



INDIAN MEDICAL ASSOCIATION (HQs.)

(Registered under the Societies Act XXI of 1860)
Mutually Affiliated with the British & Nepal Medical Associations

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"World Kidney Day" – 9th March 2023

The Slogan of this year's World Kidney Day is 'KIDNEY HEALTH FOR ALL - *Preparing for the unexpected and supporting the vulnerable!*'

The last three years have been very tumultuous for the world. It started with COVID-19 pandemic, the Ukraine war followed by earthquake, floods and extreme weather. This has resulted in redistribution of resources and less being spent for non-communicable diseases like chronic kidney disease. The low- and middle-income countries have been particularly hit hard where the bulk of the patients reside. Therefore, preparation for unexpected events is incredibly important for kidney patients.

Chronic kidney disease is the sixth fastest-growing cause of death globally and around 1.7 million people are estimated to die annually because of acute kidney injury globally. In India, it is estimated that a population of over 7.8 million people are living with chronic kidney diseases."

In view of the increasing incidence of kidney disease and the need for raising awareness World Kidney Day was started in 2006. Genetically people from South Asian geographical regions i.e. India, Pakistan, Bangladesh and Srilanka have higher risk of kidney disease especially with increasing rates of Diabetes and Hypertension.

Diabetes is the number one reason for kidney failure in India. Kidney failure is a silent disease and it does not manifest until 60% to 70% function is lost.

1 in 10 people worldwide suffers from some degree of Chronic Kidney disease and it can occur at any age plus various risk factors can accelerate it.

Twenty million people have Chronic Kidney Disease globally and of these 7.8 million are from India. In Chronic Kidney Disease there is a gradual deterioration of kidney function, the end result of which is kidney failure.

7 Most Important tips of health kidneys are:

1. Keep fit and avoid sedentary lifestyle
2. Check and manage your blood sugar levels
3. Have a healthy balanced diet
4. Check and maintain the ideal blood pressure levels
5. Drink appropriate fluids (8 cups or nearly 2 litres per day)
6. Abstinence from Alcohol and tobacco consumption
7. Avoid regular intake of non-steroidal anti-inflammatory (pain killer medication) and other kidney damaging drugs.

Get your kidney functions checked periodically if you have any or more risk factors like:

1. Have diabetes
2. Have hypertension
3. Are obese
4. Have family history of Kidney disease



"One for All – All for One" a cohesive, collective, enhance, communicative approach to break all sectorial walls and bring all clinicians at one platform to help in building a Healthy Nation



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The key to discover early kidney disease is doing routine checks like urine tests, getting blood pressure and sugar checked periodically. Early detection can help postpone kidney failure through low cost medication.

Common early and late symptoms of kidney disease include:

1. Tiredness and exhaustion
2. Nausea and vomiting
3. Confusion, anxiety and restless.
4. Passing little or no urine
5. Swelling in the body especially of legs and feet
6. Loss of appetite with weight loss
7. Itching
8. Breathlessness

Kidney replacement can take place through transplantation. A patient can also have either blood or water dialysis called Haemodialysis, or peritoneal Dialysis to filter the wastes of the body. However, kidney transplantation remains the best method to replace a lost kidney. It provides the best quality of life and also is cost effective compared to dialysis.

What can be done to Help patients with Kidney Failure ?

IMA recommends and promotes organ donation on the world kidney day as organ donation is life saving and safe for the donor and has excellent benefits to the recipient. Organ donation can be done by any healthy person especially Kidney and liver with no long-term side effects to the donor.

A brain dead patient can donate (Cadaver transplant) apart from Kidneys and liver other organs also like heart, lungs, liver and pancreas. One brain dead patient can save 8 lives. The problem in India is the scarcity of organs for transplants. Number of patients needing kidney transplant in India is estimated to be 2,20,000 annually and we are currently doing only 7,500 kidney transplants against the same. 90% of these are from living donors and 10% are from the brain dead (Cadaver) donors.

IMA appeals for healthy care of your kidneys and also promotes the concept of organs donations. It supports initiative of Government Bodies such as NOTTO to improve the donation rate in our country.

DONATE LIFE BY DONATING ORGANS.

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