, and reinforced their support for TANKER Foundation's service. The awareness and screening programmes of TANKER Foundation continued uninterrupted.

## **STEPPING INTO ANOTHER DECADE**

The 31st TANKER Foundation Day was celebrated by the entire TANKER family on July 1, 2024. TANKER Foundation Day is actually June 30. Since it was a Sunday, the celebrations kicked off on Monday, July 1. The admin office in Chennai and all the dialysis units of TANKER Foundation joined in the celebration with patients cutting cakes. Cakes and biscuits were distributed to the staff and patients to mark the day. The patients conveyed not just their wishes to the organisation but also their gratitude for the service being rendered.

## **CELEBRATING A LEGEND**

TANKER Foundation Founder Trustee, Dr. Georgi Abraham, a familiar name among nephrologists worldwide, is honoured by Mehta Multispeciality Hospitals, Chennai, by organising an annual oration in his name. Dr. Georgi Abraham has been a guiding force, a teacher and a treating physician par excellence over decades. We take this opportunity to acknowledge his selfless services to the community as a doctor and teacher, said a note from the hospital. The conference Young Kidneys 2024 and Dr. Georgi Abraham 2nd Annual Oration was conducted by Dr. Kalaivani Ganesan (Organising Secretary & Sr. Paediatric Nephrologist) from Mehta Multispeciality Hospitals in July. The academic event was held in association with International Pediatric Nephrology Association (IPNA), Indian Society of Pediatric Nephrology (ISPN), Indian Academy of Pediatrics (IAP-SC) and Women in Nephrology-India (WIN). The Dr. Georgi Abraham oration was delivered by Prof. Dr. Arvind Bagga, Senior Pediatric Nephrologist, President – Asian Pediatric Nephrology Association (AsPNA).





Tamilnad  
Kidney  
Research  
Foundation

## **EVEN PATIENTS PITCH IN**

Under the 'Prevention Through Patient' programme, a team from TANKER Awareness and Prevention Program (TAPP) of TANKER Foundation conducted a screening camp in Madurai in September. Such camps are organised on the initiative of a dialysis patient of TANKER Foundation. This particular camp was organised by Madurai unit patient, Mr. Ravi, who lives in the area. Dr. Balamurugan led the TAPP team that consisted of Mr. Samuel and Mr. Vijay Anand Kumar. In all, 22 members of the general public benefited from the camp.

## **TAPPING NEW SOURCES**

TANKER Foundation's TANKER Awareness and Prevention program (TAPP) team members, Mrs. Ramapriya and Mrs. Deepa, held an awareness programme in July on kidney health at a beauticians training institute at the Tamil Nadu Urban Habitat Development Board (TNUHDB), K.K. Nagar, Chennai, where a beautician course was being conducted. The session was inaugurated by Mrs. Premalatha of TNUHDB. She was so taken up with the programme that at the end of it, she requested the TAPP team to organise a screening camp for the residents. And, the screening camp happened in August at the LIG Flats Area Scheme Office, K.K. Nagar, Chennai, organised by Mrs. Premalatha. Speaks volumes for the skill of the TAPP team members!

## **GOING WHERE NO ONE GOES**

The TANKER Awareness and Prevention Program (TAPP) team of TANKER Foundation continued with its mission of spreading awareness among school / college students, members of the general public and college teachers / staff and vulnerable sections of society and holding screening camps. Among colleges, they conducted a road show at Thiruthangal Nadar College, Kodungaiyur, Chennai, in August. A total of 63 students from various departments actively participated in the event. They stood in front of the college holding placards to raise awareness among the general public, during which the TAPP team distributed leaflets.





Tamilnad  
Kidney  
Research  
Foundation

## REMEMBERED EVEN IN A WILL

Two supporters, Mr. V. Ravikumar and Mr. V. Ramakrishnan, nephews of late Mrs. V. Indira Devi of Chennai, who passed away two years ago, visited the TANKER Foundation admin office in Chennai in July to hand over a donation for “the welfare of dialysis patients” who use the services of TANKER Foundation. The donation was given to execute the will of Mrs. Indira Devi, who left part of her assets for TANKER Foundation and another NGO. Her nephews were executors of her will.

## STRENGTHENING TANKER HANDS

Mrs. Chandrika, Past President, and Mrs. Padma Narayanan, President, of Inner Wheel Club of Madras Cosmos Charity District 323, visited the admin office of TANKER Foundation in July to make a significant donation, which was gratefully accepted by Senior Executive, Accounts, Mrs. K. Gayathri.

## SINGING AWAY BLUES

TANKER Foundation Advisory Member, Mrs. Sudha Lakshmi Rao, known among the TANKER family members as ‘our own Chinna Kuyil’ (meaning Little Cuckoo in Tamil), entertained the patients and staff of the Sathyalok dialysis unit at Porur, Thiruvottiyur unit and Valluvarkottam dialysis unit with film songs. A trained singer, she belted out film songs that were enjoyed by the patients and staff. In most cases, the patients keep time with her singing. At Valluvarkottam, a patient using the facility sang a song from a Tamil film and won everybody’s appreciation.

## Filmy fundraiser

The much-anticipated, yearly event, Duchess Utsav, was celebrated at The Savera hotel in Chennai in September. The event draws the cream of Chennai society for a buying spree and also lends itself to do some charity work on the side. TANKER Foundation had a stall at the event to draw the attention of donors to the service that it renders to kidney patients. And it drew a lot of donors and celebrity visitors.





Tamilnad  
Kidney  
Research  
Foundation

## GOOD TRAINING GROUND

The Students of Madurai's Glanis Institute of Allied Health Sciences, affiliated to the Tamil Nadu Dr. M.G.R. Medical University, who had been assigned to TANKER Foundation, Madurai, for clinical training, were full of gratitude for the training they received. The nine students, into the second and third year of B.Sc. Dialysis Technology at Glanis Institute of Allied Health Sciences, were unanimous in stating that the training was very useful and informative. They individually enumerated all that they learnt there, including about what sterile means, and other useful techniques involved in being a dialysis technician. They praised the experienced technicians of TANKER Foundation who lent them a patient ear and cleared all their doubts. The three-month, hands-on training they received made one of them say that if she had to do clinical training again, she would want to come back to TANKER Foundation.

## THEN, PLAY ON

A golf tournament was conducted in September to drive home the need for organ donation. The tournament, organised by MOHAN Foundation and Rotary Club of Madras Next Gen, had TANKER Foundation as one of the partners. The tournament, with the tagline: Drive to Save Lives 2.0, was in aid of organ donation and to transform lives.

## AUTHOR-DONOR

Young author – and the youngest donor of TANKER Foundation – Master Jitspeed was interviewed by Writers Inc. Master Jitspeed has written a fantasy fiction, 'Legend of Icarus – Flight of Destiny – Unveiling the Mythical Odyssey', and 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. In the YouTube video, Master Jitspeed talked about his plans for the book. It does not stop with serialising the book but having a Netflix series, including merchandising. Like Lord of the Rings and Harry Potter, says the young author with great conviction. Earlier, he was interviewed as a budding author by Authors Den, hosted by young Keya Hatkar.





Tamilnad  
Kidney  
Research  
Foundation

## ANGELS, TAKE A BOW

TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, uses every opportunity to praise the staff of TANKER as 'Angels on Earth'. There was a testament from a patient who vouched for the great work that the TANKER Foundation unit staff do for patients. Mr. R. Seshadri, who was using the Valluvarkottam dialysis unit, Chennai, wrote a touching letter to the staff where he wanted to express his heartfelt gratitude to each and every one of them for providing exceptional dialysis care during his time at TANKER. "The quality of treatment, friendly staff, and immaculate facilities have made my experience truly remarkable. Your commitment to delivering top-notch care has not gone unnoticed... Please keep up the fantastic work! Your tireless efforts are making a significant difference in the lives of many," he wrote in the thanksgiving letter.

"Thank you so much to each and every one of you, including the sponsors, for your support and care. I will always be grateful for the experience I had at Tanker Foundation," adds Mr. Seshadri who was relocating to another city.





# Tamilnad Kidney Research Foundation



College Road Show



31 Anniversary  
Celebrations



Duchess Utsav



Dr Georgi Oration



Golf Tournament



Screening Camp



Inner Wheel Donation





Tamilnad  
Kidney  
Research  
Foundation



Nephews Donation



Glanis Institute



Student Awareness



Sudha Signing

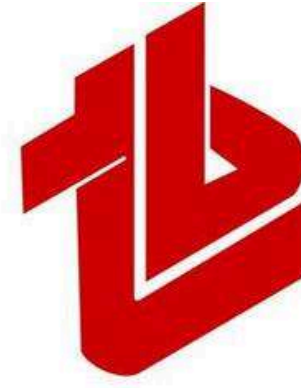


Jitspeed





Turkish  
Kidney  
Foundation



## TURKISH KIDNEY FOUNDATION

# WORLD SUGAR CONSUMPTION REDUCTION WEEK

### BE CAREFUL ABOUT SUGAR ADDICTION

The Turkish Kidney Foundation, which has been drawing attention to the importance of the subject with events for three years for the 'World Sugar Consumption Reduction Week', took to the field this year as the institution that developed and implemented this special week. TBV visited the retirees club with its experts and volunteer supporters, and served both retirees and the public unsweetened Turkish coffee accompanied by information on the subject, and drew attention to sugar consumption and hidden sugar.

World Sugar Consumption Reduction Week event was held at the Beyoğlu Municipality's retirees club. At the event, theater actor and foundation volunteer Miss Eylem Şenkal served unsweetened Turkish coffee to the public together with foundation president Timur Erk. Speaking about the importance of the day, TBV President Timur Erk drew attention to hidden sources of sugar and stated that excessive sugar consumption forms the basis of many diseases, primarily kidney disease. TBV President Erk; "Sugar means addiction, Turkey must reduce sugar consumption. All institutions, especially our people, have great responsibilities in this regard. Just as we reduced salt consumption, we urgently need to reduce sugar consumption as well," he said. "





Turkish  
Kidney  
Foundation

## THERE WILL BE NO DEFICIENCY IF SUGAR IS NOT EATEN UNTIL YOU DIE”

Providing information about ‘World Sugar Consumption Reduction Week’, Istanbul University Endocrinology and Metabolism Department Faculty Member Prof. Dr. Kubilay Karşıdağ, MD drew attention to the fact that a high proportion of the population has diabetes in his speech. Prof. Dr. Karşıdağ: “15 percent of people in Türkiye have diabetes, 15 percent also have latent diabetes. When we look at it, almost 15 percent of the social security institution’s spending is spent on diabetes alone, and these are very high figures. There is another concept, and that is being overweight. One third of the people in Türkiye are overweight. These are extraordinarily high figures. After a while, we will start to be unable to cope with the problems it causes. One of the most important things we need to do is to try to prevent this. The best way is to try to avoid sugar, hidden sugar and being overweight. In other words, if I do not eat table sugar from 0 to 100 years old, I will not have any deficiencies. Table sugar is not like fruit, water, milk, meat, cheese, if we do not eat these, we will have deficiencies, but if we do not eat table sugar, we will not have any deficiencies,” he said.

### THINGS TO STAY AWAY FROM IN DIET

Prof. Dr. Kubilay Karşıdağ, drawing attention to the fact that sugar should be eliminated: “First of all, we should eliminate sugar. Please do not confuse this with the sugar in fruit. These are different concepts. We should definitely eat about three handfuls of fruit every day. The measure here is everyone’s own palm. But we should stay away from desserts like baklava or anything made with fructose. To put it very simply, for nutrition. We say stay away from 5 things:

1. sugar and sugary foods, here the criterion is if sugar is added to a food while it is being prepared, stay away from it.
2. stay away from white bread,
3. stay away from rice pilaf,
4. especially stay away from soft drinks with added sugar or fructose.
5. stay away from products made outside as much as possible, that's all.



Other than that, be careful about what you eat and drink. There is another thing above all, no matter what you do every day, definitely walk. We should walk between 20 and 60 minutes according to our age and capacity. This is extremely important for the development of muscles when we are young and for the muscles not to become weak in older ages. There are risks waiting for us in older ages. Treatment is possible, but prevention would be a more appropriate approach.

Briefly, you can be careful and protect yourself from many diseases, especially diabetes, cancer and arthritis, which are related to this, by simply not eating sugar.” he said.

This year, the 19-25 September ‘World Sugar Consumption Reduction Week’, which is being discussed for the third time, is being brought to the agenda throughout the country with different activities of Governorships, Provincial Health Directorates, Provincial National Education Directorates. This special week is also gaining strength with the participation of countries that are members of the International Kidney Foundation Federation.





# Turkish Kidney Foundation



**PARDON ME!**

**DO YOU HAVE ANY CANDY?**

A lot of what you consume in everyday life sugar hidden in food, in the body by increasing inflammation, many it increases the risk of chronic diseases.

*Notice the hidden face of sugar, make healthy choices!*

**WORLD SUGAR CONSUMPTION REDUCTION WEEK**  
September 19-25

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Forthcoming  
Events

# Forthcoming Events



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# Forthcoming Events



**ARE YOUR KIDNEYS OK?**

Detect early, protect kidney health



#WorldKidneyDay  
#AreYourKidneysOK  
[worldkidneyday.org](https://worldkidneyday.org)

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