



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

IFKF-WKA Connect

January 2026

Official Newsletter of IFKF-WKA



Content

Editorial Board

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IFKF-WKA Connect January 2026

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Bangladesh
Kidney
Foundation

Activities of Kidney Foundation

(October, November, December -2025)



	July	August	September
HD Patients	641	636	625
HD Session	3444	3509	3741
OPD Patients	9839	7716	8080
CAPD	2	4	1
Transplant	5	5	4
AVF	153	118	153
Temporary venous catheter	122	97	96
Tunneled catheter	14	12	10
Renal Biopsy	23	30	26
AKI	69	49	50
Hospital Admission	588	541	512



Bangladesh
Kidney
Foundation

21st Annual Convention & Scientific Seminar of Kidney Foundation, Bangladesh

Theme: Transforming Kidney Care: From Prevention to Transplantation

Venue: Convention Hall, Kidney Foundation Hospital & Research Institute, Mirpur, Dhaka

Organized by: Kidney Foundation Bangladesh

In collaboration with: Royal London Hospital (UK) & International Society of Nephrology (ISN)

The scientific program was conducted under the theme “Transforming Kidney Care: From Prevention to Transplantation”, reflecting a comprehensive and forward-looking approach to kidney health across the continuum of care.

Day 1 – 15 November 2025

Inaugural Ceremony & Scientific Seminar (9:00 AM – 5:00 PM)

Key Focus Areas:

Health care services in Bangladesh

Cardiovascular protection in CKD

Contrast-induced AKI prevention

CKD–Mineral Bone Disorder (MBD)

Acute Kidney Injury (AKI) in CKD

Peritoneal Dialysis (PD) & Hemodialysis

Kidney transplantation challenges in developing countries

Electrolyte and acid–base disorders

Major Sessions:

Session 1: AKI in CKD

Session 2: Peritoneal Dialysis & Hemodialysis (with Luncheon Symposium)

Session 3: Electrolyte and Acid–Base Balance

Additional Activities:

Poster presentations

Panel discussions and Q&A sessions



Bangladesh
Kidney
Foundation

Day 2 – 16 November 2025

Scientific Seminar (9:00 AM – 5:00 PM)

Key Focus Areas:

Glomerulonephritis updates (LN, IgA nephropathy, C3 GN, IgG4 disease)

ISN activities

Kidney transplantation (cadaver transplant, pregnancy after transplant, CMV infection)

Renal anemia and HIF inhibitors

Diabetic kidney disease (DKD) care models

Uremic toxins and crisis-time kidney care

Dialysis-related complications in pregnancy

Major Sessions

Session 1: Glomerulonephritis

Session 2: Transplantation

Session 3: Nephron Mix

Research & Academic Activities:

Breakout session on Research Methodology & Capacity Building

Short research paper presentations by early-career researchers



Poster Presentation at 21th Annual Convention & Scientific Seminar of Kidney Foundation



Faculty Group photo



Prof Stanley Fan giving lecture on Acute Peritoneal Dialysis



Dr Rishi Kumar Kafle Giving lecture on Challenges of Cadaver



Bangladesh
Kidney
Foundation

Summary:

The two-day convention brought together national and international nephrologists, clinicians, researchers, and healthcare leaders to discuss contemporary challenges and innovations in nephrology. The program also highlighted peritoneal dialysis expansion strategies, quality of life in end-stage renal disease, and advancements in dialysis nutrition and management.

The convention featured plenary lectures, symposiums, panel discussions, and interactive Q&A sessions, chaired by senior national and international experts. The program concluded with a closing session reaffirming the commitment of Kidney Foundation Bangladesh and its partners to improving kidney care through prevention, innovation, research, and equitable access to advanced therapies.

Overall, the convention served as a significant academic and professional forum, strengthening regional and international collaboration while contributing meaningfully to the advancement of kidney care in Bangladesh and similar healthcare settings.

Internship in Renal Nutrition

Duration = 1.5 months

Total Students = 15

Daffodil International University = 13

National College of Home Economics = 02

Duration = 6 months

Total Students = 05

Govt College of Applied Human Science = 02

Noakhali Science & Technology University = 01

Daffodil International University = 01

National College of Home Economics = 01



Lecture class on Renal Nutrition

Diploma in Renal Nursing 6th Batch

Start from – July 2025

Duration – 1 year

Total students – 18

Renal Nursing Students at KFHR&I with Prof Harun Ur Rashid



Bangladesh
Kidney
Foundation



In Hospital Training of Junior Doctors



Bangladesh
Kidney
Foundation

Date	Class Topic	Consultant name
Monday 13.10.2025	History taking	Assistant Prof Dr Romana Akbar
Monday 20.10.2025	General Examination & Systemic Examination	Assistant Prof Dr Omar Faruq
Monday 27.10.2025	ECG-common	Assistant Prof Dr Shanjida Sultana Juthy
Monday 03.11.2025	Glomerulonephritis	Prof. Harun Ur Rashid
Monday 10.11.2025	Nephrotic Syndrome in Children	Assistant Prof Dr Romana Akbar
Monday 24.11.2025	Optimum Management of Hypertension	Associate Prof Dr Tasnuva Sarah Kashem
Monday 01.12.2025	Acute Kidney Injury Fluid Management	Assistant Prof Dr Omar Faruq
Monday 08.12.2025	Chronic Kidney Disease & Staging	Associate Prof Dr Shoeb Nomany
Monday 15.12.2025	Investigation of Anemia in CKD Patient	Maj. Gen. (Rtd.) Prof. Emeritus Ziauddin Ahmed
Monday 22.12.2025	Chronic Kidney Disease – Mineral and Bone Disorder	Prof. Harun Ur Rashid
Monday 29.12.2025	Acute Myocardial Infarction Management in CKD	Assistant Prof Dr Shanjida Sultana Juthy



Assoc. Prof. Dr. Shoeb Nomany giving lecture at KFHR&I.



Lecture Provided by Asst Prof Dr Romana Akbar at KFHR&I



Fundación Mexicana para el Riñón Poliquístico

Fundación Mexicana para el Riñón Poliquístico

NUESTRO AGRADECIMIENTO A LA AMERICAN SOCIETY OF NEPHROLOGY Y A MELISSA WEST (CELE'S CHAMPIONS)

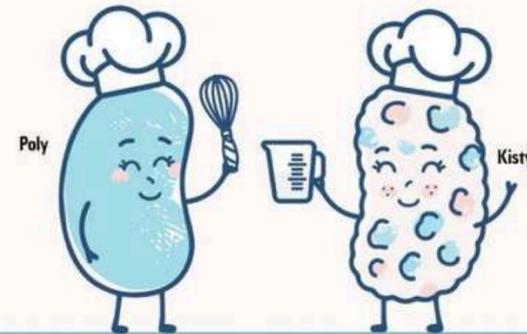
Por invitarnos a compartir la voz de los pacientes con Riñón Poliquístico en México, en el escenario más importante de nefrología del mundo.



SABORES QUE NUTREN

Recetario inspirado en la salud integral para personas con

ENFERMEDAD RENAL POLIQUÍSTICA





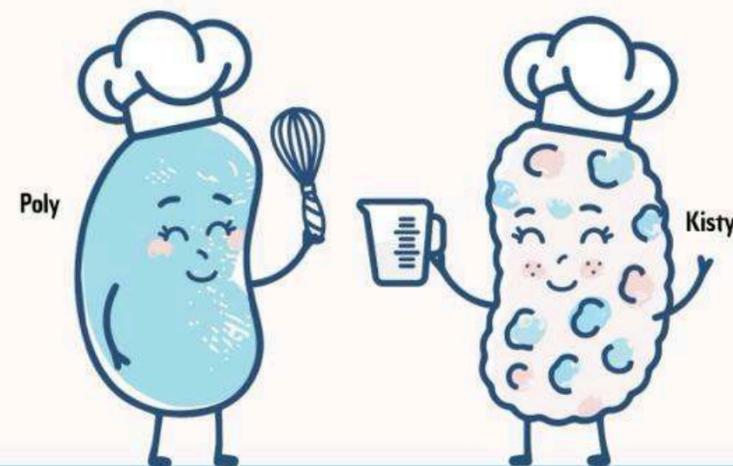
Fundación
Mexicana para el
Riñón
Poliquístico



SABORES QUE NUTREN

Recetario inspirado en la salud integral para personas con

ENFERMEDAD RENAL POLIQUÍSTICA



AUTORAS: ANA SOFIA LÓPEZ & L.N. ARI CISNEROS



The Fundación Mexicana para el Riñón Poliquístico A.C. is the first organization in Mexico specifically dedicated to providing comprehensive support to patients with Polycystic Kidney Disease (PKD) and their families.

Its work focuses on offering reliable information, medical and nutritional guidance, as well as promoting research and raising public awareness about this little-known but increasingly prevalent disease.

In its commitment to improving the quality of life of the PKD community, the foundation supports projects that promote health education, self-care, and prevention. This recipe book is part of that mission: a digital resource created with the support of the foundation's medical and nutritional advisory board, designed to offer practical and accessible tools to help maintain a balanced diet that supports kidney health.

Here you will find a selection of healthy, low-carb recipes, along with educational materials on macronutrients and functional ingredients, explaining how each food can contribute to the body's balance. The goal is not only to provide delicious and safe options, but also to empower each patient's knowledge and autonomy, fostering sustainable eating habits and a better relationship with health.

With this initiative, the Foundation reaffirms its commitment to the community: to support, educate, and together build a future where kidney health and quality of life are an achievable reality for everyone.



Fundación Mexicana para el Riñón Poliquístico



Living with Polycystic Kidney Disease invites us to reconnect with what is essential: our bodies, our food, and the value of taking care of ourselves every day.

This recipe book is the result of a collaboration between the Mexican Polycystic Kidney Foundation and renal nutrition professionals committed to improving the quality of life in our community.

Here you will find balanced, colorful, and flavorful dishes, created to support your kidney health without sacrificing the pleasure of eating well.

May each recipe be an invitation to nourish yourself with love, to reconnect with yourself, and to remember that you are not alone: we are a community walking together toward a fuller, more conscious, and harmonious life.

With love,
Ana Patricia Vite Abdo
Founder - Excecutive Director



As a nutritionist specializing in renal nutrition, I have had the privilege of supporting many people on their journey to a better quality of life, despite the challenges of living with polycystic kidney disease. Every consultation, every story, and every achievement inspired me to participate in creating this special recipe book, crafted with care, knowledge, and deep respect for those who face this condition every day.

Food is a powerful tool: it can bring relief, prevention, and hope. Each recipe was designed to remind you that healthy eating can also be delicious, festive, and full of love. The recipe book was created to offer safe and balanced culinary options, including some that align with a low-carb plan.

My goal is for you to enjoy your food without worry, taking care of your well-being and sharing happy moments with those you love most. This recipe book is more than a culinary guide; it's a token of support and empathy, a reminder that eating well can also be an act of self-love. With all my love and commitment to the community,

Ari Cisneros
Renal Clinical Nutritionist





Fundación Mexicana para el Riñón Poliquístico



Cooking doesn't have to be complicated to be special. Sometimes, with what you already have in your kitchen, you can create something delicious, nutritious, and meaningful.

That's what I love most about this project: showing that eating well can also be simple, that taking care of yourself doesn't mean giving up flavor or the moments that make eating so human.

This recipe book was an opportunity to create from the heart, with the intention of enabling everyone living with polycystic kidney disease to enjoy food without fear, frustration, and without losing the joy of sharing it.

I firmly believe that you don't need complicated ingredients to create something memorable; all it takes is curiosity, awareness, and a little love for what you do.

I hope this recipe book inspires you to cook more often, to experiment, to enjoy the process, and to remember that eating well isn't just about health, but also about enjoyment, presence, and self-love.

Ana Sofía López
Chef & Hospitality Manager



Click the link below to read the full report.

[Read more](#)



Fundainer
Guatemala

FUNDANIER GUATEMALA

OCTOBER, NOVEMBER, DECEMBER 2025

OCTOBER

- "Children's Day" Celebration





Fundainer
Guatemala

- Press Conference – 10K Marathon “Run for your Health”



- Participation from the President of the Board in CAHI Jeffe Fellowship of INCAE.





Fundainer
Guatemala

NOVEMBER

- Team participation in PALÉ. This activity was organized by a private University as a project: “Business Challenge” to benefit FUNDANIER



- Award Ceremony where PALE won the prize for the highest collection of funds and communication strategy-



- Team FUNDANIER participating in the delivery of kids for the 10K





Fundainer
Guatemala

- 10K Marathon



DECEMBER:

- Tamizaje renal con Bridge of Life en Antigua Guatemala





Fundainer
Guatemala

• Renal screening with Bridge of Life in Escuintla



• Seminar directed to patient caretakers – Fundanier con Bridge of Life



Fundainer
Guatemala



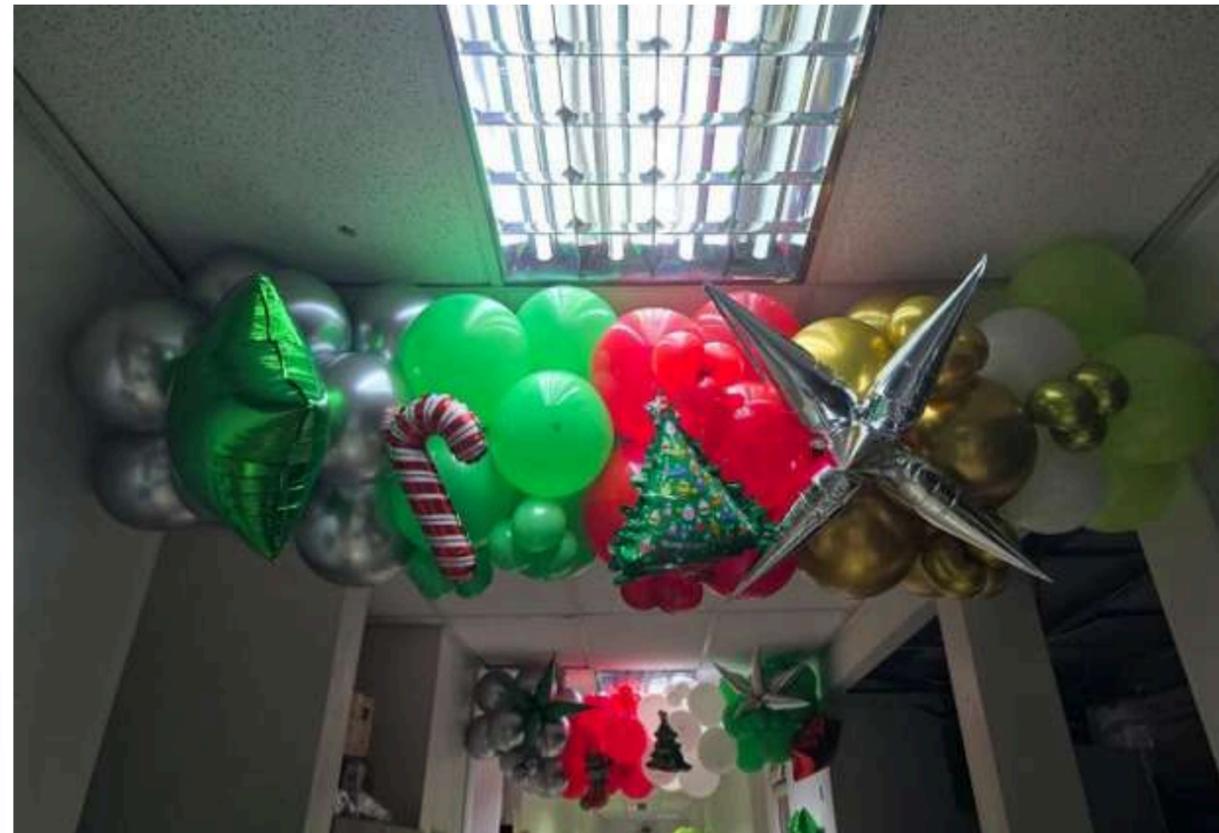
- Screening for kidney donors– Fundanier con Bridge of Life



Fundainer Guatemala



- **Donation of Christmas decoration to Fundanier**



- Christmas celebration for FUNDANIER patients



- Recognition to Nutritionist Paola Pérez – Outstanding worker on the 70 year anniversary of Roosevelt Hospital.



• Fundanier's Team Christmas Celebration



Fundainer
Guatemala



- Concert “Noche de Villancicos” – in benefit of Fundanier



Fundainer
Guatemala





Fondazione
Italiana del Rene

Fondazione Italiana del Rene

December

“Kidney diseases? We care about patients”: The initiative “Kidney diseases? We care about patients”, promoted by the Italian Kidney Foundation and held in December 2025, highlighted the close link between kidney and cardiovascular health. It raised awareness of the markedly increased risk of heart attack and stroke among people with chronic kidney disease, who face a 20-fold higher risk of cardiovascular mortality. As kidney function declines, the cardiovascular system must compensate, leading to higher blood pressure, increased vascular stress, and a greater likelihood of events such as myocardial infarction, heart failure, and stroke. Early intervention on modifiable risk factors - hypertension, diabetes, smoking, obesity, and dyslipidemia - is crucial for preventing complications. The initiative also provided free LDL cholesterol screening at hospitals in Ostia (Rome), Pavia, and Reggio Calabria.

“Prioritizing Blood Health”: The Italian Kidney Foundation took part in the European roundtable “Prioritizing Blood Health”, organized by GAfPA in Brussels. The meeting brought together experts, institutions, and patient associations to improve anemia management and promote Patient Blood Management, including in chronic kidney disease. Continued collaboration is essential to strengthen prevention, access to care, and awareness through initiatives such as this event.



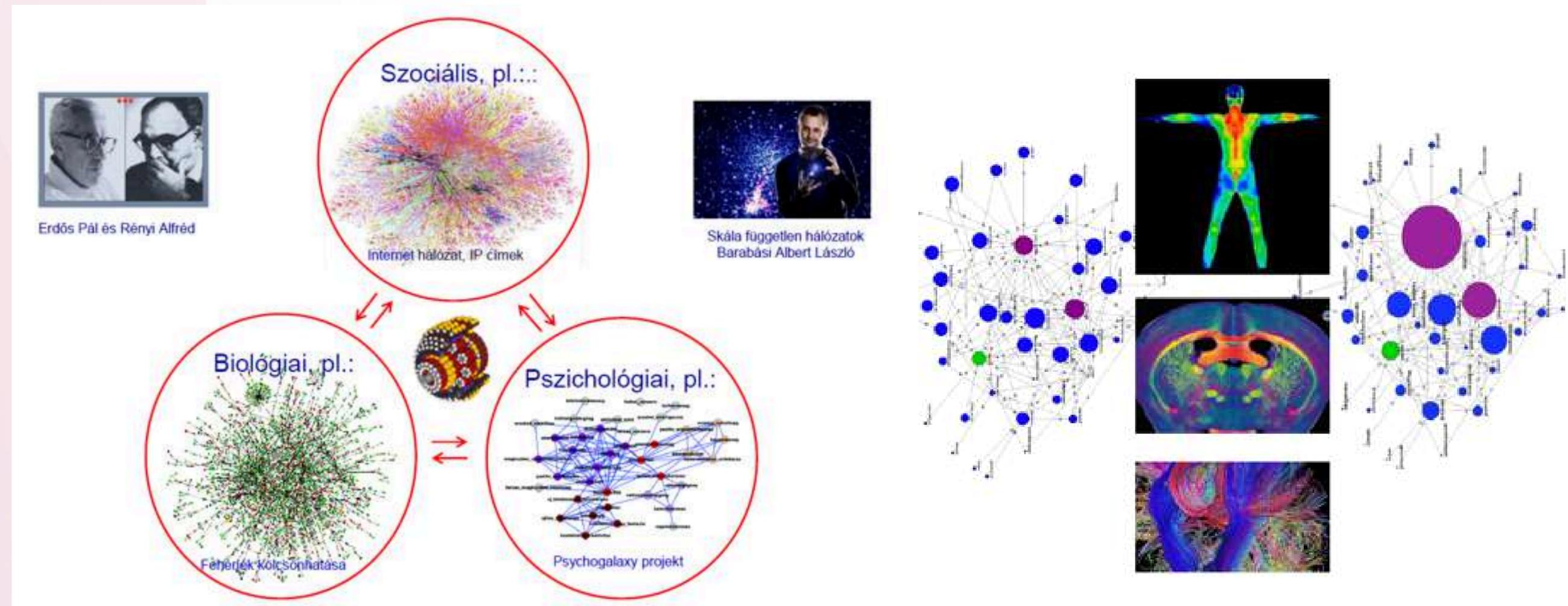
Fondazione
Italiana del Rene

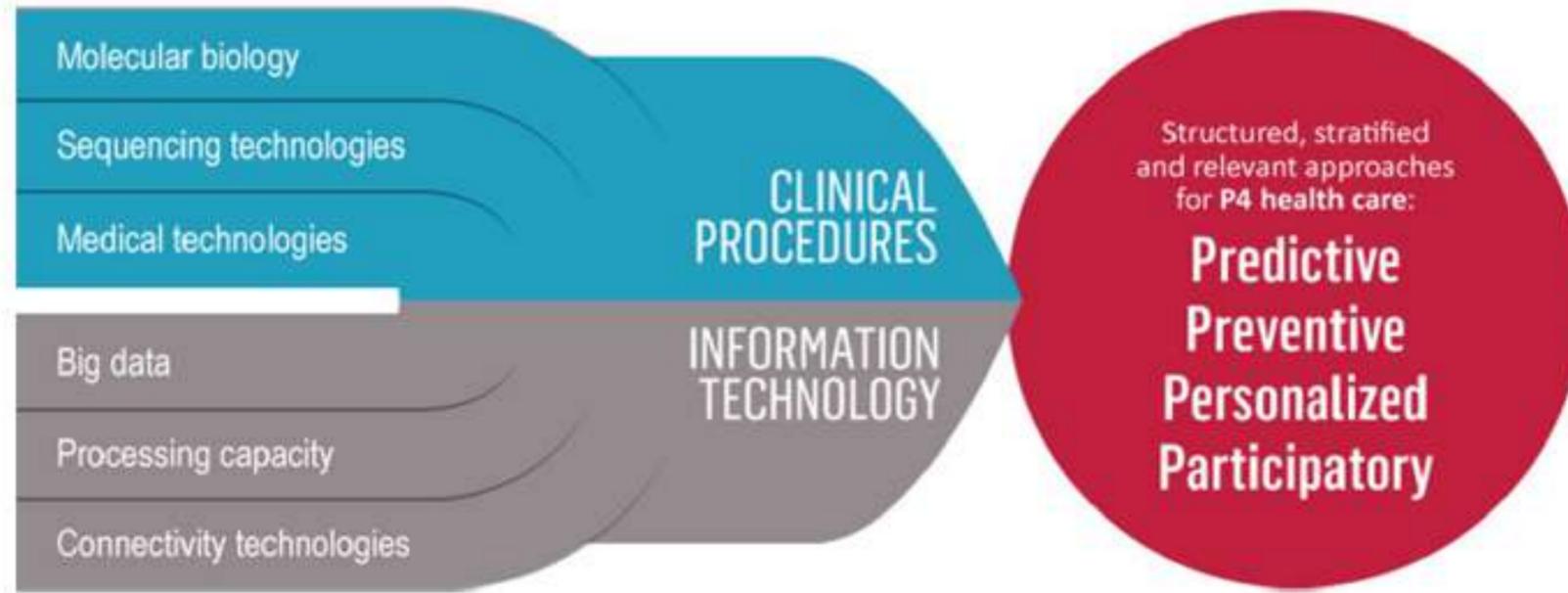


Hungarian Kidney Foundation

Semmelweis University, Budapest

Lecture about the holistic patient's care for medical students by professor László Rosivall





Major activities of our Foundation

AI in the Future of Nephrology

The infographic features a central blue silhouette of a head with 'AI' inside, connected by lines to three panels: 'Clinical Patient Care' (a doctor with a patient), 'Education' (a teacher with a student), and 'Research' (a scientist with a microscope). Below the head are two kidneys. At the bottom left is the logo for 'SEMMELWEIS UNIVERSITY'.

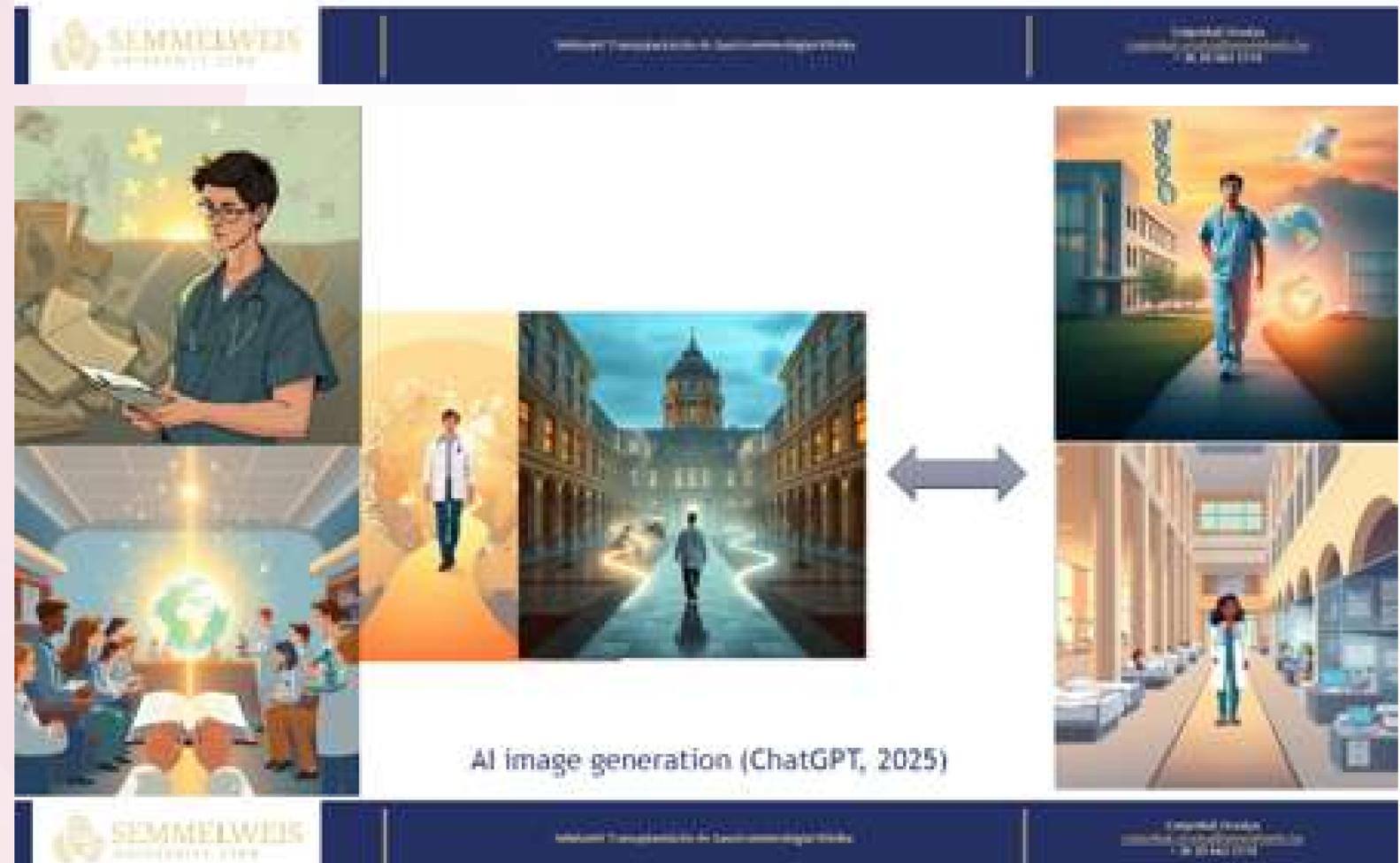
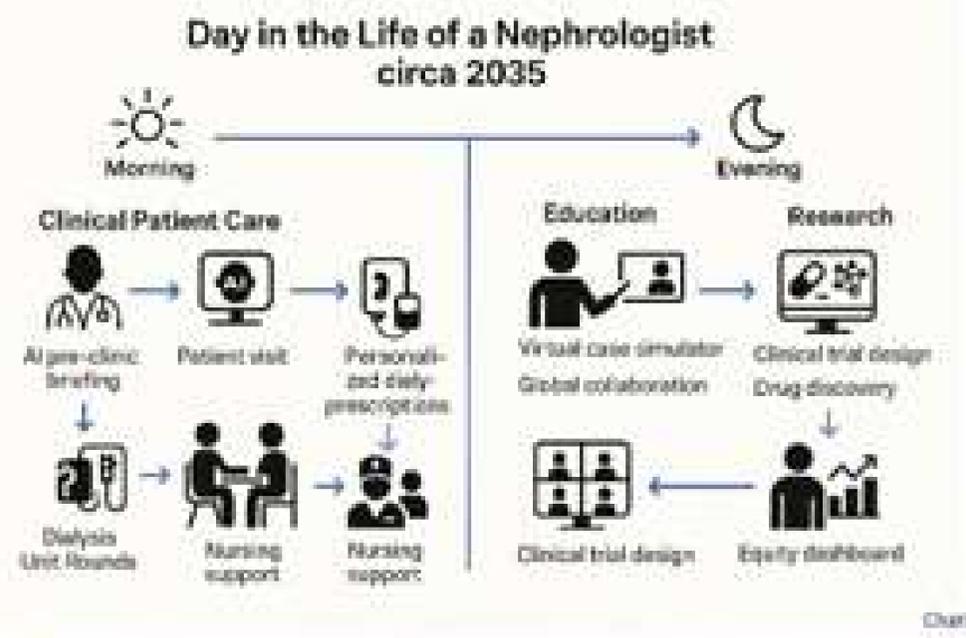
„AI has the potential to make nephrology more predictive, personalized, and precise—helping clinicians intervene earlier, teach more effectively, and discover new therapies. But its success depends on responsible integration with human expertise, patient engagement, and ethical oversight.”

©Kaplan 28-08-2023
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“Lifelong learning, empathy, and scientific curiosity are the pillars of a healer’s journey”

Cseprekál Orsolya

“Day in the Life of a Nephrologist, circa 2035,”





India Renal
Foundation



India Renal Foundation

Chairman's Message....

Greetings!

As India Renal Foundation approaches 24 years of service on 15 January 2026, the organization remains committed to advancing early detection, awareness, and timely treatment of kidney diseases - an escalating public health challenge.

Since 2018, in collaboration with Krishna Sarvajanic Hospital, Himmatnagar, and under the Pradhan Mantri Jan Arogya Yojana (PMJAY), the Foundation has supported the operation of nine Hemodialysis machines, enabling continued access to life-sustaining dialysis services for patients across Himmatnagar and surrounding regions. Efforts are currently underway to expand Hemodialysis services in the Dahegam and Alang–Bhavnagar areas through partnerships with local charitable hospitals.

In observance of World Diabetes Day, the Foundation conducted Diabetes Awareness Week from 11 to 17 November, focusing on Diabetic Nephropathy. Awareness camps and seminars were organized at institutions including the Ahmedabad Police Commissioner Office, Gujarat University, and the Sadvichar Varishth Gaurav Group, with expert contributions from Dr. Vipul Chavda and Dr. Dhruvi Hasnani.

Additionally, under the “Save a Life” program, a generous contribution of ₹26,25,000 from Mr. Rashmikantbhai Shah enabled support for 18 underprivileged kidney patients, improving access to essential medicines and treatment.

As we enter 2026, India Renal Foundation continues to strengthen partnerships and expand access to kidney care, with a sustained focus on impact, equity, and community well-being.

Mr. Trilok R. Parikh
Chairman,
India Renal Foundation

During this quarter (October to December 2025), we organised 71 awareness programs and 57 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:**



Ahmedabad



Rajkot



India Renal Foundation
15.11.2025-14:55
22.53325, 72.97324
SXPF+9W5, Anand

Vadodara



Surat

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



Kheda



Ahmedabad

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



Rajkot



Vadoadra



The objective of this activities is counseling, advise, recreation, rehabilitation, education and motivation of patients.

Ahmedabad

On 4th October 2025, a music and Raas-Garba program for Prerana members was held at B.K. Hall, Pritamnagar Akhada, Paldi. The Music Lovers Group entertained the members with popular film songs and Garba performances. Meals were generously arranged by Mrs. Rekhaben Chona, Owner of HOCCO Eatery. Mr. Rashmikantbhai Shah and Mrs. Kumudben Shah donated ₹ 1, 25,000 for the “Save a Life” and Prerana programs, while Mr. Jignesh Shah and Mr. Asutosh- Act of Kindness, contributed ₹11,000. The Foundation extends heartfelt gratitude to all for their support.



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.



Surat:

I R F, Surat Chapter organized a Raas-Garba program for Prerana members on 20th October 2025. Members participated with great enthusiasm. The hall was kindly provided by the Gujarat Chamber of Commerce and Industry, and dinner was arranged by Shri Ashapura Trust. Mrs. Jignasabhen Trivedi, Advisory Committee member, boosted everyone's spirit by attending the program. Five members performing synchronized Garba received surprise gifts from volunteer Mrs. Tejalben Jogani.



Mehsana

On 9th November 2025, Mehsana, under the Prerana banner, organized a music and Raas-Garba program at Chunikaka Hall, Rotary Club. Prerana members came together to enjoy the event and celebrate the festive occasion.



Bhavnagar

On the auspicious occasion of Diwali, the Prerana members of the India Renal Foundation, Bhavnagar, personally presented hand-painted "Kodia" to Mayor Shri Bharatbhai Barad, Collector Shri Manish Kumar Bansal, SP Shri Nitesh Pandey, and Bhavnagar Municipal Commissioner Shri Narendra Kumar Meenaduring a goodwill visit.





“Fundraising Musical Program for Kidney Patients”

On 5th October 2025, a musical event was held at Rosemary School Auditorium, Vadodara, jointly organized by the Aman Anand Hingorani Foundation and the India Renal Foundation. The program was part of Mr. Rohitbhai Parikh’s initiative to host 71 musical programs to raise funds for kidney patients in need.

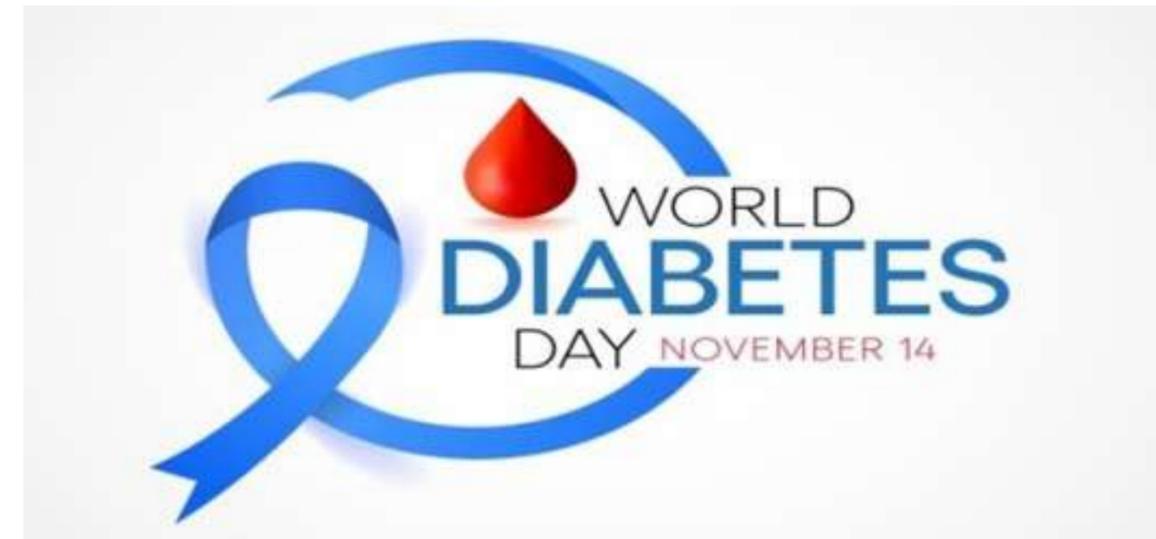
Mr. Rohitbhai and his team mesmerized the audience with melodious performances. The event was also attended by Mr. Yogeshbhai Velani, Advisory Committee member of the India Renal Foundation, Vadodara, and Mr. Ashokbhai Hingorani, Chairman of the Hingorani Foundation. The Foundation extends its heartfelt gratitude to all the artists for making the program memorable.





WORLD DIABETES DAY (WEEK) CELEBRATION 2025

1. On the occasion of World Diabetes Day IRF celebrated 'Diabetes Awareness Week' from 11th to 17th November 2025. BP-Diabetes and kidney screening camps and awareness seminars were organized at various places. On 11th November we organised a BP and diabetes screening camp at Shaibaug area, Ahmedabad.



2. Secondly, the organization organized a diabetes awareness seminar as well as a BP and diabetes screening camp for Gujarat Police personnel at the Ahmedabad Police Commissioner's office on 11th November. Dr. Vipul Chavda and Dr. Dhruvi Hasnani (Diabetologist) both were present and gave detailed information about diabetes at every stage of life to the police personnel through a PPT.



3. On 13th November, the second day of Diabetes Awareness Week, the Vishwa Hindu Mahila Parishad at Paldi organized a BP and diabetes check-up along with an awareness program. More than 200 women benefited from this initiative.

4. On 14th November, the fourth day of Diabetes Awareness Week, a special seminar was organized at Gujarat University, Ahmedabad for students and faculty members. The seminar was attended by Diabetologist Dr. Vipul Chawda and Dr. Dhruvi Hasnani, who explained diabetes and its adverse effects on vital organs in very simple language using a PPT presentation. After the seminar, all students underwent BP and diabetes screening, and, with the support of Zydus Healthcare, lipid profile tests were also conducted free of charge.



5. On the final day of Diabetes Awareness Week, a seminar was organized for members of the Senior Gaurav Group, managed by the Sadvichar Parivar. Dr. Vipul Chawda and Dr. Dhruvi Hasnani were the chief speakers, who explained diabetes and its effects to the elderly using a PPT presentation. After the seminar, all participants received free BP and diabetes screenings. Mr. Shubhangbhai Shah, member of the Foundation's local advisory committee, was present and expressed the Foundation's gratitude to all participants and doctors for their valuable contribution.





India Renal Foundation



Under the “Save a Life” program, the India Renal Foundation has been continuously providing financial assistance since 2002 to underprivileged patients suffering from kidney disease. These supports cover Hemodialysis treatment, post-kidney transplant medications, and AV fistula surgeries, enabling patients to access treatment without interruption and maintain hope for a healthy life.

During this quarterly period, the Foundation provided assistance totaling ₹ 2, 15,550/- to 16 patients for hemodialyser and blood tubing and to 71 patients for Hemodialysis, post-transplant medications, and AV fistula surgeries. This initiative has significantly improved the quality of life for renal patients and has created a strong sense of hope and courage within the community.

Dineshbhai Solanki

Dineshbhai Solanki, 57, from Koyli village, Vadodara, lives with his wife and has no children. Earlier, he ran a betel leaf stall, but due to declining health, he is now unable to work, and his wife supports the family with casual factory work.

In June 2019, high blood pressure severely affected his kidneys, and he began Hemodialysis under Dr. Archit Patel. After initial treatment at Sterling Hospital, he continues dialysis at L&T Dialysis Unit.



India Renal
Foundation

In December 2025, his AV fistula failed, requiring surgery costing approximately ₹27,000. With 50% financial support from the India Renal Foundation, Dineshbhai was able to manage this sudden expense. He expresses heartfelt gratitude to the Foundation and its donors for their support.

INDIA RENAL FOUNDATION
— CELEBRATE —
WORLD DIABETES DAY 2025
— 11 to 17 November —

Diabetes & Kidney Health:
Prevention First and Always

An illustration showing a blue glucometer with a reading of 96, a pair of blue sneakers, a red apple, a yellow dumbbell, a bowl of fresh vegetables, a blue water bottle, and several medicine bottles and pills, all set against a light blue background with water droplets.

- ✓ **Diabetes** is one of the **leading** causes of kidney disease. High blood sugar over time can damage kidneys.
- ✓ **Early detection, healthy lifestyle, and regular checkups** can protect your kidneys.
- ✓ **Get your blood sugar and kidney tests regularly**
- ✓ **Stay active, eat healthy, take medicines as prescribed.**

The logo for the India Renal Foundation, featuring two stylized red kidneys held in green hands, with the text 'India Renal FOUNDATION' and the tagline 'prevention first and always' below it.

India Renal
— FOUNDATION —
prevention first and always



Kidney Warrior
Foundation

Kidney Warrior Foundation

25th Oct 2025: Session on managing CKD stage 4

Ms. Vasundhara Raghavan had a thoughtful conversation with CKD warrior Ananya Mukhopadhyaya, exploring how she manages her condition and deals with issues on a day-to-day basis. The discussion focused on key aspects of disease management, including diet, medication, and lifestyle choices





Kidney Warrior
Foundation

7th November 2025: Mental Well-being in CKD

A virtual conference was held with Dr Madhavi Salunke, Professional Counsellor and Psychotherapist on challenges faced in handling emotional issues for those managing kidney health. Living with Chronic Kidney Disease (CKD) is a physical challenge and an emotional journey for both patients and caregivers.

The psychologist, herself a CKD warrior shared deep insights on the importance of mental well-being and how to cope with fear, anxiety, and stress. Small steps can make a big difference in one's healing journey.



Watch the complete session at the link below.

<https://www.youtube.com/watch?v=rpkm2zntvb4>

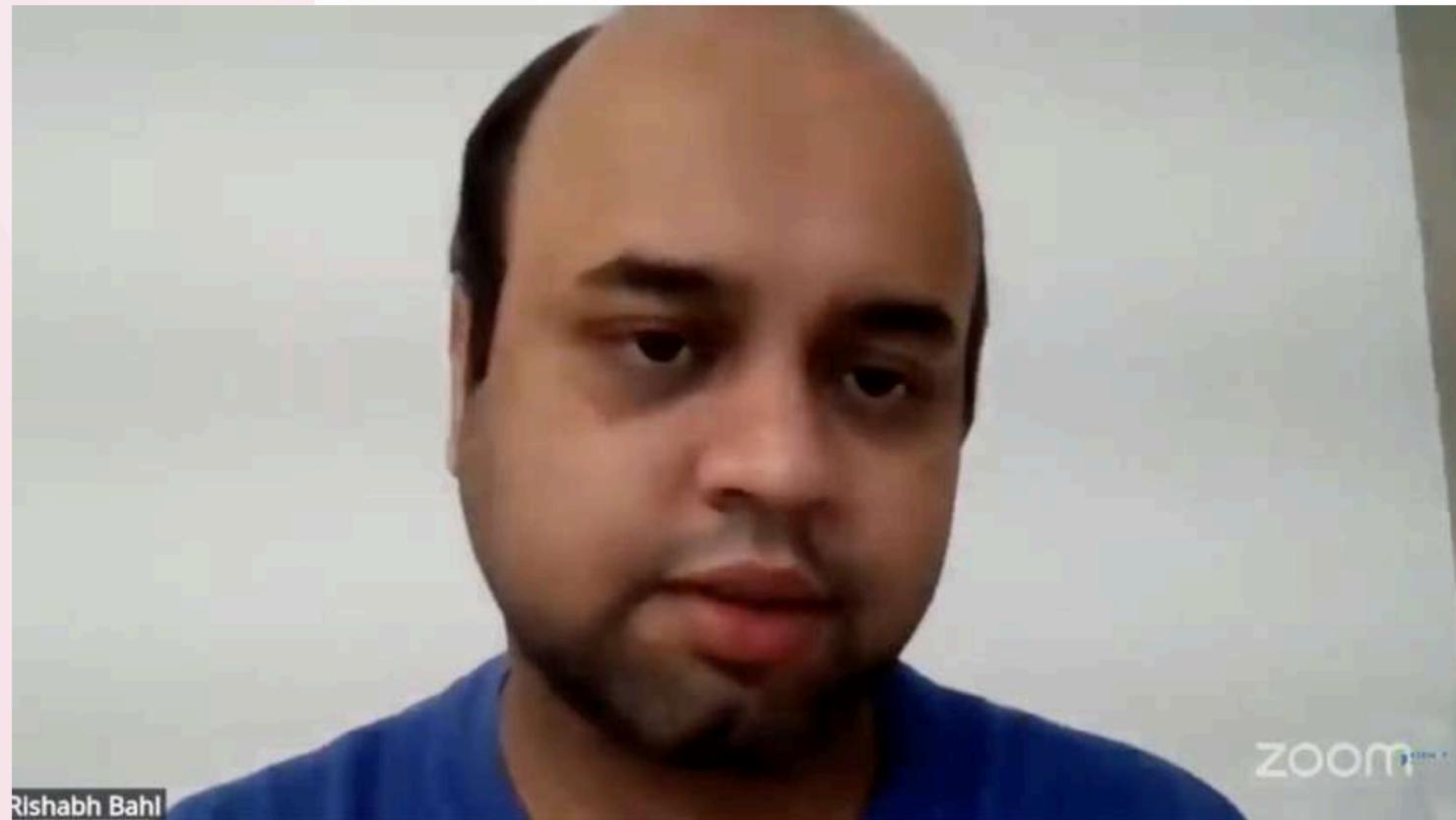


Kidney Warrior
Foundation

11th Nov 2025 : Discussion on Careers

Warriors Harshit Bhatia and Rishab Bahl engaged in an insightful conversation with Varnaya and Antara on building and sustaining successful careers after chronic kidney disease (CKD).

They shared valuable personal experiences and practical advice to inspire individuals seeking to restart their careers or explore new professional paths, leading to an active, fulfilling, and productive life after a transplant.



Watch the complete session at the link below.

<https://www.youtube.com/watch?v=rpkm2zntvb4>



Kidney Warrior
Foundation

Masterclass on SLE Lupus: November 22:

To explore the growth, progression, and management of many under-recognized rare diseases, In June 2025 we launched a special **Masterclass Series**. This series is based on **KDIGO clinical practice guidelines** ensuring a standardized educational framework.

An insightful Masterclass on SLE Lupus was organized with Dr. A. Anitha, Consultant Nephrologist, Apollo Hospital Bangalore. The session was moderated by N. S. Naveen, who shared his personal journey with Kidney Failure and a successful transplant after being diagnosed with SLE Lupus.



Watch the entire session at the link below.

<https://www.youtube.com/watch?v=z47hYZayhBw>

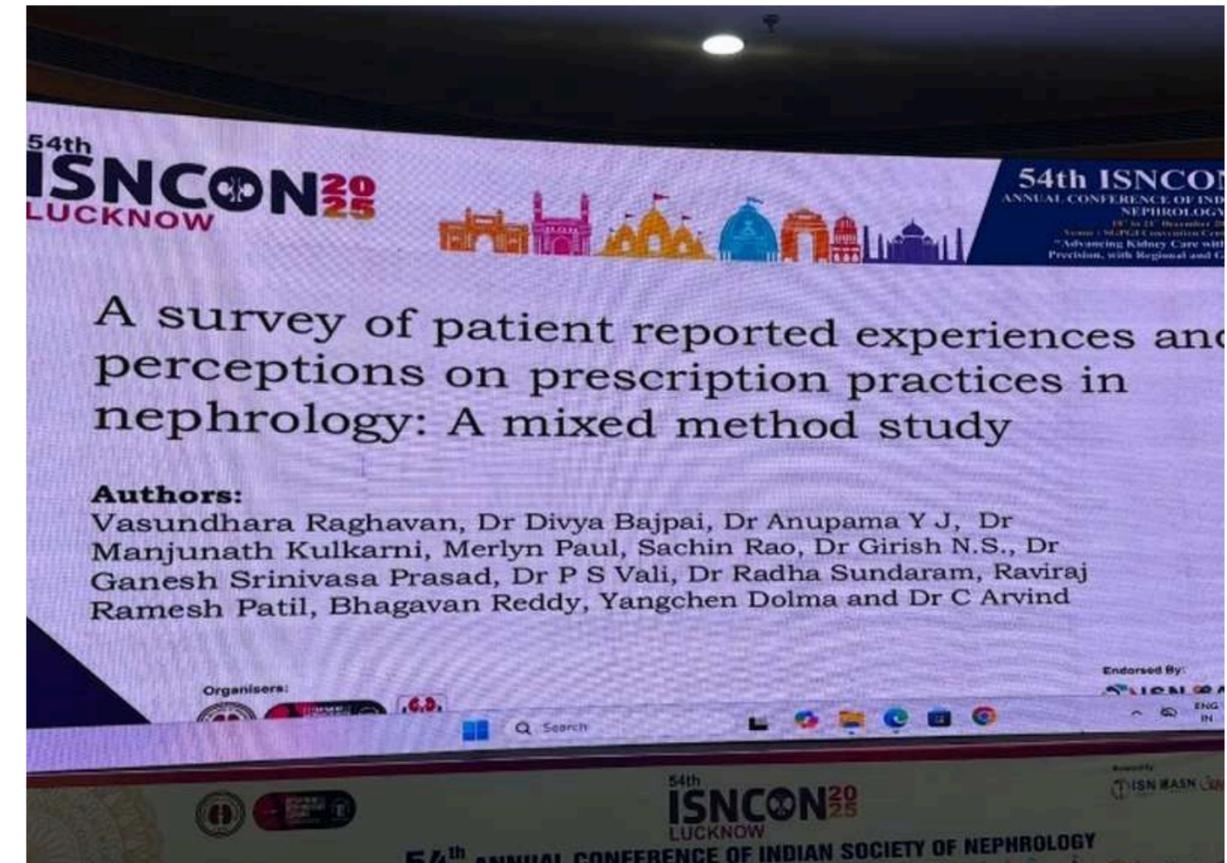


Kidney Warrior
Foundation

20th Dec 2025: Vasundhara Raghavan presented at the 54th Annual Conference of the Indian Society of Nephrology in Lucknow

The Kidney Warriors Foundation led survey on "PREM - Patient Reported Experience Measures" captured information from 708 individuals, including patients and caregivers, participated in the survey circulated in English, Kannada, Marathi, Hindi, and Telugu.

Survey Period: 17th May 2025 to 30th June 2025 Methodology: Mixed method study using a Patient-Reported Experience Measure (PREM) questionnaire on prescription practices in nephrology, consisting of 30 questions in five domains: demographic details, process of procuring medicines, prescription quality, medicine usage, and adherence.





Kidney Warrior
Foundation

Hitesh Sharma chats with Aditya Pathak on Cricket & Fitness Training Session - Dec 23, 2025

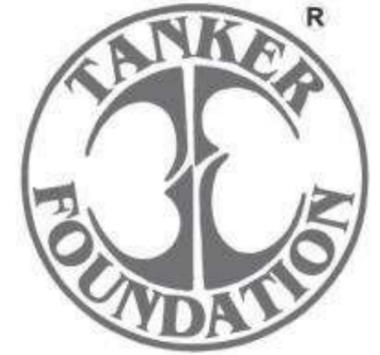
Aditya's presence in this session is a powerful reminder that a kidney transplant is not the end of an active life—but a new beginning. Through controlled training, mindful movements, and consistent effort, this session reflects how transplant recipients can safely embrace fitness and physical activity under proper guidance. Blending cricket-focused drills with functional fitness, the video sends a strong message of hope, recovery, and perseverance—proving that limitations exist only when we stop trying.



Tamilnad Kidney Research Foundation

QUARTERLY REPORT Q4 October - December 2025

The concluding quarter of 2025 was packed with events with the TANKER Foundation Founder Trustee, Dr. Georgi Abraham and for the TANKER Awareness and Prevention Program (TAPP) team of TANKER Foundation, headed by TAPP Head, Mrs. Rajalakshmi Ravi, as they went about their business of spreading awareness on kidney health and holding screening camps for early detection of kidney diseases.



*helping the underprivileged
with kidney ailments*

DR.GEORGI ABRAHAM AT ISOT

At the 35th annual conference of the Indian Society of Organ Transplantation (ISOT), held from October 9 to 12 at Jaipur, Rajasthan, Dr. Georgi Abraham, Founder Trustee, TANKER Foundation, delivered the prestigious H.L. Trivedi Oration and received the award. He spoke on the 'Changing Paradigm Shifts in Weight Loss Goals in Transplantation'.

TANKER Foundation instituted in 2024 the TANKER Young Investigator Award to encourage research in the field of nephrology and transplantation, at ISOT conferences. The TANKER Young Investigator Award 2025 was presented to Dr. Khushbu from IKDRC, Ahmedabad, for her outstanding research.



HANDOUT FOR CAREGIVERS

To address the growing mental health needs of caregivers supporting kidney patients, Dr Georgi Abraham, Founder Trustee of TANKER Foundation, in collaboration with BALM represented by Dr. Lakshmi Sankaran (Deputy Director, Training & Research, ex-Chair, Dept of AP, BALM – The Banyan Academy of Leadership in Mental Health), and Mrs. Shanthi Rajmohan (Founder Trustee, DIPA – Development Initiative for Promotion of Awareness), launched bilingual handouts (Tamil and English) focused on self-care and mental wellness for caregivers.

The event took place at the Greater Chennai Corporation RCME TANKER Dialysis Unit, Valluvarkottam, Chennai, on 17th & 18th October, 2025. Releasing the English version, Dr. Georgi Abraham emphasised the need to care for oneself while being a caregiver.





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TAPP Team – An Arm of TANKER Foundation

The TANKER Awareness and Prevention Programme (TAPP) continues to advance its mission of promoting kidney health and preventing kidney-related diseases through education, early detection, and community engagement. In this quarter, we organised a series of awareness sessions, screening camps, and outreach activities across schools, colleges, workplaces, and public spaces.

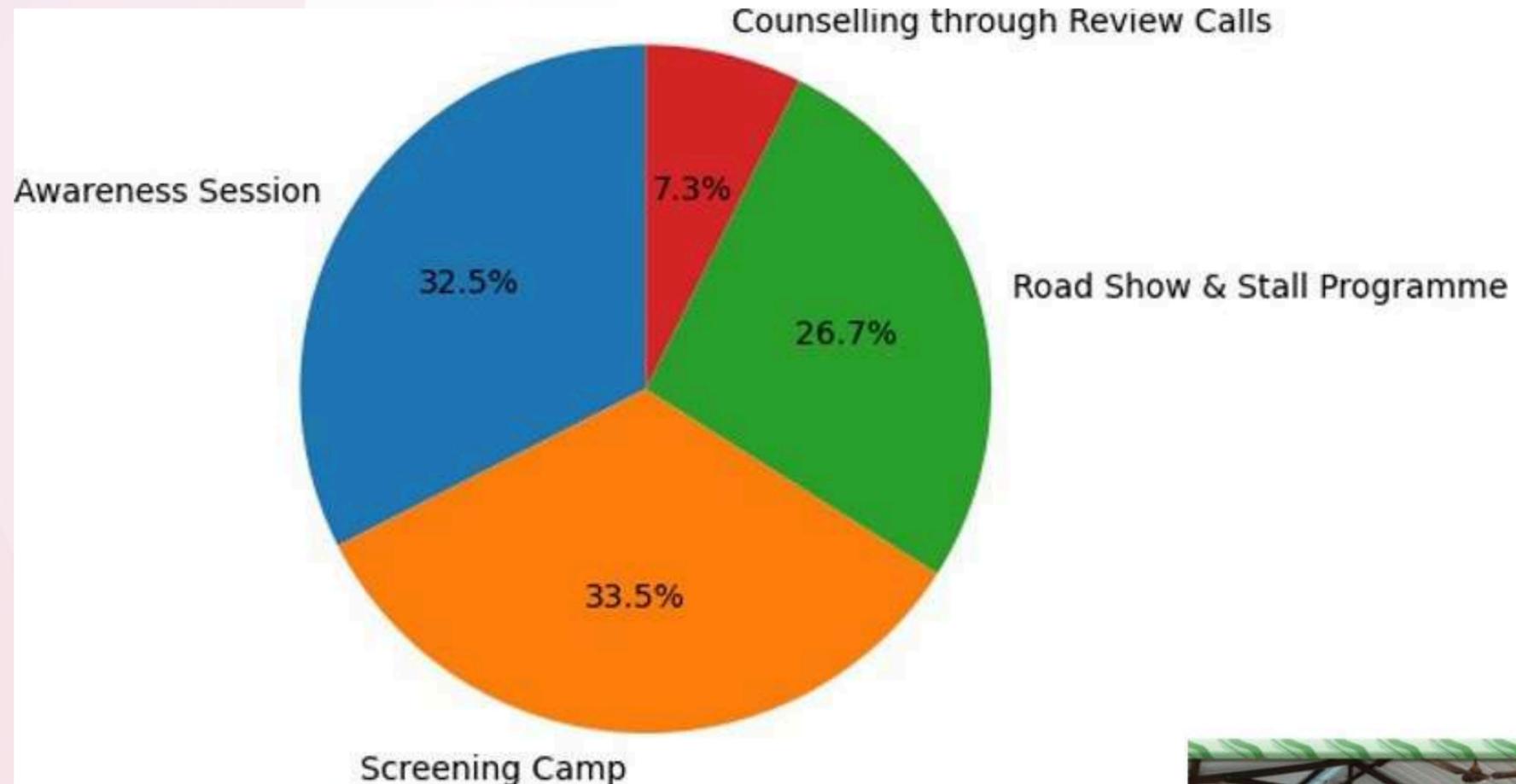
TAPP initiatives were designed to empower individuals with knowledge about the importance of early diagnosis, the adoption of healthy lifestyle practices, and the recognition of symptoms at an early stage. With the dedicated support of our partners, volunteers, doctors, and institutions, TAPP has been able to extend its reach to diverse communities, reinforcing our commitment to building healthier lives and stronger awareness around kidney health.



TAPP Team – An Arm of TANKER Foundation Monthly Activity (October – December 2025)

Activity	Details	October		November		December		Total Programs	Total Beneficiaries
		Programs	Beneficiaries	Programs	Beneficiaries	Programs	Beneficiaries		
Awareness Session	Health Talks on Kidney functions & prevention	4	405	7	990	5	178	16	1573
Screening camp	BMI, BP, RBS, Urine Test	11	722	8	534	6	363	25	1619
Road Show & Stall Programme	Distribution of brochures/ Pamphlets & checking BP and RBS	-	-	3	870	1	420	4	1290
Counselling through review calls	One-on-one guidance for high-risk patients	-	195	-	109	-	51	-	355
						GRAND TOTAL		45	4837

TAPP Team – An Arm of TANKER Foundation Percentage of Total Beneficiaries (October–December)



TAPP Team – An Arm of TANKER Foundation AWARENESS CAMPS

This is to acknowledge and appreciate the commendable work done by the awareness team. The team's efforts are truly making a difference, as prevention is indeed better than cure. The team's ability to conduct camps at various locations and make people comfortable in uncomfortable situations is highly appreciated.

Your support and dedication are invaluable to this initiative.
Thank you and your team for their tireless efforts.



TAPP Team – An Arm of TANKER Foundation AWARENESS CAMPS

CAMP AT SELF HELP GROUP

With smiles and laughter, several women shared that they had just discovered that their kidneys are located at the back of the body. The women learned the importance of healthy living for their family's well-being.

Awareness at school

Mrs. Kirubankani and Mrs. Rama Priya conducted a fun Q&A session, and the students received TANKER caps as gifts.

Mrs. Vasanthi Ravichander, Admin Head, spoke to the children about healthy habits like drinking enough water and eating fruits and vegetables.



TAPP Team – An Arm of TANKER Foundation AWARENESS CAMPS

TANKER acting crew—

Ms. Anusha Prabhu,

Mr. D. Naresh,

Mr. T. Muraleedharan, and

Mr. M. Vatsan Natarajan— created kidney health awareness through an engaging skit for school children.

Similar shows were conducted in the Parks, Beach for the general public. Fun filled skit was well received by the young and old. The skit also created awareness about the kidney health and prevention from kidney ailments.



TAPP Team – An Arm of TANKER Foundation SCREENING CAMPS

The screening camps saw an encouraging participation from the public.

Dr. Malini Chandrasekharan, Medical Director (South), remarked that while many hospitals screen for visibility and growth, TANKER Foundation works with a genuine commitment to people.

She told us, “You work from the heart — not for profit, but for people.” Her words were a meaningful appreciation and a strong reminder of our purpose.



TAPP Team – An Arm of TANKER Foundation SCREENING CAMPS

TANKER Foundation is grateful to all their Area Managers, Technicians for organising and participating in the various camps along with the TAPP team.

The appreciation received during the camps are the rewards received by our staff and this success is a direct result of their dedication to their work and to the Organisation.

We thank our supporters for giving us the opportunity to spread the knowledge about kidney ailments, prevention and give awareness on kidney disease.





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QUARTERLY REPORT Q4 October - December 2025 CONCLUSION

The activities carried out during this quarter—including awareness sessions, screening camps, roadshows, and counselling—successfully reached a wide cross-section of the community. The strong participation from students, staff, and the general public reflects a growing awareness of kidney health and the importance of preventive care. Through education, early screening, and personalised guidance, individuals were empowered to recognize risks and take timely action. These efforts reaffirm TANKER Foundation’s commitment to prevention, community well-being, and building a healthier future through sustained kidney health awareness.





Turkish Kidney
Foundation

Turkish Kidney Foundation

TURKISH KIDNEY FOUNDATION EXPERTS WARN: RESTRICTIVE CRASH DIETS CAN CAUSE IMPAIRMENT AND PERMANENT DAMAGE TO ORGAN FUNCTIONS!

Nephrology Specialist Assoc. Prof. Dr. Nadir Alpay: “Excessive strain on the kidneys prepares the ground for chronic kidney failure.”

TBV Dietitian Gökçen Efe Aydın: “Crash diets result in more water and muscle loss than fat loss.”

Crash diets, which are becoming widespread on social media and the internet with promises of “rapid weight loss,” are seriously risking health for the sake of aesthetic concerns. Especially very low-calorie, high-protein diets with insufficient fluid intake negatively affect the functions of many vital organs, primarily the kidneys. Experts from the Turkish Kidney Foundation (TKF) warn that crash diets, beyond short-term weight loss, can pave the way for serious conditions such as chronic kidney failure.

“Weight lost through crash diets is quickly regained; the body enters a ‘yo-yo syndrome’,”

Turkish Kidney Foundation Dietitian Gökçen Efe Aydın, in a statement on the subject, emphasizes that the desire to reach the desired weight quickly often puts health awareness in the background. Aydın; “The word ‘diet’ originates from the Ancient Greek word ‘Diaita,’ meaning ‘way of life, the way of organizing life.’ Diaita refers to the holistic organization of life, encompassing not only nutrition but also exercise, sleep, and mood. However, for many people today, this holistic approach has been replaced by quick fixes and severe restrictions. Crash diets often offer hope because they cause very rapid weight loss. However, during this process, the body actually loses more water and muscle than fat. When deprived for a long time, the body perceives this as a threat and begins to protect itself. Metabolism slows down, the person tires more easily, feels cold, and feels weak. When the diet ends, the body wants to prepare for the next ‘starvation’ period, and the weight gained often returns.



Turkish Kidney Foundation

Therefore, instead of offering a permanent solution, crash diets repeat the same cycle over and over. The fact that weight lost through continuous crash diets is regained shortly afterward, often in excess, is called the 'yo-yo syndrome.' Repeated exposure of the body to such sudden restrictions can lead to weight gain over time. The decrease in metabolic rate can disrupt healthy life..." "While making weight loss more difficult, it can also negatively affect hormonal balance and the regular functioning of organs," she says.

Stating that this situation negatively affects many organs, especially the kidneys, **TKF Dietitian Gökçen Efe Aydın** said; "High protein consumption and irregular, inadequate eating habits, which have become trendy in recent years, increase the burden on the kidneys. When the kidneys cannot bear this burden for a long time, their functions may deteriorate, and this situation can eventually pave the way for chronic kidney disease."

"The goal should not only be to lose weight, but to lose weight while protecting the organs."

Evaluating the issue on the harm of crash diets to the kidneys, **TKF Advisory Council Member and Nephrology Specialist Assoc. Dr. Nadir Alpay** said; "Crash diets can be described as a harmful type of diet that causes rapid weight loss in a very short time in today's society. This system generally involves a very low-calorie, high-protein, very low (sometimes zero) carbohydrate intake, and insufficient fluid intake. These interventions, which are not suitable for the body's physiology and are carried out in a very short time, can damage many organ systems, especially the kidneys. In addition to the short-term harms of these diets, we can also talk about their long-term damage to the kidneys. In those who consume high levels of protein every day, acidic metabolic waste products are formed in the body. Our kidneys increasingly struggle to clear these metabolic waste products, and when combined with insufficient fluid intake, their ability to adapt decreases, and chronic kidney failure begins to develop over time. This effect is much more pronounced and can develop earlier, especially in patients with two important kidney diseases: hypertension and diabetes, and in those with a family history of kidney disease, kidney cysts, and kidney stones.

Nephrology Specialist Assoc. Dr. Nadir Alpay also touched upon the issues where these diets put the kidneys at risk:

The burden on the kidneys..." A sudden increase in high protein intake increases the amount of nitrogen-containing waste products, urea, creatinine, and acidic compounds in the body. These increase the workload on the kidneys, particularly the acidic substances (metabolic acids) they need to clear, reducing their filtration capacity and causing kidney fatigue. With reduced capacity, the risk of developing latent kidney diseases increases. Patients with hypertension and diabetes experience mild protein leakage and decreased kidney function over the years. This can lead to borderline kidney dysfunction and overt kidney failure.

The risk of dehydration: Because carbohydrate intake is reduced, water is rapidly lost from the body; furthermore, low fluid intake also increases the risk.

mediahaber

Türk Böbrek Vakfı (TBV) uzmanları uyarıyor:
"Şok diyetlerde yağdan çok su ve kas kaybı yaşanıyor"



Sosyal medyada ve internet ortamında "hızlı kilo verme" vaadiyle yaygınlaşan şok diyetler, estetik kaygılar uğruna sağlığı ciddi biçimde riske atıyor. Özellikle çok düşük kalorili, yüksek proteinli ve sıvı alımı yetersiz diyet modelleri başta böbrekler olmak üzere birçok hayati organın fonksiyonlarını olumsuz etkiliyor. Türk Böbrek Vakfı (TBV) uzmanları, şok diyetlerin kısa vadeli kilo kaybının ötesinde, kronik böbrek yetmezliği gibi ciddi tablolara zemin hazırlayabileceği konusunda uyarıyor.