Turkish Kidney Foundation (TKF)

2018 World Kidney Day Activity Report

Main Theme: Women Touch to Kidney Health
Conferences:

March 5th, 2018 – Women and Kidney Health

Location: Turkish Kidney Foundation, Bahcelievler, Istanbul

Moderation: Timur Erk, President of Turkish Kidney Foundation

Guest Speakers:

Prof. Rümzeyza Kazancıoğlu, MD - Nephrologist and President of Bezmialem Foundation University, ISN Board Member

Prof. Kubilay Karşıdağ, MD – Nephrologist, Istanbul University, Istanbul Medical School

Assc. Prof. İbrahim Kalelioğlu, MD – Gynecology and Obstetrics, Perinatology Specialist, Istanbul University, Istanbul Medical School

Mrs Burcin Orhon - dance instructor who dealt with numerous health issues and underwent bariatric surgery recently

Guest speakers presented facts and cases regarding kidney health and effects of other chronical diseases and conditions such as obesity, diabetes, hypertension, lupus, preeclampsia, etc.
March 9, 2018 - **Women Touch To Kidney Health with collaboration of Şişli Municipality - İstanbul**

**Location:** Şişli İstanbul Municipality Nazım Hikmet Arts and Culture House

**Moderation:** Timur Erk, President of Turkish Kidney Foundation

**Guest Speakers:**

**Assc. Prof. Ela Keskin, MD** – Endocrinologist, Ministry of Health Taksim Training and Research Hospital

Assc. Prof. Ayşe Kubat Üzüm, MD – Endocrinologist, Istanbul University, Istanbul Medical School

**Mr Hasan Yalınizoğlu** – Turkish Kidney Foundation member of Board of Trustees, physical education teacher, former head dancer of Sultans of the Dance Show, trainer

**Republic's Women Choir** from Ertuğrul Village/Thrace Region, Lüleburgaz (rural area)

Main topics were kidney health in the scope of women health, diabetes, gestational diabetes, osteoporosis, etc.
Endocrinologists presented their slide show and replied the questions from the audience.

TKF president Timur Erk commented on HFCS and its negative effects especially on children and childhood obesity.

At the end of the conference the choir had a performance by folk songs which suggest the importance of women in the society.
Training Session: March 6, 2018

Location: Kuvay-ı Milliye Elementary School, İstanbul

Audience: 3rd and 4th Grade student (ages 9-10)

Topic: Healthy Nutrition, Healthy Kidneys and Better Habits

3rd and 4th grade students were presented a healthy nutrition education along with interesting materials to draw their attention.
Billboards, CLP and Digital Signage Utilizations:

**Billboards**: Cities of İstanbul, Ankara, Adana, Osmaniye, Edirne, Antalya, İskenderun, Diyarbakır, Malatya, Sakarya, Tekirdağ, Ordu and Edirne
CLP: Adana, Osmaniye, Edirne, Antalya, İskenderun, Diyarbakır, Malatya, Sakarya, Tekirdağ, Ordu

LED & Mass Screens: Cities of İstanbul, Afyon, Elazığ, Erzincan, Kırşehir, Niğde, Zonguldak, Çankırı, İzmir and Ankara
Airports: İstanbul Atatürk, Kayseri, Samsun

Shopping Malls: İstanbul (Sapphire, Palladium, Cevahir), Tekirdağ (Orion, Trend Arena), Edirne (Erasta)
Public Transportation Bus Covers: Edirne and Kırklareli
Information Booths: Cities of Edirne (Erasta Mall) and Tekirdağ (Orion, Trend Arena)
Subway System: Ankara
Turkish National League – Göstepe vs Sivasspor Game: İzmir

Pharmacy TV – A CCTV system at 269 location with 335 LED screens in pharmacies

Public Awareness Activities:
Urine Color – *Maybe Color of Your Urine Says Something About Your Health*

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<thead>
<tr>
<th>Color</th>
<th>Description</th>
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<tbody>
<tr>
<td>Açıq Sarı</td>
<td>Yeterli su tükettinizi gösterir.</td>
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<tr>
<td>Köprü Sarı-Turuncu</td>
<td>Az su içilmiş idrara rengidir.</td>
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<td>Kahverengi-Kırmızı</td>
<td>Kan idrara karışmış olabilir. Ciddidir.</td>
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<tr>
<td>Koprükli</td>
<td>İdrara protein karıştırıcı olabilir. Ciddidir.</td>
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*Sent to schools, public restrooms, corporations, government buildings, etc.*

Sugar Amount in Soft Drinks – *Sugar Amount in Your Soft Drinks Might Be Higher Than You Think*
Sent to schools in Istanbul, Tekirdağ, Edirne, Kırklareli, Northern Cyprus
Public Information Video:

*Unseen Part of The Iceberg: Nephropathy, Rethinopathy and Neuropathy*

Voice:

When you have diabetes because of malnutrition, it's just the visible aspect of the situation.

When capillary of your kidney get damaged, you tend to become chronic kidney disease patient.

When you eye veins get damaged, you may have sight problems.

Your nerves might be affected negatively and you may lose any of your exteremities.

Eat well, egzersize and test your blood your regularly...

Because visible aspect is sugar, unseen aspect is terrible
Social Media: Instagram, Twitter and Facebook official social media accounts of TKF has been used efficiently with visuals and videos:

Dialysis Center Visit: Timur Erk, the president of Turkish Kidney Foundation visited the dialysis patients to celebrate WKD and International Women’s Day