

# INTERNATIONAL FEDERATION OF KIDNEY FOUNDATIONS NEWSLETTER

[www.ifkf.org](http://www.ifkf.org)

[www.facebook.com/@IFKF.org](https://www.facebook.com/@IFKF.org)

[www.twitter.com/IFKF\\_](https://www.twitter.com/IFKF_)



## About IFKF

The International Federation of Kidney Foundations leads the way in the prevention and treatment of kidney disease, through its Members all around the world.

The IFKF helps facilitate the establishment of more kidney foundations and to help existing foundations become more dynamic and effective. Worldwide, most individuals with chronic kidney disease or hypertension are not diagnosed until long after the illness has developed. Moreover, when they are diagnosed they are too often treated sub-optimally or not at all. In many parts of the world, once end stage kidney failure occurs, patients do not have access to dialysis or kidney transplantation.

IFKF members join together with ISN members and kidney patient associations, to celebrate World Kidney Day annually in March, to influence general physicians, primary healthcare providers, health officials and policymakers and to educate high risk patients and individuals.

## INSPIRING READS IN THIS ISSUE

### IFKF - WORLD KIDNEY DAY 2018



## WORLD KIDNEY DAY 2018

**Theme – “Kidneys & Women’s Health – Include, Value, Empower”**

Chronic Kidney Disease (CKD) affects approximately 195 million women worldwide and it is currently the 8th leading cause of death in women, causing 600,000 female deaths each year.

The risk of developing CKD is the same in both men and women. It is sometimes higher in women. Women are more often affected by certain kinds of kidney diseases such as lupus nephritis (a kidney disease caused by an autoimmune disease) and pyelonephritis (kidney infection). Kidney disease is also linked to pregnancy: Women who have CKD are at increased risk for negative outcomes in pregnancy, both for the mother and the baby; in turn, pregnancy-related complications can increase the risk of kidney disease.

In 2018, World Kidney Day and International Women's Day was marked on the same day, offering the opportunity to highlight the importance of women's health and particularly their kidney health. The 13th anniversary campaign promoted affordable and equitable access to health education, care and prevention for all women and girls globally.

# INTERNATIONAL FEDERATION OF KIDNEY FOUNDATIONS NEWSLETTER

[www.ifkf.org](http://www.ifkf.org)

[www.facebook.com/@IFKF.org](https://www.facebook.com/@IFKF.org)

[www.twitter.com/IFKF\\_](https://www.twitter.com/IFKF_)



International Federation  
of Kidney Foundations  
improving kidney health worldwide

## Tanta University - WKD ACTIVITIES



## Mansoura General Hospital (Ministry of Health), EGYPT - WKD ACTIVITIES



## TANKER FOUNDATION - WKD ACTIVITIES



Patients, Attenders, TANKER Technicians and Staff get together, Chennai

Educative programme for the Patient Attenders, Technicians and general Public at the Auditorium, MMM Hospital, Mugappair on 11th March 2018.



Road show was conducted at the junction of Anna Arch, Chennai. 30 Students from ANEW Community College stood on either side of the road, holding Awareness placards to high light the preventive methods for Kidney disease

## Awareness Programs for Women, Mettupalayam, Chennai





# INTERNATIONAL FEDERATION OF KIDNEY FOUNDATIONS NEWSLETTER

[www.ifkf.org](http://www.ifkf.org)

[www.facebook.com/@IFKF.org](https://www.facebook.com/@IFKF.org)

[www.twitter.com/IFKF\\_](https://www.twitter.com/IFKF_)



International Federation  
of Kidney Foundations  
improving kidney health worldwide

## HONG KONG KIDNEY FOUNDATION WKD ACTIVITIES

### KIDNEYS AND WOMEN'S HEALTH - World Kidney Day @ Hong Kong 2018 - Sunday 4 March 2018

Conducted a survey on awareness of kidney disease  
and provided education & health check-up at 11  
housing estates (Dec 2017 – Feb 2018)



WORLD KIDNEY DAY Program Conducted in HONG KONG on 4th MARCH 2018 was attended by 1200  
people – Patients and Healthcare Professionals



10 minutes exercise:  
<http://bit.ly/180304wkd2>

Target: Exercise 150 minutes  
per week



Drama (on women renal  
diseases) by Women  
Healthcare professionals

LINE DANCE - PRETTY  
WOMEN



Promotion of  
Exercise Games



女性患腎病成因  
逾半受訪者無概念

【本報訊】慢性腎病是婦女的第八大殺手。香港腎臟基金會及香港腎科學會聯合舉行「第13屆世界腎臟日在香港」活動，基金會主席黃耀基指出，去年末期腎臟病患者上升至一千三百多名，其中五成三的病因是糖尿病，該會一項調查發現，逾半受訪市民不清楚女性患腎病的成因，又不知道超量、高血壓、糖尿病及高膽固醇等風險因素，更應及早發現及早期醫治。

末期腎衰竭多因糖尿病  
香港腎臟基金會主席黃耀基指出，女性患慢性腎病的風險較男性稍高。不同年齡層的婦女有不同的風險因素，包括尿糖感染、系統性紅斑性瘧、糖尿病、高血壓、四十歲或以上患糖尿病、高血壓和肥胖均是健康危機。



# INTERNATIONAL FEDERATION OF KIDNEY FOUNDATIONS NEWSLETTER

[www.ifkf.org](http://www.ifkf.org)

[www.facebook.com/@IFKF.org](https://www.facebook.com/@IFKF.org)

[www.twitter.com/IFKF\\_](https://www.twitter.com/IFKF_)



International Federation  
of Kidney Foundations  
improving kidney health worldwide

## MEXICO CITY - WKD ACTIVITIES

**2300 Patients & families walked on the main avenue of Mexico City on World Kidney Day, 2018**



## STAKEHOLDERS MEETING

**In the presence of the President of the Senate Health Commission, the President of the Congress Health Commission, the Under Secretary of the Ministry of Health, Nephrologists and Patients, the Mexican Renal Kidney Public Policy was announced**



## Mansoura Nephrology Center, EGYPT- WKD ACTIVITIES

