INTERNATIONAL FEDERATION OF KIDNEY FOUNDATIONS - WORLD KIDNEY ALLIANCE

IFKF-WKA

Kidney Health for all.

Optimal care for people with kidney disease.

IFKF-WKA Connect

July 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 July 2024

Content:

1. President's Message
2. Committee Members & Portfolio
3. Bangalore Kidney Foundation
4. Ethiopian kidney care
5. Fundanier Guatemala
6. Hungarian Kidney Foundation
7. Indian Renal Foundation
8. Kidney Foundation of Bangladesh
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 and hope you are all well.

The world is going through upheavals and traumas, both natural and man made. Let us all take a minute of our time to say a prayer for World Peace.

I am happy to share our webinar on
Gestosis :A Serious Disorder Affecting Motherhood
was well received and the same is available for our members on our YouTube channel IFKF-WKA Official. You will be able to see all our past videos to.

We are very happy to share that our social media presence in Linked In and Instagram is being updated regularly. We urge all our members to follow us on the same.
Our LinkedIn profile is IFKF-WKA and our Insta handle is ifkfwka.
Kindly like and follow us and spread the word about us to your family and friends.

Start your planning for WKD 2025 and let us work to make this Day a super success!

President’s Message

PRESIDENT’S MESSAGE

Ms Latha A. Kumaraswami

Managing Trustee, TANKER Foundation, Chennai, India.

A request for all of you dear members. As you are aware, IFKF-WKA is trying to raise the level of awareness on CKD and to live life comfortably even if affected with the issue.
To create a major impact and to stop the increase in kidney and renal ailments, we would like to request every member to come forward and participate by organising webinars, or connecting us to renowned doctors, patients who can discuss their life's challenges, care giver's who can share their pain and strength, which will go a long way in helping others who are struggling with the same challenges.

Warm regards,
Latha Kumaraswami

Committee Members & Portfolio
Jan 23 – Dec 24

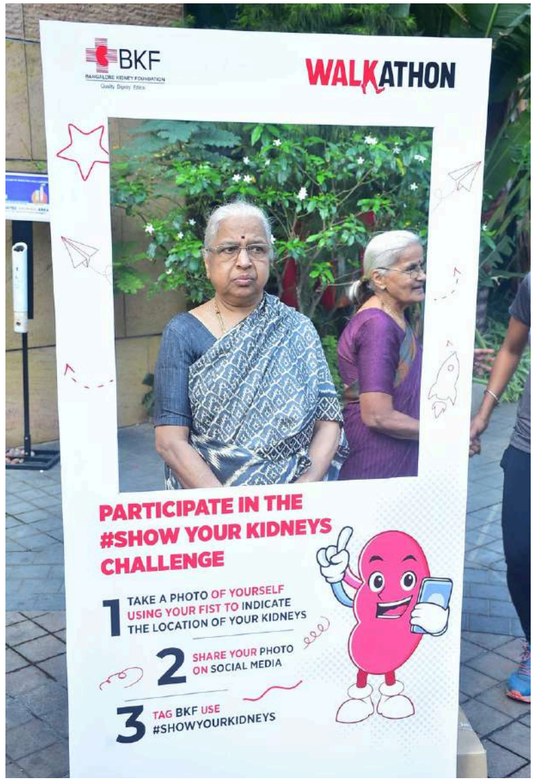
COMMITTEE MEMBERS & PORTFOLIOS

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

Bangalore Kidney Foundation

Raising awareness of kidney disease and ways to prevent it is one of the founding principles of BKF. Every year, BKF organizes annual walkathons coinciding with World Kidney Day in March. The walkathon is aimed at raising awareness about kidney disease, kidney failure, kidney transplants, and disease prevention. Sports enthusiasts, patients on dialysis, doctors, and well-wishers all participate with infectious energy in support of BKF, creating awareness about kidney diseases. On Sunday, March 17, 2024, around 900 passionate participants took part in a walkathon held at Central Bangalore to promote renal health. District Governor Rotary International, Mr. UdayKumar K. Bhaskar, IAS, Special Commissioner Sri Suralkar Vikas Kishore, and Managing Director Sri George Muthoot Alexander flagged off the event. Participants received a high-quality t-shirt, goody bag, and participation certificate, all courtesy of sponsors and supporters.



IFKF-WKA

Bangalore Kidney Foundation

RCB allrounder Cameron Green made a visit to the Bangalore Kidney Foundation, speaking about his lifetime battle with chronic kidney disease and inspiring patients with his fortitude. His visit brought a lot of cheer and excitement among the dialysis patients.

Bangalore Kidney Foundation

On April 28, 2024, BKF proudly took part in the TCS 10K Marathon in Bengaluru as a reputed NGO partner. The marathon served as a powerful platform to amplify our mission to provide access to affordable dialysis treatment to marginalized sections of society, raise awareness, and prevent kidney disease.

Ethiopian kidney care

Ethiopian kidney care

Ethiopian kidney care 3 months activities

Ethiopian kidney care 3 months activities

Ethiopian kidney care

Click here to watch: Gave health education for rotary family on their awareness creation platform

Fundanier Guatemala

Fundanier Guatemala

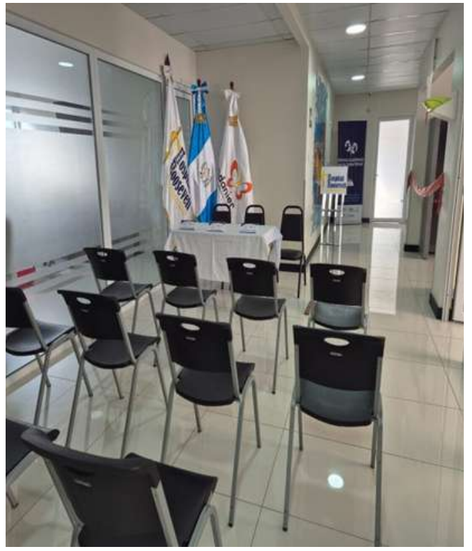
Activities May, June, July

APRIL:

Runners up on the 6th ISN community film event

Fundanier
Guatemala

Inauguration of Transplant Coordination Unit: Rudolf García-Gallont



Educational workshop for hemodialysis patients

Fundanier
Guatemala

Inauguration of Hemodialysis room at the PICU

Fundanier
Guatemala

MAY

Fundanier´s 10 year anniversary celebration

Mother´s Day Celebration

Fundanier
Guatemala

JUNE

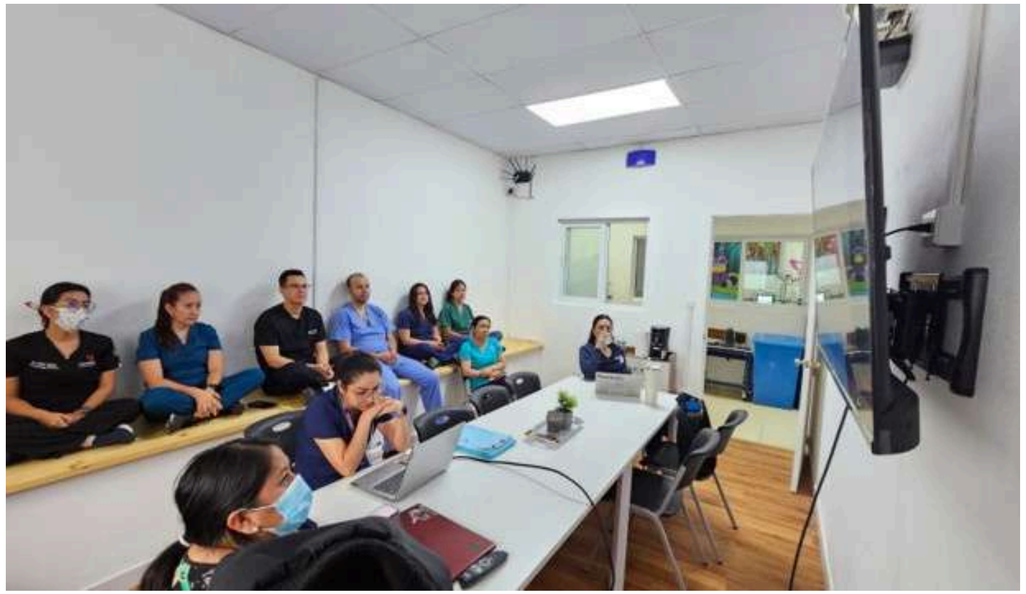
Dr. Sindy´s Méndez visit to Masonic Hospital

Interview on TV Channel TC Azteca with Dr. Nancy Rivera on the “World day of transplant”

Fundanier
Guatemala

Inauguration of classroom named: Dr. John Christeson

Infectology class with Dr. John Christeson, inaugirating the classroom.



Hungarian
Kidney
Foundation

Hungarian Kidney Foundation as one of the organizers of

The 28th Budapest Nephrology School

Hungarian Kidney Foundation

The 28th Budapest Nephrology School

Nephrology, Hypertension, Dialysis, Transplantation, Nephropathology

26 - 30 August 2024

In conjunction with the
19th International Symposium on Wine and Health and on the occasion of the 19th World Kidney Day

Semmelweis University
International Nephrology Research & Training Center
Worldwide Hungarian Medical Academy
International Society for Pathophysiology
Hungarian Kidney Foundation (Charity Reg. Nr. 596/1987)

ERA
LEADING EUROPEAN NEPHROLOGY
ERA's endorsement is for the promotion of education in general, therefore the specific content of the event/course is the responsibility of the organizer.

UNIVERSITAS BUDAPESTINENSIS DE SEMMELWEIS NOMINATA 1769

ISN
INTERNATIONAL SOCIETY OF NEPHROLOGY
ISN's endorsement is for the promotion of education in general, therefore the specific content of the event/course is the responsibility of the organizer.

Hungarian Kidney Foundation

Faculty of the 28th Budapest Nephrology School

Simin Goral, USA
Georgina Gyarmati, USA
Eva Honsova, Czechia
Ádám Hosszú, Hungary
Kitty J. Jager, The Netherlands
Gábor Kökény, Hungary
Csaba P Kovesdy, USA
Safak Mirioglu, Turkey
Attila Mócsai, Hungary
Gergő A. Molnar, Hungary
Albert Ong, UK
Josh Lipschutz, USA
Friedrich C. Luft, Germany
Norbert Pardi, USA
János Peti Peterdi, USA
László Rosivall, Hungary
Péter Studinger, Hungary
Katalin Susztak, USA
András Tislér, Hungary
Jens M. Titze, Singapore
Ondrej Viklicky, Czechia

28th Budapest Nephrology School, Budapest, Hungary has been granted 25.0 European CME credits (ECMEC®s) by the European Accreditation Council for Continuing Medical Education (EACCME®).

Hungarian Kidney Foundation

Venue

Department of Pathology and Experimental
Cancer Research
Semmelweis University
1085 Budapest, Üllői út 26.

In 2024, participants have registered from

Australia
Austria
Belarus
Bosnia and Herzegovina
Croatia
Cyprus
Estonia
France
Germany
Greece
Hungary
Indonesia
Lithuania
Norway
Pakistan
Philippines
Sweden
Turkey
United Arab Emirates

For further information please visit us at http://www.bns-hungary.hu

IFKF-WKA

Indian Renal Foundation

India Renal Foundation

Prevention First and always

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 21st 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.

India Renal Foundation has done various activities in the last 3 months of April to June 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 (April to June 2024), we organised 79 awareness programs and 33 screening camps were held 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 and Ahmedabad district. Around 3800 people were given proper advice about diabetes – BP and preventing kidney disease.

Indian Renal Foundatrion

· A Glimpse of the Prevention Through Awareness Programmes:

Ahmedabad Technological University, Ahmedabad

Kamdhenu University, Himmatnagar

Police Head Quarters (Rural), Chhani, Vadodara

Industrial training institute, Palanpur

Indian Renal Foundatrion

· A Glimpse of the Prevention Through Awareness Programmes:

Vishwakarma Pancha Seva samajvadi, Ahmedabad

Memadpur Village, Mehsana

Vasudev School, Rajkot

Samar camp at lohana mahajan vadi, Bhavnagar

Indian Renal Foundatrion

2. PRERANA :

We at IRF, do rehabilitation activities for kidney patients under Prerana. The activity started in 2002. We have a formal association of kidney patients in all chapters. The objectives of this activity are counseling, advise, recreation, rehabilitation, education and motivation of patients

Vadodara

On 4th November 2023, Saturday, Music and Ras-Garba program was organized for Prerana members at BK Hall, Pritamnagar Akhara, Paldi. A large number of Prerana members participated and enjoyed a lot. We are grateful to Mrs.Rekhaben Chona, Member of Advisory Committee and owner of HOCCOEatery, Ahmedabad, for arranging the meals.

Again on 23rd December, an educational program was held at Sadvichar Parivar,Ahmedabad for Prerana members. All aspects related to Treatment & Problems faced by kidney patients during haemodialysis discussed by well-known Nephrologist Dr. Jigar Shrimali. He gave praiseworthy presentation in simple language and answered all questions of Prerana members.

Indian Renal Foundation

1. On Sunday, 26th May 2024, a yoga program was organized by the India Renal Foundation at Kamatibagh, Vadodara. In which 35 beneficiaries were present.
Practical guidance was given about Yoga by the well-known Yogacharya Shri Rajeshbhai Barot of Vadodara. Rajeshbhai gave very good practical guidance on Anulom, Vilom, Bhristika - Pranayama etc. Shri.Rajeshbhai met the kidney patients personally and gave them information about yoga according to their problems and encouraged them to live a positive life. Prerana members were greatly inspired by the benefits of doing yoga while sitting in the garden, and other experienced joy. At the end of the programme everyone parted after having a hot and delicious “Upama” breakfast.

2.On 29-4-2024, India Renal Foundation organized a beautiful Prerana Talk for Prerana members undergoing dialysis at the Dialysis Unit at Cardiac Care Hospital, Khambhat. Anand.
Dietician Astha Mahida as a speaker in Prerana Talk guided the dialysis patient about "CARE TO BE TAKEN IN FOOD" through a slide show in very simple language. There were 27 patients present.

Indian Renal Foundation

Bhavnagar

India Renal Foundation Bhavnagar Chapter distributed free foolscap books to the Children of kidney patients with the help of the Red Cross Society under the “Prerana” programme on 31st May 2024. MLA of Bhavnagar Ms. Sejal Pandya, Mayor Mr. Bharatbhai Barad and IRF’s advisory board member, Mr. Sumitbhai Thakkar was present in this programme.

3. Public Awareness Programme

‘Save a Life’ is the 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 (April to June) we helped Rs. 2,21,560 /- by supporting 61 needy dialysis patients and kidney transplant patients by providing dialysis kits, medicines, and support for the surgery expenses of making AV fistula.

In the past 3 months we have helped three needy kidney patients for AV fistula surgery. Mr. Amratji dhulaji Thakor, Mr. Rajesh Uttekar and Mr. Sanjaybhai Raval

Indian Renal Foundation

Amratji Dhulaji Thakor

Amratiji is a resident of Ambaji Para, Mehsana area. He has been suffering from kidney disease for the past year, but as his problem increased, the doctor advised him to undergo hemodialysis treatment. So Amratji started Hemodialysis treatment at Shankuz Hospital, Mehsana. We know AV fistula surgery is mandatory before starting dialysis treatment for a kidney patient. So, Dr. Maulik Patel (Nephrologist) asked Amritji to go to Dr. Piyush Patel (M.S. FIAGES) for this surgery but Amritji could not afford the cost of this surgery due to his very poor financial situation. Thus Dr. Piyush Patel told him to contact India Renal Foundation. The patient was then interviewed by an officer of the foundation and he was given full financial assistance for the surgery. After that, his AV fistula operation was successfully completed by Dr. Piyush Patel, and now Amritji can undergo hemodialysis treatment.

Sanjay Rameshbhai Rawal

My name is Sanjay Rameshbhai Rawal. My age is 31, and I am from Dhinoj village. My native is Mehsana. Three years ago, due to excessive consumption of painkillers, both my kidneys failed and I had to start dialysis treatment at Civil Hospital Mehsana. Some time ago I was admitted to Arpan Hospital Patan as my health deteriorated, after the medical tests, the doctor said that I have stones in my kidney and pancreas and due to these stones, a lot of infection can spread to the lungs and other parts of the body, so an immediate operation was required. For this operation I was shifted from Arpan Hospital to Dr. Hitesh Panshiwala Hospital and the above operation was done there successfully. For this treatment, the medicine, report, operation and hospital expenses were more than one Lakh.

Indian Renal Foundation

Moreover, before I came out of this trouble another problem came in my life when I was admitted to the hospital for an operation that time my father died by a heart attack. In the absence of my father, we used to fulfil all the financial needs of the family through hard work, fall upon me like a mountain of sorrow. As my financial condition was not good, I could not afford these expenses so I paid the hospital bill by borrowing money from the village Savings Association, friends and family members on condition of repayment.

I have a 2-year-old child in my family. Now my wife supports the household by doing casual labour work. My mother passed away when I was very young.

A few days after the operation I was discharged from the hospital. I regularly attend “Prerana”programs run by India Renal Foundation for kidney patients. One of their “Prerana”program was organized on 31st March 2024, Sunday. When I got a call from an employee of India Renal Foundation to invite me for the program, I told him about my problem and situation and the organization promised me that they would help me as much as possible. I sincerely thank India Renal Foundation for helping me meet my treatment expenses.

Indian Renal Foundation

Rajesh Uttekar

My name is Rajesh Uttekar and my age is 54. My family consists of my wife and two children. Both are studying. I live behind Vadodara railway station and I drive rickshaw to support my family. My wife goes to do housework. 15 years ago, my kidney was affected by a stone problem, and I had to start dialysis. I have been undergoing dialysis at L&T Health Dialysis Centre for the last fifteen years.

I have been in touch with India Renal Foundation for the past ten years and regularly attend “PRERANA” programs organized by the organization. The organization conducts motivational programs on various topics, and we enjoy it very much.

In early 2024 due to failure of my AV fistula, I needed a second fistula surgery. The cost of this was around 25,000 rupees. For this, I contacted India Renal Foundation, and they helped me with Rs 10,000. That gave me a lot of financial relief. I am very thankful to H.H Rajmata Shubhangini Raje Gaikwad (Maharani Shantadevi Trust) and India Renal Foundation.

Kidney Foundation of Bangladesh

Activities of Kidney Foundation

(April, May, June – 2024)

	April	May	June	Total
HD Patients	931	995	817	2743
HD Session	5526	6100	3586	15212
OPD Patients	5799	6091	6282	18172
CAPD	2	4	2	8
Transplant	2	2	00	4
AVF	113	174	122	409
Temporary venous catheter	104	111	103	318
Tunnelled catheter	1	0	00	1
Renal Biopsy	13	31	12	56
AKI	46	48	144	138
Hospital Admission	446	567	448	1461

Kidney Foundation of Bangladesh

Training for Doctors

MOU with NCDC, DG Health

Training for Doctors, Nurses, Para health professionals (SACMO, Medical Technologists etc.) on Major NCDs (Diabetes, Hypertension,Asthma , COPD) renal diseases (AKI, CKD) Diagnosis & Management.

Month: May
Total Batch -5
Total Participants -114

Kidney Foundation of Bangladesh

NCDC Program, DG Health, Training for Doctors on DM, HTN, Asthma, COPD, AKI, CKD,

Internship on Renal Nutrition

Month: May

Total Batch -5

Total Participants -114

Kidney Foundation of Bangladesh

Teaching on renal nutrition provided by Kidney Foundation to the students of Daffodil International University

Training given to students from Department of Pharmacy of Jahangirnagar University at Kidney Foundation Hospital &Research Institute

Month :April
Batch : 2
Number of Students : 22
From : Jahangirnagar University

Kidney Foundation of Bangladesh

Training given to students from Department of Pharmacy of Jahangirnagar University at Kidney Foundation Hospital &Research Institute

Start from –July 2024
Duration – 1 Year
Total students – 20

Tamilnad Kidney Research Foundation

Tamilnad Kidney Research Foundation

You could say the second quarter of 2024 was a mix of what makes TANKER Foundation family members happy and sad. There was some news that made us sad and there were achievements by individuals that made us jump with joy. Read on to check out what made news in the second quarter of the year:

We lost our Patron

The second quarter of 2024 had a shock for us at TANKER Foundation. It is with deep regret that TANKER Foundation records the passing of Padma Bhushan Sri Vaghul on May 18, 2024, in Chennai, Tamil Nadu, at age 88: Mr. Vaghul has been the Patron of TANKER Foundation for 20 years.

At this distressing time when we have lost our Patron, we recall that it was the Rs. 2 million contribution of ICICI Bank, when he was the chairman of ICICI, that enabled TANKER Foundation launch its first dialysis unit at Kilpauk, Chennai.

A legendary banker, who set benchmarks in the financial sector, Mr. Vaghul also staunchly believed in corporate philanthropy and giving back to society. He was not just a donor and Patron to TANKER, but a beacon of hope and inspiration to the TANKER family.

The TANKER Foundation family condoles the passing of Mr. Vaghul and prays for strength for his family to bear this great loss. He leaves behind a big void in our organisation.

Dr. Georgi at conference

The month of May saw TANKER Foundation Founder Trustee, Dr. Georgi Abraham, participating in the first Nephro-Oncology Conference at St. Gregorios Hospital, Parumala, Kerala. It is to be noted that TANKER Foundation helped the hospital with setting up their HIV dialysis facilities four years ago.

Tamilnad Kidney Research Foundation

Project discussion

TANKER Foundation Founder Trustee, Dr. Georgi Abraham, and Managing Trustee, Mrs. Latha A. Kumaraswami, visited Coimbatore, Tamil Nadu, in May to explore a new project with Seethalakshmi Hospital. Accompanied by Rotarians in Coimbatore, Dr. Georgi Abraham and Mrs. Latha Kumaraswami met Dr. Boopathy, City Health Officer, Coimbatore, at the hospital and had a discussion on the new project.

Let’s talk people

In the second quarter, three people connected to TANKER Foundation made news. The three are Mrs. Shanthi Rajmohan, Mr. Delhi Prakash and Master Jitspeed. Read on to know their achievements:

Mrs. Shanthi Rajmohan: Mrs. Shanthi Rajmohan of TANKER Foundation, who has been on CAPD for nearly 20 years, shared her experience as a First Responder in an online session conducted by Solidarity Foundation, Bengaluru, Karnataka, and Banyan Academy of Leadership in Mental Health (BALM), Kovalam, Tamil Nadu, in June. According to the organisers, Mrs. Shanthi Rajmohan spoke as a first responder in helping patients and their caregivers giving hope when they are on dialysis.

Mr. Delhi Prakash: A notable figure in the field of light music troupes that were popular all over Tamil Nadu during his heyday, Mr. Delhi Prakash is on dialysis at one of the units of TANKER Foundation. He carved a niche for himself in the field as the voice of iconic singer T.M. Soundararajan of the Tamil film world. Those were the days when I heard thunderous applause not only in Chennai and Tamil Nadu, but also abroad, recalls Mr. Prakash. He trained himself in Carnatic music and now teaches students, while his wife is a Bharatanatyam guru. Mr. Prakash has been undergoing dialysis for the past eight years and is a beacon of hope for others in a similar situation. He is full of praise for the work of TANKER Foundation and its dedicated staff. “It is a home away from home,” he says about the Injambakkam unit.

Master Jitspeed: TANKER Foundation’s youngest donor, Master Jitspeed, who is all of 10 and has been published, was featured in the YouTube channel ‘Authors Den’.

Tamilnad Kidney Research Foundation

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. He was interviewed as a budding author by Authors Den, hosted by young Keya Hatkar.

In the YouTube video, he mentions that the royalty from the sale of his books goes to TANKER Foundation that helps underprivileged kidney patients with free and subsidised dialysis.

Donation in kind

The month of April saw a new dialysis machine being added to one of TANKER Foundation’s units. Dr. D.V.R. Prakash Rao, Chairman and Managing Director, Prakash Foods & Feed Mills Private Limited, inaugurated a new dialysis machine, donated by Prakash Foods & Feed Mills Pvt Ltd to The Rekha Memorial Renny Abraham Ambattur Rotary TANKER Foundation Dialysis Unit at Ambattur, Chennai, Tamil Nadu. Dr. Prakash Rao donated the dialysis machine in memory of his wife, Mrs. Bala Tripura Sundari. Their son Sriram, a Rotarian, was also present at the inauguration.

TANKER Foundation Founder Trustee, Dr. Georgi Abraham, conveyed his gratitude to Dr. Prakash Rao and sought his support to do research into kidney disease and transplantation.

Filmy fundraiser

The film, ‘The Defective Detectives’, was a fundraiser for TANKER Foundation by Punjab Women’s Association, Chennai, Tamil Nadu, in April. Special invitee, TANKER Foundation Managing Trustee, Mrs. Latha Kumaraswami, was accompanied by TANKER Foundation Head Admin, Mrs. Vasanthi Ravichander, and Advisory Member, Ms. Rohini Menon. Mrs. Latha Kumaraswami was also presented an Appreciation Award “in sincere appreciation for your outstanding service to humanity”, and “Helping the underprivileged with kidney ailments”.

Punjab Women’s Association also drew a cheque for a generous donation to TANKER Foundation as a result of the fundraiser.

Tamilnad Kidney Research Foundation

Chipping in

Members of the Lions Club of South Madras strengthened the hands of TANKER Foundation with a generous donation in the second quarter. Club President, Mr. V. Ramanathan Velu, Secretary, Mr. P. Thyagarajan, and Treasurer, Mr. C. Valliappan, visited the TANKER Foundation admin office in Chennai, Tamil Nadu, and presented a generous donation in the form of a cheque which was received gratefully by TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, and Head Admin, Mrs. Vasanthi Ravichander.

A couple more

In addition to bringing honour to TANKER Foundation by visiting its admin office in Mahalingapuram, Chennai, TANKER Foundation supporters, Mr. Kandavel and Mrs. Renuka Kandavel, topped it by making a generous donation. TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, Head Admin, Mrs. Vasanthi Ravichander, and Head of TANKER Awareness and Prevention Program (TAPP), Mrs. Rajalakshmi Ravi, received the donation gratefully.

Going places

The TANKER Awareness and Prevention Program (TAPP) team of TANKER Foundation, under the able guidance of TAPP Head, Mrs. Rajalakshmi Ravi, is doing phenomenal work on the front. The team members in Chennai, Mrs. Ramapriya and Mrs. Deepa, and the Madurai Coordinator, Mr. V. Alagumalai, move heaven and earth to drive the fact into people that kidneys need to be protected.

During the second quarter, the TAPP team did remarkable work. They have a scheme called ‘Prevention Through Patient Programme’ by which patients using the TANKER dialysis units are encouraged to invite the TAPP team to their area for an awareness programme or for conducting a screening camp. The latest one was a screening camp organised by patients Mr. Baskaran and Mr. Karthick of the Ambattur dialysis unit. They were honoured with Appreciation Certificates by Mrs. Rajalakshmi Ravi for their efforts.

Tamilnad Kidney Research Foundation

The TAPP team even conducted an awareness programme at the Directorate of Social Defence in Chennai, Tamil Nadu. The participants in the programme, organised by Aruvi Foundation, were the staff and 30 juveniles who were prison inmates! Mrs. Rajalakshmi Ravi gave an introductory talk, followed by Mrs. Deepa giving an awareness talk about kidney disease. Finally, Mrs. Rajalakshmi Ravi answered questions about kidney disease and explained how alcohol, tobacco and cannabis affect the digestive organs and kidneys. The boys were very attentive and answered all the questions after the session.

Awareness programmes and screening camps were conducted by TAPP in educational institutions, hospitals, home for the elderly, church and even for truckers. Most people who attended the awareness programmes wanted a screening camp to be conducted as well. That is how effective the TAPP programmes are.

Official meeting

A team from TANKER Foundation called on then Additional Chief Secretary, Health and Family Welfare Department, Government of Tamil Nadu, Mr. Gagandeep Singh. The TANKER team consisted of TANKER Foundation Managing Trustee, Mrs. Latha A. Kumaraswami, Head Admin, Mrs. Vasanthi Ravichander, Advisory Member, Ms. Rohini Menon, and Consultant, Mr. Venkatesan.

Always welcome

There were visitors to the admin office and the dialysis units of TANKER Foundation. Some were official visits like that of then Greater Chennai Corporation Commissioner, Dr. J. Radhakrishnan, who visited the Valasaravakkam dialysis unit of TANKER Foundation in Chennai, Tamil Nadu.

TANKER Foundation Head Admin, Mrs. Vasanthi Ravichander, and Officer, Mrs. R. Sabitha, were present at the unit to explain its functioning. Dr. Radhakrishnan interacted with the patients undergoing dialysis at the unit.

Many other supporters of TANKER Foundation also visited the admin office and dialysis units as a mark of goodwill.

IFKF-WKA

Tamilnad Kidney Research Foundation

IFKF-WKA

Tamilnad Kidney Research Foundation

IFKF-WKA

Tamilnad Kidney Research Foundation

Turkish Kidney Foundation

TURKISH KIDNEY FOUNDATION

SPORTS SUPPLEMENTS AND KIDNEYS

PREPARED BY RENAL DIETITIAN AND NUTRITIONIST GOKCEN EFE AYDIN

One of the things that must be done for a healthy life is to exercise regularly. A person who exercises regularly should also have a nutrition plan that suits him/her.

Nutritional advice and misinformation received from outside the expert are very dangerous for people who do sports. Many things done to be healthy can have the opposite effect and create irreversible health problems.

The words that people who do sports hear most are probably about protein consumption. Statements about needing too much protein may push the person into an unhealthy diet.

Protein is an important nutrient that we need to consume. In order for a person to be healthy, he should not focus on a single nutrient, but should consume all nutrients in certain proportions.

Turkish Kidney Foundation

Daily energy intake;

50-60% carbohydrates

12-20% protein

25-30% should be provided from fats. These figures may vary depending on people's body structures, health conditions and the sports they do.

Protein powders, which are seen in gyms by people who have just started doing sports and are sold with the perception that they must be consumed while doing sports, can also cause health problems when used unconsciously.

People who do sports need to provide their bodies with the necessary nutrients through food. Protein powders can be consumed by professional athletes at the necessary times and in sufficient quantities under the supervision of physicians and dieticians specialized in sports nutrition.

When protein powders are consumed unconsciously; It can cause problems such as kidney failure, heart diseases, osteoporosis and liver diseases.

Another issue that people who are new to sports confuse is energy drinks and sports drinks. Sports drinks consumed by athletes are prepared in different ways before, during and after sports. These drinks are intended to give the athlete the energy he needs and to regain what he loses through sweat.

Energy drinks, on the other hand, stimulate the body with the chemicals they contain, but they do not help people who do sports to provide the continuity they need. Long-term use may cause irritability, anxiety, sleep problems, palpitations, dehydration and subsequent deterioration in kidney function.

Turkish Kidney Foundation

Many products sold under the name of sports supplements have no proven benefit and are suitable for professional use only. People who do sports should have regular blood tests under the supervision of a doctor, and if sports supplements are to be used, this use should be planned with the help of a specialist.

Forthcoming Events

Forthcoming Events

The World Congress of Nephrology:

Join us February 6 – 9, 2025

WCN’25 gives you a 4-day program packed with scientific and educational content and a spread of special events that will make your congress experience truly memorable.

- **The scientific and educational program**
- **WCN’25 special events**

For more info click here: https://www.theisn.org/wcn/program/