



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

IFKF-WKA Connect

JULY 2022

Official Newsletter of IFKF-WKA

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IFKF-WKA Connect July 2022

Content

1. President's message
2. Recent events – IFKF-WKA & ISRMN Webinar on Plant-based diet
– 20th Congress of ISRMN
3. Publications
4. Sharing by members
 - Kidney Foundation of Bangladesh
 - Barbados Kidney Association
 - Ethiopian Kidney Care
 - Fundanier – Guatemala
 - Hong Kong Kidney Foundation
 - Hungarian Kidney Foundation
 - India - India Renal Foundation
 - India - Mohan Foundation
 - India - Tamilnad Kidney Research Foundation
 - India - Kidney Warriors
 - Turkish Kidney Foundation

PRESIDENT'S MESSAGE

Dr. Siu-Fai Lui, BBS MH JP.

President, IFKF-WKA



The key event for the past three months is the launch of the IFKF-WKA flagship program – **Renal nutrition, diet and recipes.**

(1) Inaugural Joint Webinar of ISRNM and IFKF-WKA - 4 May 2022
Pros and Cons of Plant-based Diet for Chronic Kidney Disease

(2) A joint webinar of **ISRNM and IFKF-WKA at the 20th Congress of the International Society of Renal Nutrition and Metabolism.**

We shared how we developed the World Kidney Recipes.

We launched the World Kidney Recipes 53 recipes from 10 countries.

Eat Smart, Eat well, bring the joy back in eating for our patients.

Please visit our website <https://ifkf.org/world-kidney-recipes/>

SF Lui

Inaugural Joint Webinar of ISRNM and IFKF-WKA 4 May 2022

Pros and Cons of Plant-based Diet for Chronic Kidney Disease

<https://www.youtube.com/watch?v=TFN7nCXsV3g>



Inaugural Joint Webinar of ISRNM and International Federation of Kidney Foundation-World Kidney Alliance (IFKF-WKA)

**Title: Pros and cons of plant based diet chronic
kidney disease (Live debate)**

Date: 4 May 2022 (3PM CEST)

Duration

Up to 60 minutes

Opening remarks (5 mins)

Dr. Angela Yee Moon Wang,
MD, PhD
President, ISRNM
Hong Kong SAR

Dr Lui Siu Fai
President, IFKF-WKA
Hong Kong SAR

Moderators

Angeles Espinoza
Dietitian
Mexico

Kam Kalantar-Zadeh
Nephrologist
USA

Speakers

Giorgina Piccoli
Italy
Pros side

Joel Kopple
USA
Cons side

[Click here for REGISTRATION](#)

LIVE EVENT WITH Q and A Session

Recent events



Joint ISRN and International Federation of Kidney Foundation
-World Kidney Alliance (IFKF-WKA) Session on World Kidney Recipes

🕒 19:45-21:15 (UTC+8), June 16

Moderator:



Angela Wang
Hong Kong, China
President, ISRN



Siu-Fai Lui
Hong Kong, China
President, IFKF-WKA



TALK 1 Siu-Fai Lui [Hong Kong, China]

World Kidney Recipes – Perspectives and Challenges



TALK 2 Kelly Lambert [Australia]

Developing Kidney-Friendly Recipes – Challenges and Opportunities



TALK 2 Lydia Lauder [Canada]

Developing Kidney-Friendly Recipes – Challenges and Opportunities

Panel Discussion



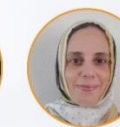
Xueqing Yu
China



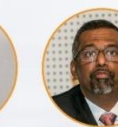
Kam Kalantar-Zadeh
United States



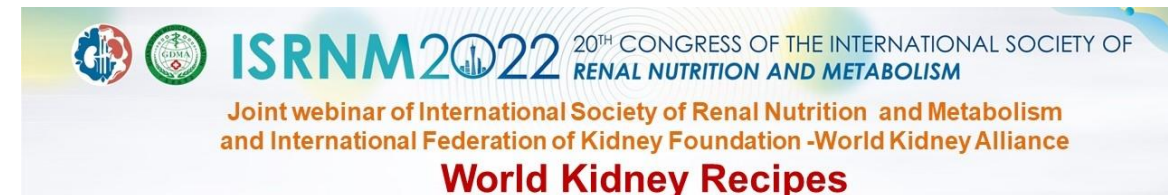
Joel D. Kopple
United States



Zarina Ebrahim
South Africa



Manvir Victor
Malaysia



JUNE 16-18 (THU-SAT), 2022
GUANGZHOU, CHINA

20th Congress of the ISRNM
June 16 June 2022
Guangzhou, China

Joint webinar of International Society of Renal Nutrition and Metabolism
and International Federation of Kidney Foundation -World Kidney Alliance

World Kidney Recipes

Perspectives and Challenges



Dr. SF Lui, BBS, MH, JP.
President, IFKF-WKA  **IFKF-WKA**



From diet restriction

→ Positive eating

To eat smart, eat well

Bring the joy back into eating

Enjoy recipes from around from world.

1. Universal recipes

(can be modified for protein, sodium, potassium, phosphate level)

2. Standardisation

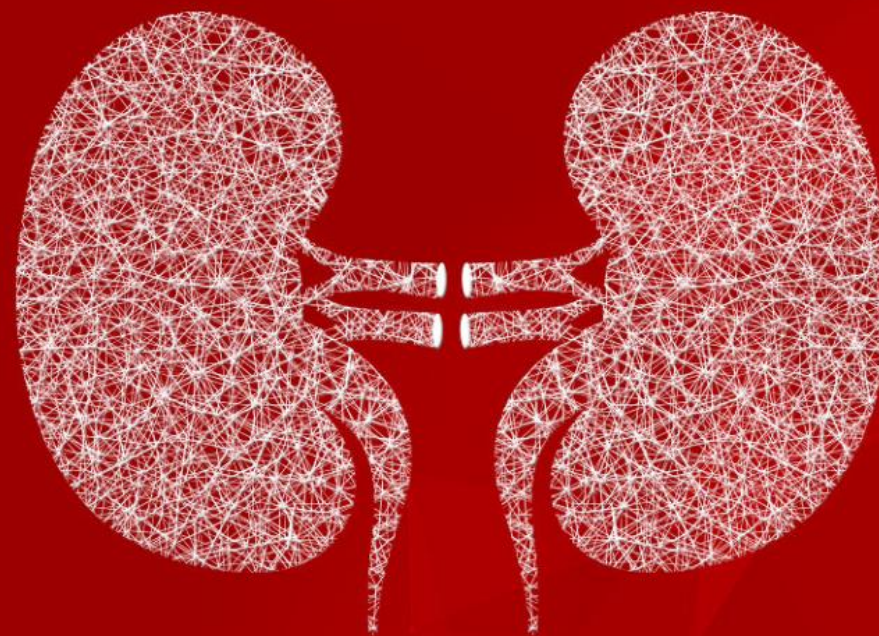
- exchanges (protein, carbohydrates)
- high/low content of Na, K, PO₄)

3. Home booking

Welcome to the

International Federation of Kidney Foundations - World Kidney Alliance

- Better kidney health for all.
- Optimal care for people affected with Kidney Disease or Kidney Failure.



<https://ifkf.org/world-kidney-recipes/>

World Kidney Recipes



[Australia](#)
[Bangladesh](#)
[Canada \(TBC\)](#)
[Guatemala](#)
[Hong Kong](#)
[Hungary](#)
[India](#)
[Italy](#)
[Malaysia](#)
[Mexico](#)
[South Africa](#)
[Türkiye](#)

World Kidney Recipes



WORLD KIDNEY RECIPES

Eat Smart  Eat well



LONG LIVE KIDNEYS AND PATIENT







Meal type:
PASTA



EACH SERVING PORTION

Protein
1.5 exchanges
Carbohydrates
4.5 exchanges

Feta and cherry tomato pasta



INGREDIENTS (SERVE 2)

- 100g of Danish feta
- 200g of cherry tomatoes, halved
- 2 cups of your pasta of choice
- 2 teaspoons of dried oregano
- 2 cloves of fresh garlic, chopped finely
- 1 tablespoon of olive oil

PREPARATION

- 1 Preheat the oven to 180°C.
- 2 Roast 1 punnet cherry tomatoes along with the olive oil and garlic for 20 minutes.
- 3 Add to roasting tray the Danish feta and continue roasting for 10 more minutes.
- 4 Once roasted, squash with a fork to combine.
- 5 Add to fresh boiled pasta and mix through. Serve warm.



TIPS

- If available you can use low protein pasta to further reduce the protein in this recipe.
- Use cream cheese or ricotta cheese to reduce the sodium.
- Reduce the cherry tomatoes and substitute half with chopped peppers and onion.
- Don't add salt to the cooking water when boiling pasta.

ACKNOWLEDGEMENT
Delicious Quick and Easy Kidney Friendly Recipes

PER SERVING	CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
	537 Kcal	16 g	66 g	22 g	616 mg	446 mg	307 mg

*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
SNACK



EACH SERVING PORTION

Protein
3 exchanges
Carbohydrates
1.5 exchanges

Burrito chapin



INGREDIENTS (SERVE 1)

- 1 egg (50g)
- 2 tbsp of fresh cheese
- 1 corn tortilla
- 1 cup of drained spinach
- ½ cup of filtered beans
- 1 tsp canola Oil

PREPARATION

- 1 Soak the beans 6 hours before cooking. Transfer the soaked beans to a large pot and cover them with new water. Cook the beans, then set them aside and have them ready.
- 2 Heat (medium) the oil in a large pan. Fry the spinach for 2 minutes, add the egg and cook for 1 min. Add fresh cheese and stir for 2 mins or until cheese is melted.
- 3 Add egg and bean mixture to tortilla and enjoy.



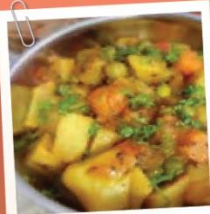
TIPS

- Soak the beans in water for 6 hours before cooking. Discard that water.
- It is recommended to add low-potassium vegetables in the egg mixture (carrot, broccoli, guisquil, chilly pepper etc.) to increase fiber intake.

ACKNOWLEDGEMENT
Cristina Zelaya and Paola Pérez from FUNDANIER (Fundación para el Niño Enfermo Renal - Fundación for Children with Kidney Diseases)

PER SERVING	CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
	180 Kcal	21 g	21 g	5 g	61 mg	148 mg	174 mg

*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
VEGAN-PLANT BASED



EACH SERVING PORTION (70-100g)

Protein
0.2 exchange
Carbohydrates
0.5 exchange

Low sodium*

Low potassium*

Low Phosphorus*

Mixed vegetables curry/ Niramish



INGREDIENTS (SERVE 4)

- 50g of carrots small cubes
- 50g of cabbage small cubes
- 50g of potatoes small cubes
- 50g egg plant/brinjal small cubes
- 50g of cauliflower florets
- 100g of chopped onions
- 50g of capsicum
- 2 tbsp of oil
- ¼ tsp turmeric
- ½ tsp Paanch phoron (Indian 5 spice blend)
- 1 tsp ginger & garlic paste
- ¼ tsp chilli powder*
- 1 bay leaf*
- 2-3 green chillies
- ¼ tsp coriander powder
- ¼ tsp Cumin powder
- ¼ tsp garam masala powder
- <1g of salt

PREPARATION

- 1 Preheat a large skillet to medium hot level, add oil and heat until shimmering.
- 2 Add paanch phoron and bay leaf, and then add the chopped onions sauté until soft.
- 3 Add ginger and garlic paste, cumin, coriander, garam masala, chilli powder and a pinch of salt.
- 4 Sauté well, can add a small amount of water to the spices to mix well.
- 5 Add the blanched vegetables, mix well with the spices and cook for 10 minutes.
- 6 Serve mix vegetable curry / mix veg recipe with hot roti or rice.



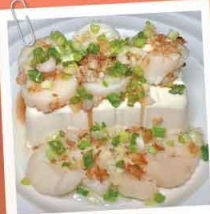
TIPS

- Portion size: 70-100g depending on potassium levels and restrictions.
- Potatoes are considered high potassium food.
- Soaking procedure after cooking may help leach up to 70% of potassium from potatoes.

ACKNOWLEDGEMENT
Tazreen Malik RD, Professor Dr. Harun Ur Rashid, Dr. Tasnuva Khatun, Dr. Nura Alta Salma Begum, Kidney Foundation Hospital and Research Institute, Dhaka, Bangladesh

PER SERVING	CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
	99 Kcal	1.5 g	7 g	7 g	103 mg	202 mg	37 mg

*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
SEAFOOD



EACH SERVING PORTION

Protein
2 exchanges
Carbohydrates
0.5 exchange

Low sodium*

Low potassium*

Low Phosphorus*

Steamed scallops and tofu with garlic



INGREDIENTS (SERVE 4)

- 6 frozen scallops (120g)
- 1 box of tofu (350ml)
- 1 tbsp of spring onion (chopped)
- 1 tsp of soy sauce for seafood, if available, or ordinary soy sauce
- 1 tsp of oil

PREPARATION

- 1 Defrost the frozen scallops, then cut into halves.
- 2 Rinse and pat dry the tofu, then cut into thick pieces and set aside.
- 3 Mince the garlic, divide into two portions (one portion for frying, one portion for steaming).
- 4 Put a tablespoon of oil and the half of the minced garlic in a pan, turn on medium-low heat and cook slowly until golden brown, set aside (fried garlic).
- 5 Place the tofu on the steaming plate, then the scallop on top of the tofu. Place one teaspoon each of the fried garlic and raw garlic on every scallop.
- 6 Steam over high heat for 5 to 7 minutes, remove from heat and sprinkle with chopped green onion and drizzle with soy sauce. Serve.



TIPS

- Adjust the protein content by the amount of scallops and tofu to be consumed.
- Can add chopped coriander and a little bit of shredded chili to enhance flavors naturally.
- The golden and silver garlic (fried garlic and raw garlic) can increase the tastefulness of the recipe (to reduce the use of high-sodium sauce).

ACKNOWLEDGEMENT Original recipe by Ms. Winnie Leung
Hong Kong Dietitian Association - Hong Kong Kidney Foundation
Hong Kong Society of Nephrology - Hong Kong Association of Renal Nurses

PER SERVING	CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
	146 Kcal	14 g	5 g	7 g	183 mg	342 mg	154 mg

*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
BEEF/PORK



EACH SERVING PORTION

Protein
2.5 exchanges
Carbohydrates
3.5 exchanges

Low sodium*

High potassium*

Low Phosphorus*

Hungarian goulash



INGREDIENTS (SERVE 4)

- 350g of beef (or pork) diced into 2x2 cm pieces
- 200g potato diced into 2x2 cm pieces
- 3 medium carrots (half) round sliced
- 2 medium onions (chopped)
- 2 tablespoons of lard/oil
- 1 tablespoon of Hungarian sweet paprika (ground)
- 1 big size tomato, diced
- 2 cloves of garlic, chopped
- 1 teaspoon black pepper
- 1 teaspoon caraway seeds
- 1.5 liters of water

PREPARATION

- 1 In a large pot heat the lard and add the onions. Cook on low heat until the onion looks glassy.
- 2 Pull over the pot from the heat, add the paprika and stir it quickly.
- 3 Put the garlic, tomato and the meat too. Roast the meat for a few minutes and then pour enough water to cover it.
- 4 Season with black pepper and caraway seeds.
- 5 Cover the pot and simmer the meat over medium heat until it is half tender.
- 6 When the meat is half tender, put the carrot into the pot and if it necessary give a little water to it.
- 7 When the meat and the vegetables are almost ready, add the potato and cook for another 10-15 minutes. Cook under cover.
- 8 Taste and then modify the seasoning if necessary.
- 9 Serve with fresh bread.



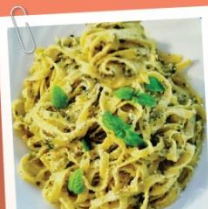
TIPS

- To reduce potassium content first cook the potato and the carrot a few minutes then soak them in water.
- The potassium content is less in the beef than in the pork.

ACKNOWLEDGEMENT
Hungarian Kidney Foundation and Dori Fabian



*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
PASTA



EACH SERVING PORTION (130g)

Protein
0.5 exchange
Carbohydrates
4.5 exchanges

Low sodium*

Low potassium*

Low Phosphorus*

Low-protein Linguine pasta with "pesto" sauce



INGREDIENTS (SERVE 4)

- 320g low-protein Linguine pasta
- 80g fresh basil
- 15g pine nuts
- 30g Parmesan cheese
- 20g rice milk
- 40g extra virgin olive oil
- Marjoram
- ½ a garlic clove

PREPARATION

- 1 Chop the washed and dried basil leaves together with pine nuts, Parmesan cheese, marjoram and garlic in the mixer.
- 2 Pour the mixture in a bowl and if the sauce comes out too thick thin it with rice milk.
- 3 Then add extra virgin olive oil to the mixture
- 4 Boil the water and cook pasta following the cooking directions on the package (linguine cooked al dente have a shorter cooking point).
- 5 Drain and season the pasta with pesto sauce. Add some cooking water to facilitate mixing. Serve it immediately.



TIPS

- The use of low protein pasta reduce protein content.
- Parmesan cheese is rich in salt and phosphorus, pine nuts are rich in potassium and phosphorus but the amount in the recipe is small, enough to enhance flavor.
- Basil is rich in potassium but the amount per serving is low.
- Sodium is that naturally contained in food.

ACKNOWLEDGEMENT
Italian Kidney Foundation and Dr. Claudia D'Alessandro (dietitian)



*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
CHEESE



EACH SERVING PORTION

Protein
2 exchanges
Carbohydrates
3 exchanges

Low sodium*

Low potassium*

Paneer sticks



INGREDIENTS (SERVE 2)

- 100g of paneer (size of ½ deck of cards)
- 2 tsp of red chilli powder (4g)
- 1 tsp of garlic paste (5g)
- 2 tsp of lemon juice (10ml)
- ¼ cup rice flour (40g)
- ½ cup of oil (120ml) for deep frying
- Add salt as per allowance

PREPARATION

- 1 Cut the paneer block into 10 sticks.
- 2 Make a mixture of chilli paste, garlic paste and lime juice in a bowl.
- 3 Add paneer sticks to the above mixture gently, making sure the paneer sticks are coated well. Set aside for 15 minutes.
- 4 Spread rice flour on a plate.
- 5 Take each paneer stick and roll over the rice flour gently, to coat the paneer stick completely.
- 6 Deep fry in hot oil on a medium heat.
- 7 You can also bake them in a preheated oven at 220°C for 10minutes. Turn them over in between at the end of 5 minutes.
- 8 Serve hot.



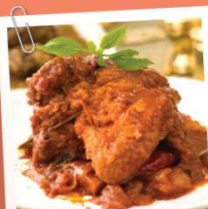
TIPS

- Suitable for dialysis and post-transplant patients. A high protein snack.
- You can increase the quantity, prepare the marinated sticks and freeze in airtight containers for later use.
- Patients with elevated phosphorous levels need to take their binder along with this snack.

ACKNOWLEDGEMENT
Kidney Warriors Foundation



*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
CHICKEN



EACH SERVING PORTION (80g)

Protein
5.5 exchanges
Carbohydrates
0.5 exchange

Low potassium*

Low Phosphorus*

Chicken rendang



INGREDIENTS (SERVE 4)

- 220g of boneless chicken breast, cut into small pieces
- 1 cup of red onion
- 4 cloves of garlic
- 3 red chillies
- 1 inch ginger
- 1 inch of fresh turmeric
- 1 piece of turmeric leaf – finely sliced
- 3 pieces of kefir leaves – finely sliced
- 2 tbsp of cooking oil
- ½ cup of water
- ¼ tsp salt (if needed)

PREPARATION

- 1 Heat the oil in a saucepan. Sauté the ground ingredients for a minute or until fragrant.
- 2 Place the chicken and water in a saucepan, use medium heat and constantly stir the cooking until it boils.
- 3 Let the food simmer in low heat until the gravy becomes thicker.
- 4 Add turmeric leaf and kaffir lime leaves.
- 5 Continue cooking until the chicken is tender and the gravy is quite dry according to the desired concentration.
- 6 Dishes can be seasoned with salt in each individual meal (if desired) during mealtimes.
- 7 Serve while still hot.



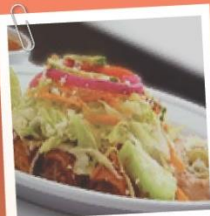
TIPS

- Using fresh spice rather than spice powder may reduce potassium intake.

ACKNOWLEDGEMENT



*Per serving, the nutrient content level is relatively low medium high not classified



Meal type:
CHICKEN



EACH SERVING PORTION

Protein
2 exchanges
Carbohydrates
2.5 exchanges

Low sodium*

Enchiladas poblanas

INGREDIENTS (SERVE 1)

- 30g of shredder chicken breast
- 2 pieces of corn tortilla
- 1 sliced poblano pepper
- 2 sliced avocado
- 1 spoon of acidified cream*
- 1 tablespoon of margarine
- 30g of skimmed milk*
- 14 pieces of natural peanut
- 1 spoon of canola oil
- 1 pinch of peppermint

PREPARATION

- 1 Follow the double cooking technique with the chicken.
- 2 After cooking it, shred it.
- 3 One week before preparing the recipe, freeze the poblano pepper slices.
- 4 Defrost a few hours before preparing the enchiladas.
- 5 Follow the soaking technique with the poblano slices once thawed.
- 6 In a hot frying pan, toast the peanuts, taking care not to burn them.
- 7 Blend the poblano pepper, peanuts, cream, milk, peppermint, and avocado slices.
- 8 Heat the margarine in a pan and fry the poblano cream with avocado.
- 9 In another pan, heat oil and fry the tortillas in oil.
- 10 Fill the tortillas with shredded chicken, fold and close.
- 11 Bathe the tortillas in sauce.

TIPS

- Those ingredients marked with *: contain phosphorous, do not exceed.
- Modification for dialysis: add debrated breast 60g → protein 29g. Sodium 93mg, potassium 572mg, phosphorus 302mg.



ACKNOWLEDGEMENT
Fernete-COMENIUS-Mexico

PER SERVING

CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
481 Kcal	15 g	39 g	29 g	56 mg	431 mg	213 mg

*Per serving, the nutrient content level is relatively low medium high not classified



MEXICO



Meal type:
VEGETABLES



EACH SERVING PORTION

Protein
1 exchange
Carbohydrates
1 exchange

Low sodium*

Low Phosphorus*

Zucchini with corn

INGREDIENTS (SERVE 7)

- Zucchini, 1200g
- Tomato, 300g
- Onion, 60g
- Corn, 1 ear
- Vegetable oil, 7 teaspoon
- Salt, ½ teaspoon
- Black pepper, to taste
- Cotija cheese, 35g

PREPARATION

- 1 Wash zucchinis and tomatoes.
- 2 Chop into small cubes the zucchini, tomato, onion and shell the corn.
- 3 Heat oil in a saucepan, add the onion and stir until translucent. Add the corn and sauté until it begins to brown. Add the tomato and stir for two minutes. Finally, season with salt and black pepper, and add the zucchini, stirring constantly until tender.
- 4 Serve on a plate and garnish with some Cotija cheese (5g).

TIPS

- To increase protein, add a portion of low-sodium panela cheese.



ACKNOWLEDGEMENT
Fabiola Martin-del-Campo/Victoria C. Beltran-Preciado

PER SERVING

CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
141 Kcal	6 g	13 g	7 g	232 mg	458 mg	99 mg

*Per serving, the nutrient content level is relatively low medium high not classified



MEXICO



Meal type:
VEGETABLE



EACH SERVING PORTION

Protein
1 exchange
Carbohydrates
2 exchanges

Low sodium*

Low potassium*

Low Phosphorus*

Vegetable paella

INGREDIENTS (SERVE 6)

- 250g rice, uncooked
- 90g onion, chopped
- 160g tomatoes, peeled and chopped
- 50g cucumber, peeled and chopped
- 30g celery
- 75g green pepper, seeded and thinly sliced
- 50ml olive oil
- 1g turmeric
- 600ml water, hot
- To taste garlic cloves
- 3g lemon zest
- 15g parsley, chopped
- 15g thyme, fresh
- 120g cheese, finely grated
- 1g pepper

GARNISHING:

- 50g olives, black, pitted
- 25g chilli or sweet pepper, red, thinly sliced

PREPARATION

- 1 Heat the oil in a heavy-based frying pan and sauté the rice until it is light yellow.
- 2 Add the onion and garlic and sauté for a further 3 minutes.
- 3 Mix the saffron and the hot water and add to the pan. Add the tomatoes and allow to simmer for 15 minutes with the lid on.
- 4 Stir in the cucumber and celery and allow to simmer for a further 5 minutes.
- 5 Stir in the green pepper and allow to simmer for 5 minutes until the rice is just soft and all the fluid is absorbed. Add more hot water if the mixture is too dry.
- 6 Remove from heat and stir in the parsley, thyme and lemon zest. Add pepper if preferred.
- 7 Dish the mixture out into a casserole dish and garnish with olives and chilli peppers.
- 8 Sprinkle the cheese over and place under the grill until the cheese bubbles and browns.
- 9 Serve immediately.

TIPS

- Cheese can be reduced to lower fat and phosphate content or use mozzarella cheese.
- Crush/grate the garlic to add more flavor.
- Lemon zest can be replaced by 1 tsp of lemon juice.
- For a vegan dish, the cheese may be omitted and may not need to be baked.



ACKNOWLEDGEMENT
Dr Nelene Koen and Dr Zarina Ebrahim from the Department of Global Health, Division of Human Nutrition, Stellenbosch University, South Africa.

PER SERVING

CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
295 Kcal	8 g	30 g	15 g	217 mg	221 mg	164 mg

*Per serving, the nutrient content level is relatively low medium high not classified



SOUTH AFRICA



Meal type:
BEEF



EACH SERVING PORTION

Protein
1 exchange
Carbohydrates
1.5 exchanges

Low sodium*

Low potassium*

Low Phosphorus*

Asparagus with meat and lemon sauce

INGREDIENTS (SERVE 8)

- 200g of beef, cubed
- 1 cup of chopped onion
- 300g of asparagus, either frozen or fresh
- 1 tablespoon of olive oil
- ¼ cup of lemon juice
- 2 cups of water
- 1 teaspoon of allspice
- Black pepper for seasoning
- 1 tablespoon of all purpose flour
- 1 clove of garlic, finely chopped or grated

PREPARATION

- 1 Dry the meat on paper towel. Incorporate meat and flour until meat is covered with flour.
- 2 Roast the meat in olive oil in a thick bottomed saucepan until they turn brown.
- 3 Add lemon juice, water, garlic and spices.
- 4 Cook about 30 minutes until meat is soft.
- 5 Add asparagus and onions and cook for 15 more minutes on mid-low heat. (You may need to add some more water)
- 6 Service suggestion; serve on rice pilaf.

TIPS

- Potassium levels will drop if asparagus are pre-soaked.
- Boiling meat before cooking reduces the phosphorus level.
- Adding unsalted spices/seasonings can be preferred instead of salt.



ACKNOWLEDGEMENT
Turkey, Dietitian Gokce Efe Aydin

PER SERVING

CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
189 Kcal	8 g	20 g	9 g	56 mg	269 mg	95 mg

*Per serving, the nutrient content level is relatively low medium high not classified



TÜRKİYE



Hong Kong

- Hong Kong Kidney Foundation
- Hong Kong Dietitian Association
- Hong Kong Society of Nephrology
- Hong Kong Association of Renal Nurses
- Ms. Winnie Leung (original recipes)
- Ms. Ann Fong (graphics)

IFKF-WKA members (recipes)

Australia	India
Bangladesh	Italy
Canada (TBC)	Malaysia
Guatemala	Mexico
Hong Kong	South Africa
Hungary	Türkiye

Tanker Foundation, India for
the IT and Secretariat support

Joint Steering Committee of World Kidney Nutrition, Diet and Recipes

IFKF-WKA

SF Lui (Hong Kong) Co-Convenor
Kam Kalantar (US)
Ágnes Haris (Hungarian Kidney Foundation)
Carlos Castro (ALE, IAP/FEMETRE, Mexico)
Joel Kopple (US)
Latha Kumaraswami(India Tanker Foundation)
Esther Obeng (Ghana Kidney Foundation)
Ayşe Onat (Turkey Kidney Foundation)

ISRNM

Angela Wang (Hong Kong) Co-Convenor
Russ Price (US)
Anna Laura Fantuzzi (*Dietitian – Italy)
Brandon Kistler (*Dietitian – US)
Csaba Kovesdy (US)
Kelly Lambert (*Dietitian - Australia)
Denise Mafra (*Dietitian - Brazil)
Keiichi Sumida

World Kidney Recipes

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This article is being published in *Kidney International* and reprinted concurrently in several journals. The articles cover identical concepts and wording, but vary in minor stylistic and spelling changes, detail, and length of manuscript in keeping with each journal's style. Any of these versions may be used in citing this article.

Note that all authors contributed equally to the conception, preparation, and editing of the manuscript.

Kidney health for all: bridging the gap in kidney health education and literacy

Robyn G. Langham¹, Kamyar Kalantar-Zadeh², Ann Bonner³, Alessandro Balducci⁴, Li-Li Hsiao⁵, Latha A. Kumaraswami⁶, Paul Laffin⁷, Vassilios Liakopoulos⁸, Gamal Saadi⁹, Ekamol Tantisattamo², Ifeoma Ulasi¹⁰ and Siu-Fai Lui¹¹ for the World Kidney Day Joint Steering Committee¹²

The high burden of kidney disease, global disparities in kidney care, and poor outcomes of kidney failure bring a concomitant growing burden to persons affected, their families, and carers, and the community at large. Health literacy is the degree to which persons and organizations have or equitably enable individuals to have the ability to find, understand, and use information and services to make informed health-related decisions and actions for themselves and others. Rather than viewing health literacy as a patient deficit, improving health literacy largely rests with health care providers communicating and educating effectively in codesigned partnership with those with kidney disease. For kidney policy makers, health literacy provides the imperative to shift organizations to a culture that places the person at the center of health care. The growing capability of and access to technology provides new opportunities to enhance education and awareness of kidney disease for all stakeholders. Advances in telecommunication, including social media platforms, can be leveraged to enhance persons' and providers' education; The World Kidney Day declares 2022 as the year of "Kidney Health for All" to promote global teamwork in advancing strategies in bridging the gap in kidney health education and literacy. Kidney organizations should work toward shifting the patient-deficit health literacy narrative to that of being the responsibility of health care providers and health policy makers. By engaging in and supporting kidney health-centered policy making, community health planning, and health literacy approaches for all, the kidney communities strive to prevent kidney diseases and enable living well with kidney disease.

Kidney International (2022) ■, ■-■. <https://doi.org/10.1016/j.kint.2021.12.017>

KEYWORDS: educational gap; empowerment; health literacy; health policy; information technology; kidney health; partnership; prevention; social media

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Given the high burden of kidney disease and global disparities related to kidney care, in carrying forward our mission of advocating *Kidney Health for All*, the challenging issue of bridging the well-identified gap in the global understanding of kidney disease and its health literacy is the theme for World Kidney Day (WKD) 2022. Health literacy is defined as the degree to which persons and organizations have—or equitably enable individuals to have—the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.¹ Not only is there is growing recognition of the role that health literacy has in determining outcomes for persons affected by kidney disease and the community in

general, but there is an emergent imperative for policy makers worldwide to be informed and cognizant of opportunities and real measurable outcomes that can be achieved through kidney-specific preventative strategies.

The global community of people with kidney disease

Most people are not aware of what kidneys are for or even where their kidneys are. For those afflicted by disease and the subsequent effects on overall health, an effective health care provider communication is required to support individuals to be able to understand what to do, to make decisions, and to take action. Health literacy involves more than functional abilities of an individual; it is also the cognitive

No.	Journals	Status
1	KI	Accepted
2	Journal of Hypertension	Accepted
3		
4	Kidney International Report	Accepted
5	Internal Medicine Journal	Accepted
6	Kidney Medicine	Accepted
7	Ndt	Accepted
8	American Journal of Nephrology	Accepted
9	Journal of Nephrology	Accepted
10	Nephrology	Accepted
11	Clinical Nephrology	Accepted
12	Hong Kong Medical Journal	Accepted
13		
14	American Journal of Hypertension	Accepted
15	Renal Society of Australasia	Accepted
16	Nephron	Accepted
17	J o Renal Care	Accepted
18	Clinical Kidney Journal	Accepted
19	Nefrologia	Accepted
20	Journal of the Egyptian Society of Nephrology and Transplantation	Under review
21	Indian Journal of Nephrology	Accepted
22	J of Renal Nutrition	Accepted
23	Hellenic Nephrology	Accepted
24	Canadian Journal of Kidney Health and Disease	Accepted
25	Brazilian Journal of Nephrology	Accepted
26	Brazilian Journal of Medical and Biological Research	Under review
27	Turkey J of Nephrology	Accepted
28	Brunei International Medical Journal	Under review
29	Iranian Journal of Kidney Diseases	Under review
30	Siriraj Medical Journal	Accepted
31	Asian Medical Journal and Alternative Medicine	Accepted
32	Insight Urology	Accepted
33		
34	Journal of the Nephrology Society of Thailand	Accepted
35	Indian Journal of Peritoneal Dialysis	Accepted
36	Indian Journal of Transplantation	Under review
37	Saudi Journal of Kidney Diseases and Transplantation	Accepted
38	Renal & Urology News	Accepted
	Accepted	30
	Rejected	3
	Under review	5
	Total	38

Our appreciation to Kam Kalanta and Ekamol Tantisattamo for all the submission work.

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MEETING REPORT | [ARTICLES IN PRESS](#)

Living Well With Kidney Disease and Effective Symptom Management: Consensus Conference Proceedings

[Connie M. Rhee](#) • [Dawn Edwards](#) • [Rebecca S. Ahdoot](#) • ... [Jacek C. Szepietowski](#) • [Siu-Fai Lui](#) • [Kamyar Kalantar-Zadeh](#)
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[Open Access](#) • Published: June 29, 2022 • DOI: <https://doi.org/10.1016/j.ekir.2022.06.015>

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Chronic kidney disease (CKD) confers a high burden of uremic symptoms that may be underrecognized, underdiagnosed, and undertreated. Unpleasant symptoms, such as CKD-associated pruritus and emotional/psychological distress, often occur within symptom clusters, and treating 1 symptom may potentially alleviate other symptoms in that cluster. The Living Well with Kidney Disease and Effective Symptom Management Consensus Conference convened health experts and leaders of kidney advocacy groups and kidney networks worldwide to discuss the effects of unpleasant symptoms related to CKD on the health and well-being of those affected, and to consider strategies for optimal symptom management. Optimizing symptom management is a cornerstone of conservative and preservative management which aim to prevent or delay dialysis initiation. In persons with kidney dysfunction requiring dialysis (KDRD), incremental transition to dialysis and home dialysis modalities offer personalized approaches. KDRD is proposed as the preferred term given the negative connotations of “failure” as a kidney descriptor, and the success stories in CKD journeys. Engaging persons with CKD to identify and prioritize their personal values and individual needs must be central to ensure their active participation in CKD management, including KDRD. Person-centered communication and care are required to ensure diversity, equity, and inclusion; education/awareness that considers the health literacy of persons with CKD; and shared decision-making among the person with CKD, care partners, and providers. By putting the needs of people with CKD, including effective symptom management, at the center of their treatment, CKD can be optimally treated in a way that aligns with their goals.

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Kidney Int Rep (2022)

<https://doi.org/10.1016/j.ekir.2022.06.015>

Sharing by members

1. Kidney Foundation of Bangladesh
2. Barbados Kidney Association
3. Ethiopian Kidney Care
4. Fundanier – Guatemala
5. Hong Kong Kidney Foundation
6. Hungarian Kidney Foundation
7. India Renal Foundation
8. India Mohan Foundation
9. India - Tamilnad Kidney Research Foundation
10. India – Kidney Warriors
11. Turkish Kidney Foundation

Activities of Kidney Foundation Hospital and Research Institute, Dhaka, Bangladesh

April to June, 2022

Activities of KF	April	May	June	Total
Indoor Patients	344	353	447	1144
Outdoor Patients	3,018	5,525	8,522	17,065
A.V Fistula for ESRD patients	163	134	104	401
Acute dialysis for AKI and ESRD	152	120	117	
U.V Catheter				389
Kidney Transplant	04	04	00	8
CAPD for ESRD	06	02	02	10
Kidney Biopsy	24	10	11	45
Major Operation	26	26	25	77
Lab test	26,111	36,049	41,341	1,03,501
Lab test (patients)	6,718	8,753	9,846	25,317
Ultrasound	1,068	1,367	1,796	4,231
X-ray	1,262	1,664	2,103	5,029
CT-Scan	81	101	126	308

Academic Activities and Research:

Kidney Foundation: Ongoing Research Projects

1. Prevalence of Chronic Kidney Disease among Health Care Professionals of Bangladesh
2. Seroconversion of Viral Hepatitis C among Maintenance Hemodialysis Patients in a Tertiary Care Center
3. Cytomegalovirus Status in Prospective Live Related Kidney Transplantation Donors and Recipients using Quantiferon Assay
4. Attitude and Awareness of Deceased Organ-Tissue Donation among Health Care Professionals
5. Roxadustat vs Epoetin Alfa for Treating Anemia in Maintenance Hemodialysis Patients: A Single-Center, Open-Label Pragmatic Randomized Trial
6. Anemia and Iron Status in Patients on Maintenance Hemodialysis: A Cross-Sectional Study
7. Attitude Regarding Live Related Kidney Transplantation in Patients on Maintenance Hemodialysis: A Cross-Sectional Study
8. Quality of Life in Patients on Maintenance Hemodialysis: A Cross-Sectional Study
9. Characteristics of Patients on Maintenance Hemodialysis: A Retrospective Study
10. Complications and Longevity of Arteriovenous Fistula Based on Cannulation Technique: A Prospective Cohort Study.

Kidney Foundation: Recent Publication(s)

1. Experience of Performing ABO Incompatible Kidney Transplantation in Bangladesh

Nura Afza Salma Begum, Tashnuva Sarah Kashem, Farnaz Nabi, Shakib-uz-Zaman Arefin, Harun Ur Rashid.

Korea J Transplant 2022;36:111-118

BARBADOS KIDNEY ASSOCIATION



Dr. Scantlebury met with the Prime Minister during Parliament on May 17, 2022



President of the Barbados Kidney Association made a presentation to the President of Barbados on April 27, 2022

Dr. Scantlebury and the President of the Barbados Kidney Association made a courtesy call on the President of Barbados on May 17, 2022



The Forlan Foundation organised a Luncheon on May 18, 2022. In attendance were the Minister of Health and his Assistant, the Chairman and Senior Transplant doctors at the Queen Elizabeth Hospital, the CEO of Forlam, and the President of the Barbados Kidney Association..

President Barbados Kidney Association, Dr. Scantlebury and CEO of Forlam



A Round Table meeting was held with all the major Kidney Disease Stakeholders in Barbados and the diaspora on June 8, 2022. The meeting was chaired by Dr. Cave.

Barbados Aiming For Expanded Kidney Transplant Programme

BY [JULIE CARRINGTON](#) | MAY 22, 2022 | [TOP STORIES](#)

Dr. Velma Scantlebury presenting Prime Minister Mia Amor Mottley with a copy of her book *Beyond Every Wall: Becoming the 1st Black Female Transplant Surgeon*.

(Photo: C. Pitt/BGIS)



Prime Minister Mia Amor Mottley has signaled her intention to enlist the help of the now retired, first black female Kidney Transplant Surgeon in the USA, Barbadian, Dr. Velma Scantlebury to assist with expanding the current programme at the Queen Elizabeth Hospital (QEH).

The Prime Minister spoke of Government's financial burden in treating the rising number of dialysis patients during a courtesy call with Dr. Scantlebury, who is also a Professor of Surgery at Texas Christian University, University of North Texas Health Centre and Medical School, while in the Committee Room, at Parliament on Tuesday.

Ms. Mottley also wants to see a robust community outreach programme to properly monitor the most critical QEH diabetic outpatients across the island as a means of reducing the number of persons who need dialysis.

Ms. Mottley told the retired transplant specialist that her Government was unable to sustain the high costs, and pointed out that Professor Scantlebury's experience and achievements in kidney disease were needed "on the frontline".

Nothing would give me the greatest pleasure than to have this programme started,” she told the gathering, which included Dr. Scantlebury’s daughter Aisha White; Simone Ward of Forlam Foundation; Minister of Health and Wellness, Ian Gooding-Edghill; Executive Chairman at the QEH, Juliette Bynoe-Sutherland, and QEH Transplant Surgeon, Dr. Margaret O’Shea.

The Prime Minister also received an update on the current transplant programme from Mrs. Bynoe-Sutherland and Dr. O’Shea. On this point, Minister Gooding-Edghill mentioned Spain’s interest in assisting Government with the expansion of the programme.

Ms. Mottley informed the meeting that the testimonies from persons who have donated a kidney to save a life needed to be heard, to get more buy-in from the public about transplants.

Dr. Scantlebury, a strong advocate for transplantation, also mentioned the link between kidney disease and diabetes. She articulated the view that transplantation was a viable treatment option for kidney disease instead of dialysis, and added that she was “here to serve Barbados” in whatever capacity her expertise is needed.

The retired surgeon also agreed that testimonies were important, pointing out that the “right pitch” was needed to effect change.

Kidney health education at Ehioparents high school May 20,2022



Discussion on kidney health on a media channel TIKVAH Magazine prepared by Crohn's and Colitis organization June 22,2022




ጤናማ አንጀት፣ ጤናማ ኩላሊት ቃለመጠይቅ

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ረቡዕ ሰኔ 15 2014
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Activities from April to June 2022

Kidney Trasplant # 100



"FUNDANIER Informa". Live on Facebook to educate patients on Chronic Renal Disease.



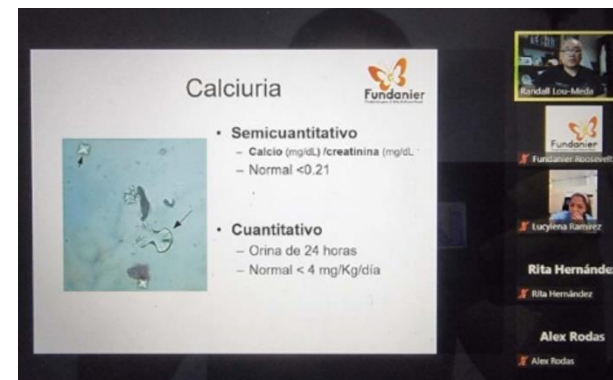
19 Aniversary
FUNDANEIR



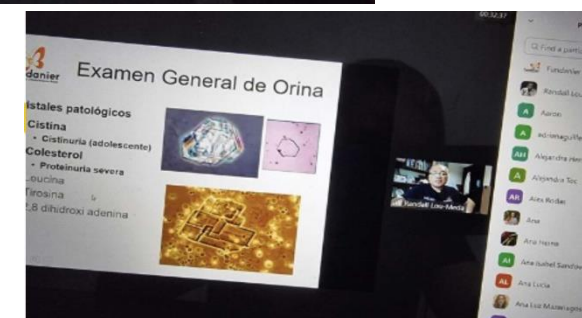
Class on “Quality of Water for
Hemodialysis” imparted by Carlos Córdova from
Perú.



First basic course of Pediatric Nephrology for
pediatricians in training.



Nephrology course for Pediatricians in
Chiquimula.



"Tea time" our way of spending some time with our hospitalized patients.



Launching of construction of the third floor of our unit.



Hong Kong Kidney Foundation

World Kidney Day @ Hong Kong

Postponed from March 2022 because of COVID

Launch event of WKD 2022 (Hybrid Webinar) – 9 July 2022

Announcement of Public Interest (API) – Are you at risk of kidney disease?

On all local TV and radio - every night from 9 July 2022 to 13 March 2023

Mass Transit Railway and Electric Railway Line

132 Community Poster at 132 stations (7-13 Aug 2022) – Free of Charge

300 12-sheet Panels on lightboxes at MTR platform (15 July – 9 Aug 2022) – Free of Charge

Bus

Poster display at bus shelters and on the outside body of the bus (October 2022).

Radio programs

RTHK 9 March 2022 (Dr. SF Lui, Dr. KM Chow)

RTHK 16 March 2022 (Dr. CY Yung, Ms. Maggie Lee)

TV program

Now and VIU TV (SF Lui on Doctor online) March 2022, repeated twice every night on 3 days.

Newspapers

Full page special article on 4 newspapers (12 August 2022)



Hong Kong
Kidney
Foundation

World Kidney Day
@Hong Kong
9 July 2022

Kidney Health for ALL

Bridge the knowledge gap to better kidney care

The 17th World Kidney Day at Hong Kong
9 July 2022 (Sat)
3:00 - 4:00 pm

WEBINAR
Seminar, patients and medical staff sharing

LIVE Stream
YouTube Live
Hong Kong Kidney Foundation

Officiating guests speeches
Dr. Ronald Lam, JP, Director, Department of Health, HKSAR
Mr. Henry Fan, SBS, JP, Chairman, Hospital Authority, HKSAR

Health literacy: Patient's experience and need
Ms. Maggie Ng, Ms. Hui Lai Wah and Mr. Martin Wong

Health literacy: What is it?
Dr. Chow Kai Ming and Dr. Desmond Yap

Health literacy: To connect, be connected.
Dr. Lui Siu Fai, Dr. Cheng Yuk Lun and Dr. Jack Ng

Health literacy: To communicate, be understood.
Ms. Maggie Lee, Ms. Windy Lee and Ms. Lam MK

Organizers: HKKF, Hong Kong Kidney Foundation, Hong Kong Society of Nephrology, Hong Kong Association of Renal Nurses, Partner: ARPMHA

Sponsors: Astellas, AstraZeneca, Boehringer Ingelheim, Fresenius Medical Care, GYONG KONG, VIATRIS, Baxter, etc.

Launch of WKD 2022 in Hong Kong
Hybrid online webinar
with onsite attendees



A drama by patients on health literacy



What is health literacy?



To connect. Be connected.

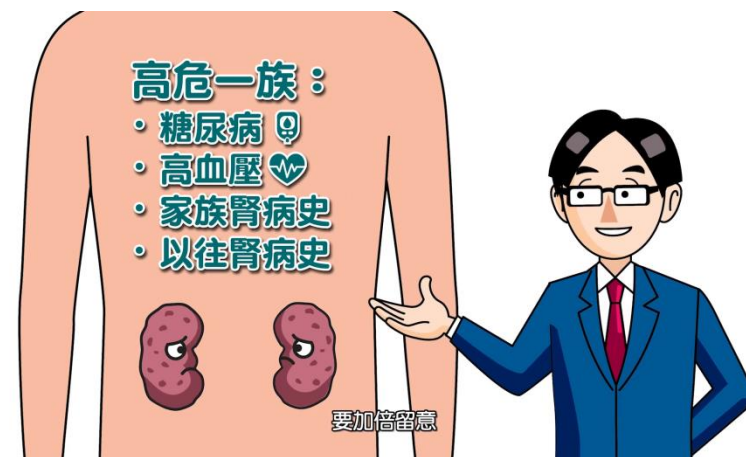


Communication & understanding.

Announcement of Public Interest
on all TV and radio
Every night
From 8 July 2022 to 13 March 2023



<https://www.youtube.com/watch?v=zBfLY458yqk>



Are you at risk?



Display at Mass Transit Railway and Electronic Railway Lines





世界
腎臟日
在香港



全民腎康

增強腎臟照顧 填補認知不足
團結社群促進腎康

主辦機構



你有好好照顧
孤獨腎兄弟嗎？



每10個人有1個
患有不同程度腎病

及早檢查 避免腎衰竭

高危一族

- 糖尿病
- 高血壓
- 家族腎病史
- 以往腎病史



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資料來源 | www.worldkidneyday.org/2022-campaign/2022-wkd-theme/



Full page advertisement on 4 newspapers

Report on the launch of WKD 2022

Are your kidneys at risk

Promotion of online webinar
for patients “Kidneys Talk” –
second series of 9 episodes.

Promotion of Eat Smart, Eat well - recipes for kidney patients

2 Radio and 1 TV program on Kidney Health



Plan for Oct 2022
Advertisement panel on buses



Hungarian Kidney Foundation

Senior Academy The importance of learning in advanced age

Prof Dr László Rosivall MD, PHD, DSc, FERA, FAPS
President of the Hungarian Kidney Foundation



Learning – At all times – In advanced age

- The beneficial effect of intellectual activity / learning is irrespective of age
- Learning is advantageous even in chronic diseases

„Teachers open the door but you must walk through it yourself.”
Chinese Proverb

Staying healthy serves the well-being of Ourselves, the Family and the Society

Learning through the whole life is a value and interest of the whole Society

Doctors, medicine have social significance Health care system influences the economy

**Direct and indirect interactions
(sick society sick economy sick population e.g. COVID)**

- **Lengthen the expected lifespan by 1 year GDP 4%**
- **An extra year without disability GDP 11%**

Development and expansion of health care is a key issue of economy!

**Doctors are the key players of the economic development!
Healthcare is a pulling sector**

Staying healthy serves the well-being of Ourselves,
the Family and the Society.

Learning through the whole life is a value and interest of the whole Society



India Renal Foundation

India Renal Foundation is a non for profit health organization working for prevention, treatment rehabilitation, education, and research in the area of kidney disease in Gujarat since January 2002. Mehsana, Vadodara, Surat, Bhavnagar, Rajkot, Kutch Bhuj, Gir Somnath and Himmatnagar and have prominent citizen as advisory committee members at all chapters. Public Awareness programs are the core activities of the organization, which are currently ongoing in the villages of Gujarat.

Kidney Failure is a traumatic and fatal disease, thus it is our responsibility to educate society on the importance of having healthy kidneys for a healthy life. We have been very helpful in the early detection and early diagnosis of rural people.

We helped in providing better treatment in time, prevented major complications and led them to a healthier and better life. We have been very helpful in the early detection and early diagnosis of rural people. We helped in providing better treatment in time, prevented major complications and led them to a healthier and better life. As we all are aware that kidney patients (CRF) have to either take dialysis treatment lifelong or have to undergo a kidney transplant, both of the treatment are very expensive.

During the quarter (April to June 2022 100 awareness program and 52 screening camps (BP, Sugar & creatinine) were conducted across the state of Gujarat. This time our focus was major on rural areas and hence we covered many villages and taluka's in the district of Vadodara, Ahmedabad, Surat, Mehsana, Rajkot, Bhavnagar, Gir Somnath. About 10,000 people benefited from the kidney disease awareness programs.

We observed that their quality of life has improved with the decrease in the financial burden. So patients have been relieved from mental stress and live a better life with dialysis treatment. India Renal Foundation has been supporting needy kidney patients since the year of 2002 under Save a Life Program.

During this quarter we helped Rs. 2,00,000 supporting 54 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.

PRERANA: Prerna is an association of kidney failure patients. We are putting efforts to provide mental, social as well as physical rehabilitation to them by conducting different activities. We also invite Nephrologists to provide information to the patients.

A Prerna program organized in Rajkot on 10th April 2022, in this program, renowned doctors Pratik almani, Dr. Dhriti Almani and Dr. Vrukshaben Mehta gave guidance to the patients who were suffering from kidney transplant problems and other kidney diseases.

Prerna Program organized on 23 april 2022 at Sadvichar Parivar, satellite, Ahmedabad. Well known nephrologist of Ahmedabad, Dr. Umeshbhai Godhani was invited as a speaker. He discussed about difficulties faced by kidney patients during the treatment of dialysis and its solution” 64 prerna members participated with their relatives.

India Renal Foundation – Vadodara Chapter organized Prerna program at Rotary club, old padra road, Vadodara on 5th June 2022. Dr. Rajendrabhai Hathi, a humorist was invited as a speaker. He presented humorous incidence and jokes and made every one laugh. In a program 55 members participated with their relatives.

India Renal Foundation- Surat chapter arranged Prerna program at Gujarat chamber of commerce on 23rd April 2022. 50 prerna members and their relatives present in the program. Dr. Deepak Tamakuwala (nephrologist) and Dr. Praful Shiroya gave guidance. Question asked by the kidney patients and also promote organ donation. Lastly Prerna members enjoyed Antakshari.

India Renal Foundation Bhavnagar chapter was distributed grain kits to the 134 needy kidney patient collaboration with red cross society, Bhavnagar and Akshaypatra Foundation. Kidney Awareness Poster by India Renal Foundation Bhavnagar in the Rathatra of Lord Jagannathji, the second largest in Gujarat. India renal foundation and Ratnamani metals and tube limited A joint venture organized free Diabetes and Blood Pressure and Kidney Awareness Seminar for 12 villages of Anjar taluka of Bhuj district.

Total Awareness Program = 100

Detection Camp = 52

Patient help 54

Rs. 2,00,000

Kidney Disease Awareness Programs Kansa Village ta.visanagar di.mehsana



Pansar village ta-kalol dis- Gandhinagar

Awareness Program Maretha Village, Maneja, Vadodara



Kidney Awareness seminar At SBI Training center bhavnagar





ઈન્ડિયા રીનલ ફાઉન્ડેશન ભાવનગર દ્વારા કિડનીના જરૂરિયાત મંદ દર્દીઓને અનાજ કીટનું વિતરણ કરાયું



ભાવનગર તા.૦૨ ઈન્ડિયા રીનલ ફાઉન્ડેશનને સામાજિક સંસ્થા છે અને સમાજમાં કિડનીના રોગો ન થાય તેની જાગૃતતા માટે અને આર્થિક રીતે નબળા દર્દીઓને મદદરૂપ થવાના હેતુથી ગુજરાત ભરમાં શ્રી ત્રિલોક ભાઈ પરીખ અને જયેશભાઈ પટેલ ના માર્ગદર્શન હેઠળ સમગ્ર ગુજરાતમાં કાર્ય કરી રહી છે ઈન્ડિયા રીનલ ફાઉન્ડેશન

ભાવનગર દ્વારા કિડનીના જરૂરિયાતમંદ દર્દીઓને ઈન્ડિયન રેડ ક્રોસ સોસાયટી ભાવનગર અને અક્ષય પાત્ર ફાઉન્ડેશન ના સહયોગથી ભાવનગર ખાતે અનાજ કીટનું વિતરણ કરવામાં આવ્યું હતું. આ વિતરણમાં સુખિત ભાઈ ઠક્કર તથા મિલનભાઈ દવે, વર્ષાબેન લાલાણી રોહિતભાઈ ભંડેરી સંદીપભાઈ ઉપસ્થિત રહ્યા હતા

છેવાડાનાં ગામડાઓમાં ૩૫ વર્ષથી ઉપરનાને મળતો લાભ કચ્છનાં ૮ ગામનાં ૧૨ કેન્દ્રમાં હેલ્થ ચેકઅપ કેમ્પનો લાભ લેતા દર્દીઓ

। અંબાર । (સંદેશ ડ્યુરો)

રત્નમણી મેટલ્સ એન્ડ ટ્યુબ લિમિટેડ દ્વારા ઈન્ડિયા રીનલ ફાઉન્ડેશન સહયોગથી હાલમાં ભીમાસર સહિત કચ્છના ૮ ગામનાં ૧૨ કેન્દ્રમાં છેલ્લા ૧૫ દિવસ માટે હેલ્થ ચેકઅપ કેમ્પ સફળતાપૂર્વક ચલાવવામાં આવી રહ્યા છે. આ નિદાન અને સારવાર કેમ્પમાં લોકોને બ્લડપ્રેશર, ડાયાબીટીસ, કિડની અને હૃદય માટે જરૂરી હોય તે પ્રમાણે કાર્ડિયોગ્રામ લેવામાં આવે છે. છેવાડાનાં ગામડાઓમાં ખાસ કરીને ૩૫ વર્ષથી ઉપરના લોકો માટે નિઃશુલ્ક

કેમ્પ કરવામાં આવી રહ્યા છે, જેનો લોકો લાભ લઈ રહ્યા છે. અત્યાર સુધીમાં ૧૦% કરતા વધારે લોકોને વિવિધ તકલીફોનું નિદાન થઈ રહી છે, જે એક ચિંતાજનક બાબત છે. આ કેમ્પમાં સારવાર માટે મદદરૂપ થવા બદલના સતકાર્ય માટે લોકો આભાર માની રહ્યા છે.



સત્ય મીડીયા NEWS 24x7 ન્યુઝ ચેનલ Date: 04/05/2022 BHAVNAGAR

ઈન્ડિયા રીનલ ફાઉન્ડેશન (આઈ.આર.એફ.) એક બિન નફાલક્ષી અને સ્વાસ્થ્યના ક્ષેત્રમાં કામ કરતી સંસ્થા છે. જે શ્રી ત્રિલોકભાઈ આર. પરીખના માર્ગદર્શન હેઠળ છેલ્લા ૨૦ વર્ષથી કિડની અને કિડનીના રોગો એવે લોકજાગૃતિ, દર્દીઓના પુનર્નિર્માણ, શિક્ષણ અને સંશોધનના ક્ષેત્રમાં સમગ્ર ગુજરાત રાજ્યમાં કાર્યરત છે તેમજ જે તે શહેરના નામાંકિત વ્યક્તિઓ સંસ્થાના સ્થાનિક સલાહકાર સમિતિના સભ્ય તરીકે સક્રિય છે તેમની સલાહ અને માર્ગદર્શન નીચે જે તે શહેર અને વિસ્તારમાં સંસ્થાની પ્રવૃત્તિઓ ચાલી રહી છે.



કાર્યકર્મની વિગત : કિડની નિષ્ફળતાની બીમારી એક અસાધ્ય બીમારી છે અને તેને અટકાવવા માટે રોકથામ જ એક ઉપાય છે એટલે કે આ રોગ વિષેની જાગૃતતા, જ્ઞાન અને વહેલુ નિદાન જ આ બીમારીથી આપણને બચાવી શકે છે. કિડની રોગ થવા પાછળ ડાયાબીટીસ અને હાઈબ્લડપ્રેશર જેવા બિનવેપી રોગો જવાબદાર છે. ઈન્ડિયા રીનલ ફાઉન્ડેશન, રત્નમણી મેટલ્સ એન્ડ ટ્યુબ લિમિટેડ અને પ્રાથમિક આરોગ્ય કેન્દ્ર ભિમાસર દ્વારા આ રોગ વિષે જાગૃતિ લાવવાના અભિયાન અંતર્ગત ભિમાસર PHC માં આવતા કુલ આઠ ગામના નાગરિકો માટે વિનુભ્યે કિડની જાગૃતિ કાર્યક્રમ તેમજ બી.પી., ડાયાબીટીસ અને કિડની માટેના તબીબી પરીક્ષણ માટેના કેમ્પનું આયોજન તારીખ 02/05/2022 ના રોજ સવારે 9 થી 12 વાગ્યા સુધી ભીમાસર પ્રાથમિક આરોગ્ય કેન્દ્ર ખાતે કરવામાં આવ્યું છે. આ કાર્યક્રમને અંજાર તાલુકાના તાલુકા હેલ્થ ઓફિસર ડો.અંજારિયા સાહેબ તેમજ રત્નમણી મેટલ્સ એન્ડ ટ્યુબ લિમિટેડ, ભિમાસર પુનિટના અધિકારી શ્રી જીતભાઈ ડિનયામવાલા અને શ્રી સુરેશભાઈ અંબતાની ઉસ્મિતિ માં આ કાર્યક્રમને વિધિવત રીતે ખુલ્લો મુકવામાં આવ્યો હતો. આ કેમ્પ 15 તારીખ સુધી ભીમાસર phc માં આવતા કુલ આઠ ગામનાં સવારે 9 થી 12 વાગ્યા સુધી ચાલશે. તો ગામના દરેક નાગરિકોએ આ કાર્યક્રમનો લાભ લેવા માટે વિનંતી છે.

સત્ય મીડીયા ન્યુઝ ચેનલ : C/O રાજકાલ સ્ટુડીયો બોટી સોઈ, ભાવનગર
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તસવીર સમાચાર



ઈન્ડિયા રીનલ ફાઉન્ડેશન, રત્નમણી મેટલ્સ એન્ડ ટ્યુબ લિમિટેડ અને પ્રાથમિક આરોગ્ય કેન્દ્ર ભીમાસર દ્વારા પીએસટીમાં આવતા આઠ ગામના નાગરિકો માટે વિનુભ્યે કિડની જાગૃતિ કાર્યક્રમ તેમજ બી.પી., ડાયાબીટીસ અને કિડની માટેના તબીબી પરીક્ષણ કેમ્પનું આયોજન કરવામાં આવ્યું હતું આ કેમ્પ તા. ૧૫ સુધી સવારે ૯ થી ૧૨ વાગશે.

ઈન્ડિયા રીનલ ફાઉન્ડેશન દ્વારા ડાયાબીટીસ બી.પી. અને કિડની માટેનો કેમ્પ યોજાયો



ગુજરાત રાજ્ય, ભાવનગર, તા.૦૪ ઈન્ડિયા રીનલ ફાઉન્ડેશન (આઈ.આર.એફ.) એક બિન નફાલક્ષી અને સ્વાસ્થ્યના ક્ષેત્રમાં કામ કરતી સંસ્થા છે. જે શ્રી ત્રિલોકભાઈ આર. પરીખના માર્ગદર્શન હેઠળ છેલ્લા ૨૦ વર્ષથી કિડની અને કિડનીના રોગો એવે લોકજાગૃતિ, દર્દીઓના પુનર્નિર્માણ, શિક્ષણ અને સંશોધનના ક્ષેત્રમાં સમગ્ર ગુજરાત રાજ્યમાં કાર્યરત છે તેમજ જે તે શહેરના નામાંકિત વ્યક્તિઓ સંસ્થાના સ્થાનિક સલાહકાર સમિતિના સભ્ય તરીકે સક્રિય છે તેમની સલાહ અને માર્ગદર્શન નીચે જે તે શહેર અને વિસ્તારમાં સંસ્થાની પ્રવૃત્તિઓ ચાલી રહી છે.

કાર્યકર્મની વિગત : કિડની નિષ્ફળતાની બીમારી એક અસાધ્ય બીમારી છે અને તેને અટકાવવા માટે રોકથામ જ એક ઉપાય છે એટલે કે આ રોગ વિષેની જાગૃતતા, જ્ઞાન અને વહેલુ નિદાન જ આ બીમારીથી આપણને બચાવી શકે છે. કિડની રોગ થવા પાછળ ડાયાબીટીસ અને હાઈબ્લડપ્રેશર જેવા બિનવેપી રોગો જવાબદાર છે. ઈન્ડિયા રીનલ ફાઉન્ડેશન, રત્નમણી મેટલ્સ એન્ડ ટ્યુબ લિમિટેડ અને પ્રાથમિક આરોગ્ય કેન્દ્ર ભિમાસર દ્વારા આ રોગ વિષે જાગૃતિ લાવવાના અભિયાન અંતર્ગત ભિમાસર PHC માં આવતા કુલ આઠ ગામના નાગરિકો માટે વિનુભ્યે કિડની જાગૃતિ કાર્યક્રમ તેમજ બી.પી., ડાયાબીટીસ અને કિડની માટેના તબીબી પરીક્ષણ માટેના કેમ્પનું આયોજન તારીખ 02/05/2022 ના રોજ સવારે 9 થી 12 વાગ્યા સુધી ભીમાસર પ્રાથમિક આરોગ્ય કેન્દ્ર ખાતે કરવામાં આવ્યું છે. આ કાર્યક્રમને અંજાર તાલુકાના તાલુકા હેલ્થ ઓફિસર ડો.અંજારિયા સાહેબ તેમજ રત્નમણી મેટલ્સ એન્ડ ટ્યુબ લિમિટેડ, ભિમાસર પુનિટના અધિકારી શ્રી જીતભાઈ ડિનયામવાલા અને શ્રી સુરેશભાઈ અંબતાની ઉસ્મિતિ માં આ કાર્યક્રમને વિધિવત રીતે ખુલ્લો મુકવામાં આવ્યો હતો. આ કેમ્પ 15 તારીખ સુધી ભીમાસર phc માં આવતા કુલ આઠ ગામનાં સવારે 9 થી 12 વાગ્યા સુધી ચાલશે. તો ગામના દરેક નાગરિકોએ આ કાર્યક્રમનો લાભ લેવા માટે વિનંતી છે.



ભાવનગરમાં કીટ વિતરણ

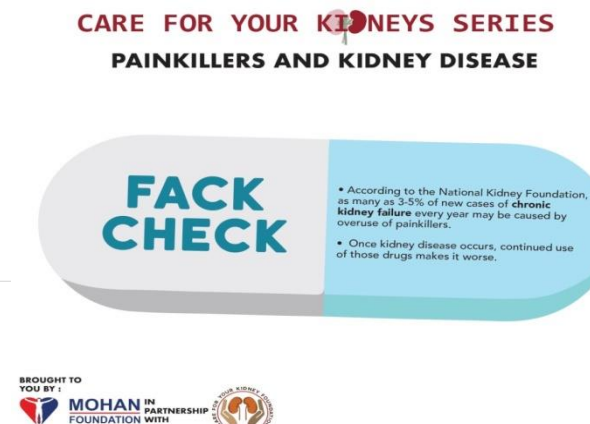
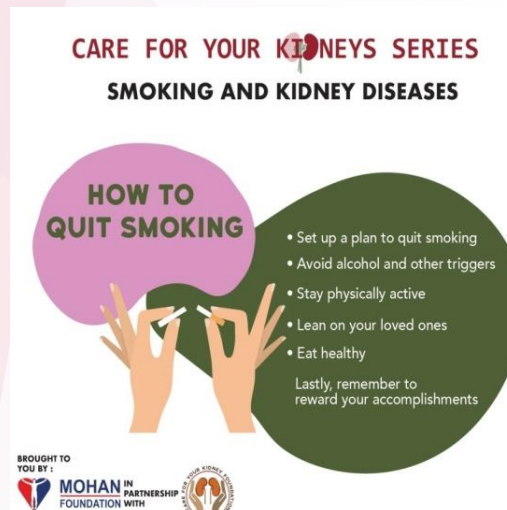
ભાવનગર : ઈન્ડિયન રીનલ ફાઉન્ડેશન ભાવનગર દ્વારા કિડનીના જરૂરિયાતમંદ દર્દીઓને ઈન્ડિયન રેડ ક્રોસ સોસાયટી ભાવનગર અને અક્ષય પાત્ર ફાઉન્ડેશનના સહયોગથી ભાવનગર ખાતે અનાજ કીટનું વિતરણ કરવામાં આવ્યું હતું. (તસવીર : વિપુલ દ્વીરાની - ભાવનગર)

ઈન્ડિયા રીનલ ફાઉન્ડેશન દ્વારા રાશનકીટ અપાશે

દર્દીનું આધારકાર્ડ સાથેનું નામ મોકલવાનું રહેશે

ભાવનગર : ઈન્ડિયા રીનલ ફાઉન્ડેશન ભાવનગર દ્વારા કિડની ફેલિયોર અને ડાયાલીસીસથી પીડાતા જરૂરિયાતમંદ દર્દીઓને રાશન કીટનું વિતરણ કરાશે. (૮૫૧૧૧૧૪૨૫૭) વગેરે વિગતો વોટ્સએપમાં મોકલવી.

Patient sensitization through social media posts- Care For Your Kidneys-Jan 2022



These social media posts reached 5,226 posts

Patient Sensitization through Social Media Posts under Care for your Kidney project April 2022

Social Media posts on 'Uric Acid and Kidney Disease' were posted on 6th April 2022 with a reach of 1060 (792 on Facebook, 268 on Instagram) and 14 likes and comments

Another post on "Uric acid and Kidney Disease" was posted on 15th April 2022 with a reach of 3013 (1366 on Facebook, 352 on twitter, 235 on Instagram) and 20 likes and comments

CARE FOR YOUR KIDNEYS SERIES

URIC ACID AND KIDNEY DISEASES

FACT#4

Eating fresh fruits and vegetables helps in reducing uric acid levels



TIP

Include the following in your diet -

- Cherries and berries (strawberries, blueberries, etc.)
- Bananas and Pineapple
- Cabbage, Parsley
- Low-fat dairy products
- Bread and cereals (complex carbohydrates)
- Foodstuff rich in Vitamin C – oranges, potatoes, bell peppers, red cabbage

CARE FOR YOUR KIDNEYS SERIES

URIC ACID AND KIDNEY DISEASES

FACT#3

Purine-rich foodstuff should be limited in case of high uric acid levels



TIP

- Limit food with high purine content such as -
- Sardines, Mackerel (bangda), Roe
 - Red meat, bacon, organ meats, shell fish
 - Whole pulses like masur, rajma, chana, chole
 - Excess alcohol (including beer, liquor)

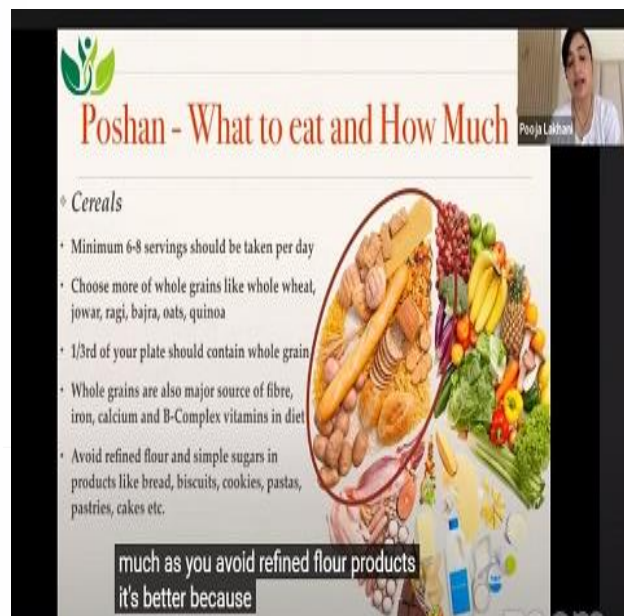
Under Patient Education Initiatives webinar on “Nutrition post transplantation- Heart and Lung transplantation” by Dr. Pooja Lakhani and webinar on “Kidney Transplant- Gift of Life” was conducted in cooperation with Nephroplus.

On 15th May, 2022 Dr. Pooja Lakhani, Certified Nutritionist, former clinical dietician with the ICU & Organ Transplant-1 at Apollo Hospital, Mumbai and Founder of POSHAN Mantra shared valuable information on Post Transplant Nutrition, including –balanced quantities and mix of cereals, fruits, vegetables, fats, oil and protein that should be consumed safety and hygiene habits importance of staying fit by regularly exercising.

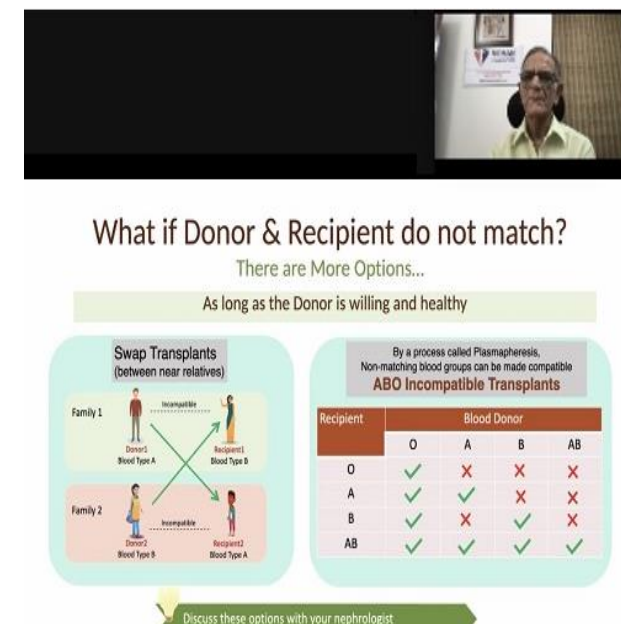
On May 21st 2022 Mr. Sudhir Dewan conducted a virtual workshop in Punjabi, for dialysis patients, caregivers and dialysis technicians along with NephroPlus Dialysis Centres in Chandigarh. He began by introducing MOHAN Foundation and TRIOMPH - patient support group and discussed the various challenges faced by the dialysis patients and shared that there was an opportunity for the patients to lead a normal, good quality life - through kidney transplant.



Creative



Dr. Pooja explaining about Poshan

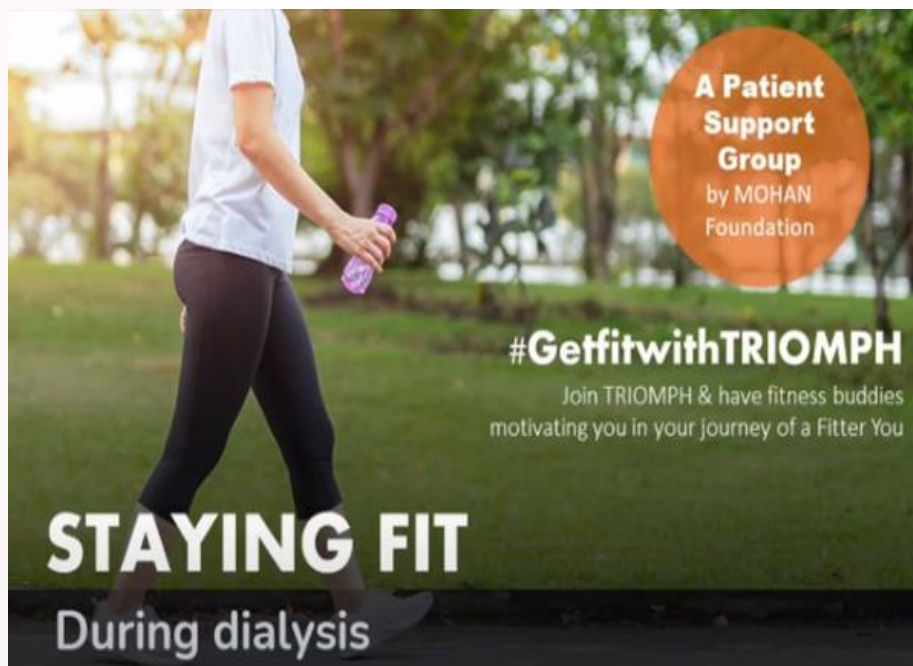


Mr. Sudhir Dewan's talk on Kidney transplant

Vlog – From April 2022 till June 2022

Vlog on the **Importance of fitness for people on dialysis** is uploaded on YouTube on 20th April. This vlog includes the fitness stories of dialysis patients. This video describes what kind of exercises can be done while on dialysis, what precautions need to be taken if you like to swim and how to stay fit even on dialysis. : <https://www.youtube.com/watch?v=vrjvDCwS6OA>. This vlog has 42 views on YouTube with 3 likes. On Facebook, it has reached 890 people with more than 4 shares, 5 likes and comments, 46 views on Instagram.

Vlog on ABO incompatible kidney transplant was published on 30th June-2022. This vlog gives information on ABO incompatible transplant and is a dialogue between an ABO transplant recipient and a nephrologist. <https://youtu.be/9o34wNVMVO8> This vlog has 28 views on YouTube with 6 likes.



Importance of fitness in dialysis patients
uploaded on 20th April 2022



ABO Incompatible Kidney Transplantation uploaded
on 30th June 2022



*helping the underprivileged
with kidney ailments*

TANKER TURNS 29

29TH
ANNIVERSARY

SUBSIDIZED & FREE HAEMODIALYSIS



From June 1993 till May 2022,
TANKER has provided 487,742
free and subsidized dialysis for
2268 patients

PUBLIC AWARENESS



We have reached out to more
than 1.88 lakh people with the
1287 Awareness Programmes

SCREENING PROGRAMS



We have also screened 35,696
individuals for early detection of
kidney disease through our 427
screening camps

DONORS & WELL WISHERS



FINANCIAL HELP

We have also given financial
support of Rs. 3.58 Crores to 3904
patients as one-time contributions
ranging from Rs. 5,000/- to Rs.
50,000/- for transplantation,
medication, investigation and
fistula surgery costs.

AWARDS



We are continuing to provide dialysis for all our patients through our 12 dialysis units.

Our grateful thanks again for your continued support.

Please keep our Staff who are Angels on Earth and patients in your prayers.

TANKER COMPLETES 29 YEARS OF SERVICE

Thursday, June 30, 2022, was the 29th anniversary of TANKER Foundation. It was a heart-warming day for TANKER Foundation management, staff, patients, donors and enablers.



PADI IS TANKER'S 14TH DIALYSIS UNIT

It was inaugurated on 25th May, 2022, at the Urban Primary Community Health Centre in Padi.



DIALYSIS MACHINE INAUGURATED AT AMBATTUR

at the Rekha Memorial Renny Abraham Ambattur Rotary TANKER Foundation Dialysis Centre on 18th June 2022.



EXPANSION OF TIRUPUR UNIT

10 haemodialysis stations were inaugurated on 27th June 2022, at the unit.

DGP RUNS FULL MARATHON FOR TANKER FUNDRAISER

Dr. K. Jayanth Murali, IPS, Director General of Police, ran a full marathon – 42 km – June 12, 2022, at IIT Madras to raise funds for BP machines for all Tamil Nadu police stations.



AN EXEMPLARY PERFORMANCE AWARD under Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) was presented to the Ambattur TANKER Foundation Dialysis Unit on January 26, 2022

AGS HEALTH DONATES EPO INJECTIONS to the Vellore dialysis unit of TANKER Foundation on 27th April, 2022



AWARENESS PROGRAMMES

MADURAI

At Ilakku Educational Study Centre in the Park Town area of Madurai, May, 22, 2022.

HASTHINAPURAM

At Udhavum Ullangal Charitable Trust, June 8, 2022.

T. NAGAR

At Udhavum Ullangal, May 21, 2022.

CHROMEPET

At Udhavum Ullangal Charitable Trust, Lakshmipuram, June, 3, 2022.



SCREENING CAMPS



- MADURAI VILLAGE** - Subhiksha Hospital in Vellaripatti village, May 1, 2022.
- Subiksha's new clinic at Idayapatti village, May 27, 2022.
- TIRUVERKADU** - Tiruverkadu unit of TANKER Foundation Monday, May 30, 2022.
- VELLORE** - Kaniyambadi Upgrade Primary Health Centre - April, 19, 2022
- T. NAGAR** - Sundari Nursery School - June, 19, 2022

THIRUNINRAVUR - Urban Primary Middle School, Nadukutagai village - April 26, 2022,
WEST MAMBALAM - It was conducted at a temple - May 31, 2022.



HEALTH CAMP HELD FOR NAGARATHARS
Thanjavur Rotary Hall - April 17, 2022

We Worked : Delhi, Bengaluru, Mumbai, Ropar, And Hyderabad

**GROUND LEVEL WORK
APRIL TO JUNE 2022**

Educational Session for patients at Cardinal Gracius Medical Trust Hospital, Vasai

Attentive audience



Dr Shukla, Nephrologist



Kamlesh Ahuja, 22 years on Dialysis



Awareness & Screening Camp In Ropar, Punjab on 14th April 2022



KWF's representative met Dr Ajay Kher at inauguration of Eptome Kidney Urology Institute - JUNE 4th



Gifting books



Wheelchair to a dialysis patient



AWARENESS FOR ORGAN DONATION by CHEYUTHA FOUNDATION ORGAN TRANSPLANTS

(Telangana)



బుధవారం 06 ఏప్రిల్ 2022

మరణానంతరం అత్యుత్తమ దానం చేయండి
ఇసుందెక్కి పునర్జన్మ శివారుడి
- చేయకం ఫౌండేషన్ ట్రస్ట్ ఆఫ్ ట్రాన్స్ప్లాంట్ ఫౌండేషన్ ట్రస్ట్



అసెయిన్ దానం చేయండి. పాఠశాలకు పునర్జన్మ ఇవ్వండి

అసెయిన్ దానం చేయండి. పాఠశాలకు పునర్జన్మ ఇవ్వండి. అసెయిన్ దానం చేయండి. పాఠశాలకు పునర్జన్మ ఇవ్వండి.

అసెయిన్ దానం చేయండి. పాఠశాలకు పునర్జన్మ ఇవ్వండి

అసెయిన్ దానం చేయండి. పాఠశాలకు పునర్జన్మ ఇవ్వండి. అసెయిన్ దానం చేయండి. పాఠశాలకు పునర్జన్మ ఇవ్వండి.

KWF joined FSSAI to be among 22 organisations endorsing
Joint Position Statement for Front-of -Pack Labeling (FOPL)
On unhealthy food/ drink products





Delhi



Pune

KWF CORE MEMBERS MEET

Bangalore



Cyclothon for Organ Donation by Angdan Charitable Trust (Ahmedabad)



Pune Dialysis Units visited to offer patients help under PPP scheme

Rs 1200/- per month for 6 months



Small help, but giving them what they need!

Tourniquet with soft padding >>>> Protein Supplements >>>> Wrist Band for ALERT!



Apart from this,
we helped kids
continue
education by
paying
school-fees!



Honoured with a SILVER Award as a Advocacy Organisation



DISTINGUISHED JURY
to Determine the Best Initiatives of Care

IHW PATIENT FIRST Awards 2022
EXCELLENCE IN PATIENT CENTRICITY & ADVOCATING

Friday, 13th May 2022

FREE NOMINATION FOR NGOS ,
NOT FOR PROFIT GROUPS & INDIVIDUALS

 DR. V. MOHAN Chairman and Chief of Diabetology, Dr Mohan's Diabetes Specialities Centre	 DR. PADMA SRIVASTAVA Head, Neurosciences Centre, All India Institute of Medical Sciences, New Delhi	 DR. GOVIND BABU Medical Oncologist & President, Indian Society of Medical and Paediatric Oncology 2019-2022
 DR. A K BHALLA Chairman and Head, Department of Nephrology, Sir Ganga Ram Hospital, New Delhi	 DR. B G DHARMANAND Rheumatologist & President, The Indian Rheumatology Association	 DR. HRISHIKESH PAI Gynaecologist & President-Elect, Federation of Obstetric & Gynaecological Societies of India
 DR. JEYARAJ PANDIAN Principal (Dean) and Professor of Neurology, Christian Medical College, Ludhiana	 MS. URVASHI PRASAD Director - Development Monitoring & Evaluation Office, NTI Ayrog	 DR. DEBASHISH DANDA Professor & founder of the Department Clinical Immunology & Rheumatology, Christian Medical College & Hospital, Vellore, India
 DR. SANJAY KUMAR AGARWAL Professor and Head- Department of Nephrology, All India Institute of Medical Sciences, New Delhi		

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COMMUNICATIONS GROUP

 /IHWCouncil



TURKISH KIDNEY FOUNDATION

Turkish Kidney Foundation (TKF) has a survey conducted to observe community's essential kidney health knowledge level. The purpose of this survey is related to World Kidney Day 2022 main theme "Bridge the knowledge gap to better kidney care". First of all, we needed to observe community's level regarding kidney health.

The survey has conducted by a corporate firm that is specialized on field research and studies. Participants are asked several questions on demographic data, as well as the knowledge on water, salt and sugar intake, exercise, symptoms of CKD, what dialysis is, over-the-counter drug use especially painkillers and antibiotics, publicity reach of TKF and eAcademy.

According to the results;

- 41% of the attendants are obese
- More than 50% of attendants know the recommended daily amounts for water, salt and sugar intake
 - 57,8% have answered a “6 grams” for daily salt intake for an adult
 - 66,2% have replied “50 grams” for daily sugar intake for an adult
 - 60% have replied “2-2,5 liters of water” per day
- 41% of attendants do not exercise ever
- 67% of attendants use painkillers without prescription and/or physician advice
- 72% of attendants never applied to a GP, internalist or nephrologist for annual routine kidney health check.

Therefore, while this survey presents us a valuable data on population’s point of view on kidney health, it also gives us numerous clues and ideas on how to plan our 2022 WKD campaign.