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# Kidney Diseases Awareness Walkathon Being Organized at Nadiad by MPUH - CRS

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**PRESS RELEASE**

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## Kidney Diseases Awareness Walkathon being organized at Nadiad by MPUH - CRS

***Kidney disease is an important Pandemic; worldwide. World Kidney Day's (WKD) aim is to raise awareness of the importance of the kidneys to the overall health of the population and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.***

World Kidney Day celebration started in 2006 jointly by International Society of Nephrology and International Federation of Kidney foundations. WKD is celebrated on 2nd Thursday of March every year all over the world. This year's slogan is Kidneys for life; Stop Acute Kidney Injury, which focuses on the understanding the causes, prevention and treatment of Acute Kidney Injury.

As a part of this programme Muljibhai Patel Urological Hospital – Centre For Robotic Surgery has organised a “Walkathon” in Nadiad on Sunday 10th March 2013.

### Objectives of World Kidney Day:

- Raise awareness about our "amazing kidneys": Their primary role is to maintain the balance of bodily fluids by filtering and secreting metabolites and minerals from the blood and excreting them, along with water, as urine. The kidneys control blood stream levels of many minerals and molecules including sodium and potassium, and help to control blood acidity. Helps to regulate the Blood pressure. They strengthen the bone and increase the Hemoglobin content in the blood.
- Highlight that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease (CKD). Encourage systematic screening of all patients with diabetes and hypertension for CKD: India is the capital of Diabetes. Type 2 (adult onset) is most common and 10 to 40 percent of those eventually will suffer from kidney failure: the most serious complication of the disease. The earliest sign of diabetic kidney disease is an increased excretion of albumin in the urine. This is present long before the usual tests done in the doctor's office show a loss of kidney function. So it is important to have this test on a yearly basis. Maintaining control of the diabetes can lower the risk of developing both kidney failure and cardiovascular events (heart attack, strokes).
- High blood pressure can independently cause CKD, and CKD can cause high blood pressure. The treatment of high blood pressure has become the most important intervention in the management of all forms of CKD. Lowering blood pressure will reduce the risk of heart disease, which for most patients with CKD, is a more immediate threat than end-stage renal disease (ESRD). It will also reduce the chance of developing ESRD requiring dialysis or kidney transplantation.

- Encourage preventive behaviours: Reduce salt intake; plenty of fluids, Stop smoking, Regular exercise.
- Educate all medical professionals about their key role in detecting and reducing the risk of CKD, particularly in high risk populations
- Acute Kidney Injury: Acute Kidney Injury is a condition in which there is a sudden drop in the function of the kidneys over hours or days with the retention of nitrogenous waste products- it can affect anyone. In the developing world where children and young adults are at special risk for AKI because it occurs frequently as the result of gastroenteritis, poisonings, malaria or other infectious diseases. Victims of crush injuries in natural disasters such as earthquakes often die of AKI. Many cases of AKI can be prevented simply by educating the community, and local and regional health care practitioners about prevention and early warning signs requiring immediate intervention. It can be difficult to identify and is dangerous
- AKI can develop in the hospital settings: approximately estimated 5% to 20% of critically ill patients (patients in the intensive care unit) experience an episode of AKI during the course of their illness. Development of AKI in the ICU has a negative impact on outcomes of any illness and also increases the death rate. To this end, greater awareness of AKI amongst the general physician and health care profession is needed. There are also important opportunities for prevention, especially by careful attention to prescription medicines management in elderly people.
- It is estimated that AKI could be reversible in approximately 50% of the cases with early diagnosis. Awareness is low and World Kidney Day is our opportunity to change this.

**We summarize the tips here:**

1. Have your blood pressure checked regularly.
2. Take steps to control your blood pressure. The easiest way to maintain a normal blood pressure is by lowering the amount of salt (sometimes called sodium) by not eating high-salt foods or adding salt to foods and by not becoming overweight. Check with a dietitian to create a diet that lets you eat foods you love without hurting your health.
3. Keep your weight within the desirable range. Reduce the weight if you are overweight or obese.
4. Tell your doctor if your family has a history of high blood pressure, diabetes or kidney disease
5. Stay alert for changes in your urine. If you have cloudy, smelly, foamy, cola colored or bloody urine or if it hurts when you urinate, see a doctor.
6. Watch for symptoms of anemia. If you are constantly tired, too pale, become short of breath easily or suffer from dizziness you might be anaemic.
7. Have a yearly urine and blood test along with a physical examination if you are in a high risk group for CKD (Diabetic, hypertensive, family history).
8. Stay active. Regular exercise will help keep your body functioning normally.
9. Drink enough water.

Kidneys play a vital role in keeping us alive and well. World Kidney Day spreads the word that kidney disease is common, harmful & treatable: Early diagnosis and treatment improves the outcome. Kidney diseases are silent killers, which will largely affect your quality of life. There are however several easy ways to reduce the risk of developing kidney disease.

1. Keep regular control of your blood sugar level
2. Monitor your blood pressure
3. Maintain a healthy fluid intake
4. Eat healthy and keep your weight in check
5. Keeping fit and active
6. Do not smoke
7. Do not take over-the-counter pills on a regular basis
8. Check your kidney function if you have one or more of the 'high risk' factors

For more information you can visit <http://www.centreforroboticsurgery.com/>

## **ABOUT “CENTRE FOR ROBOTIC SURGERY”**

Center for Robotic Surgery (CRS) is the Super Specialty Urological Hospital. It is an initiative of Muljibhai Patel Urological Hospital (MPUH), popularly known as 'Nadiad Kidney Hospital' or just 'Nadiad Kidney'. We are the first hospital in India devoted entirely to Nephrology and Urology.

MPUH-CRS is started with the vision to provide the best facility with advance technology to fulfill patient's need of minimal hospital stay and also reduce the morbidity rate. Our motto "Every life deserves the world class care" and, we provide the best treatment with top class technology.

Dr. Mahesh Desai is the Medical Director & Managing Trustee of MPUH - CRS. He is also a Director of JPAC, a world class center of academic excellence for Urology and Nephrology. current president of Endourology Society and immediate past president of Society International d'Urologie (SIU). Dr. Desai received several national and international awards for his services at MPUH.

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