



WKD 2021 Report

Name: Siddiq Anwar

Organization name: SEHA

Country: United Arab Emirates

Number of events organized/collected in your country: We raised awareness among the expatriate migrant community

Activities of note (please give a brief description of the activity with links to online sources that mentioned it):

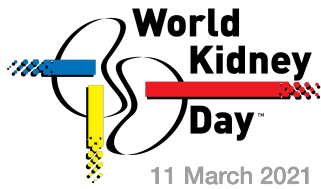
List of media that published WKD press releases or mentioned WKD related activities (newspapers, magazines, online publications, TV, radio, etc..) – please provide link to online sources: Malyala Manorama - one of the largest news media in the world

If you have created a World Kidney Day local website, Facebook page or Instagram account, please provide analytics such as: number of followers/number of site visits in March/ content most requested/ page views/ posts most liked/ hashtag reach, etc....

List of celebrities involved and short description of their involvement

Description of advocacy activities:





Kidney disease in Expatriate Indians on the Rise, SEHA doctors say

Indians who have migrated abroad are known to suffer from a higher prevalence of diabetes and hypertension which is related to our genetic predisposition plus higher consumption of energy rich food and reduced physical activity. This is further compounded in the Gulf region in those folks who work in extreme heat predisposing them to developing various forms of kidney diseases.

SEHA under the auspicious of Department of Health of Abu Dhabi offers comprehensive kidney services with the kidney transplants being performed at Sheikh Khalifa Medical City, Abu Dhabi. Dr Mohamed Al Seairi who is a transplant nephrologist at SKMC and Chair's the SEHA Renal and Transplant council told Malaya Manorama that Government of Abu Dhabi pays for the whole transplant procedure including the donor and recipient surgery for every legal resident of UAE. The transplant aftercare is also covered by a special mandate from the government of Abu Dhabi

The transplant team at SKMC runs the largest and the oldest kidney transplant in United Arab Emirates having performed 340 kidney transplants so far out of whom 38 from Indian origin. Dr Mohamed mentioned most of these transplants are from a living related donor where a loved one comes forward to give kidney willingly and voluntarily to those suffering for renal failure. In addition, SKMC has performed 25 transplants deceased donors out who 3 where allocated to Indian recipients. Despite the challenges posed by the COVID pandemic, Dr Mohamed mentioned the kidney transplant program at SKMC has continued to support the community and their transplant patient population successfully.

Dr Mohmmmed mentioned that there 100 patients who are currently waiting on the deceased donor waiting list out of who 20 are those from Indian origin.

Dr Siddiq Anwar is a Consultant Transplant Nephrologist of Indian origin in SEHA who works closely with the kidney transplant team at SKMC. He mentions there is still a lack of awareness in our communities about kidney disease. He mentioned our Indian diet is rich in salt and carbohydrates which put us at increased risk for diabetes, hypertension and obesity which are known risk factors for kidney disease. He mentioned that those who are above 40 or those who have diabetes, hypertension, history of kidney stones or any systemic chronic disease should ask their regular doctor to check their kidney function at least annually. Use of certain medications such as commonly used pain killers such as brufen are known to be associated with kidney disease.

Both the doctors suggested that they should check the with their doctor or the pharmacist if the medications they have been prescribed are safe for their kidney's.

The need for a concerted effort with community partnership to raise awareness of kidney



disease in Indian Communities residing here in the Gulf was highlighted by Dr Mohamed and Dr Anwar. To this end, they highlighted the work SEHA has been doing in conjunction with colleagues over at MOHAN foundation an NGO based in India to help to raise awareness of organ donation especially among the expatriate population in UAE.
(<https://www.mohanfoundation.org/>)

Dr Mohamed and Dr Anwar also mentioned the partnership with Alliance for Paired Kidney Donation (<https://paireddonation.org/>) , a nonprofit run by Dr Al Roth, the 2012 Nobel prize winner in economics and Dr Mike Rees a pioneering transplant surgeon. APKD helps connects all ethical transplant centers across the GCC region and some of the leading transplant centers in India are part of this alliance. APKD helps facilitate patients with kidney failure with incompatible donors to get a kidney transplant via swap transplantation. A successful transplant was facilitated last year with APKD during the COVID surge which was again reported by Malaya Manorama.([link](#))

Kidney disease unfortunately shows no discrimination between rich or poor , the doctors urge every adult above 40 or those with family history , or with diabetes or hypertension who are not under active follow up to contact SEHA help line 800500 to schedule an appointment with a kidney specialist in a SEHA facility nearest to them.

For Patients who which to get information about kidney transplant process at SKMC the contact number is XXXX