To celebrate WKD, Kidney Warriors Foundation, Hiranandani Hospitals and Rotary Club of Thane Royales, cordially invites you to this Educative Awareness Program for the general public and people at risk on steps for better health.

DATE: 6TH MARCH 2022
TIME: 11 AM TO 12 PM

INTRODUCTION:
Maryann Manasseh, Brand Dev Director,
Kidney Warriors Foundation

KEY SPEAKERS:
Dr Sundar Krishnan, Physician and Diabetologist
Management of Hypertension, Diabetes and Kidney Disease

VOTE OF THANKS:
Mr Madhu Menon,
Rotary Club of Thane Royales

Dr Mihir Kulkarni, Consultant Nephrologist
What is dialysis and kidney transplant?

Ms Savali Parab, Dietitian
PREVENT OR SLOW THE PROGRESSION OF DIABETIC KIDNEY DISEASE BY

Myths
- Drinking 8 full glasses of water a day helps flush out the toxins in the kidneys.
- All patients with kidney disease should drink a large amount of water.
- I feel fine, so I don’t need to continue treatment for my kidney problem
- My serum creatinine is slightly above normal. But I am perfectly well, so there’s nothing to worry about.
- Now my BP is normal, so I don’t need antihypertensive pills
- If You Have Kidney Disease, You Will Know It
- Edema is present in all patients of kidney failure.
- Kidney Disease Always Leads To Dialysis Or Kidney Transplantation
Creating awareness on Organ Donation

At: SAP Labs India, Bangalore
Date: 4th March
Time: 2 pm
Participated by: 58

Conducted by Ananth Acharya, KWF Team member, Post transplantee

My Transplant Diary

I was diagnosed by CKD stage 4 and left with two options:
A. Dialysis in near future.
B. Transplant surgery.

My wife is a live donor and she donated her kidney.

Got my transplant done on 19th of August 2021 and both are now living a normal life.

ORGAN DONATION

WKD 2022, some baby steps that will set the tone for future.
Post Graduate Institute of Medical Education & Research - Chandigarh celebrated WKD 2022 on 12th March 2022

Ms Karamjeet Kaur, was specially invited.

She talked about KWF's work for kids.

#KidneyHealth #Awareness - WORLD KIDNEY DAY

Dialysis costs are barely managed, so protein supplements are avoided. KWF reaches out to people with a box.

After dialysis, patients from a center in Kandivli took a box home.

In Idukki - a industrially backward area, in Kerala, dialysis patients work after their treatment. So to help them and boost them, it was gifted.
Maryann Manasseh conceptualised and opened a programme for Kidney Warriors Foundation which grows our public work.

- we entered ORGAN DONATION space in a different way
- we have sown a seed for a future of generations.
"Opening thoughts and minds on organ donation" - with the students of Patrician college. The more the youth begin to known they have a voice the Change is possible.
She began engaging kids with this concept. Story telling grew into a place where kids were drawn in to understand the world exists where people need a different support to survive. Organ donation saves lives.

Organ donation
- comes with empathy, love - lesson's outcome of this interaction.
INDIA KIDNEY WARRIORS FOUNDATION

KIDNEY HEALTH
World Kidney Day
Celebrated in Kolkata, by State-Cordinator

#KidneyHealth #Awareness - WKD, 10th March

Cycling: Lucknow, UP
Gwalior, MP
4km Walked; 8 years dialysis survivor

Post-Transplant