

Patient sensitization through social media posts - Care For Your Kidneys Jan 2022

CARE FOR YOUR KIDNEYS SERIES
SMOKING AND KIDNEY DISEASES

DID YOU KNOW?

- Quitting smoking slows the progression of both kidney and heart failure for people with kidney diseases.
- Kidney transplant recipients who do not quit smoking reduce their chances of survival due to the risk of cardiovascular problems.

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CARE FOR YOUR KIDNEYS SERIES
PAINKILLERS AND KIDNEY DISEASE

DID YOU KNOW?

There are three main types of pain killers:
 Non-steroidal anti-inflammatory drugs, NSAIDS (ibuprofen, diclofenac, aspirin), Paracetamol & Opiates (morphine, tramadol)

Long term consumption without supervision can cause kidney damage

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SMOKING AND KIDNEY DISEASES

HOW TO QUIT SMOKING

- Set up a plan to quit smoking
- Avoid alcohol and other triggers
- Stay physically active
- Lean on your loved ones
- Eat healthy

Lastly, remember to reward your accomplishments

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CARE FOR YOUR KIDNEYS SERIES
PAINKILLERS AND KIDNEY DISEASE

FACT CHECK

- According to the National Kidney Foundation, as many as 3-5% of new cases of chronic kidney failure every year may be caused by overuse of painkillers.
- Once kidney disease occurs, continued use of those drugs makes it worse.

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These social media posts reached 5,226 posts

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FAK CHECK

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CARE FOR YOUR KIDNEYS SERIES
URIC ACID AND KIDNEY DISEASES

FACT #1
 High uric acid buildup or Gout can lead to kidney disease

TIP

- Gout can lead to Chronic Kidney Disease and vice versa
- If you have any one of these, keep uric acid level in check, maintain a healthy lifestyle, keep checking your uric acid regularly to prevent long term kidney damage

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DRUG HOLIDAY AND KIDNEY DISEASES

What is Drug Holiday/Vacation?

A 'drug holiday' is when a doctor asks a patient to stop taking a medication(s) for a period of time (a few days to months or even years) in the patient's best interests.

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CARE FOR YOUR KIDNEYS SERIES
DRUG HOLIDAY AND KIDNEY DISEASES

DRUG HOLIDAY
 TABLETS 500mg

FACT:
 Unplanned or Unguided Drug Holidays can lead to adverse health outcome

TIP:

- To avoid complications, consult your doctor before stopping medication(s) even if its for a short duration.
- Do not discontinue any medication without close supervision of your doctor

10 TABLETS

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CARE FOR YOUR KIDNEYS SERIES
URIC ACID AND KIDNEY DISEASES

FACT #2
 Those with high uric acid should stay extra conscious about their diet

TIP

- Reduce fat intake - it reduces excretion of uric acid
- Be liberal with fluid intake - it keeps urine diluted
- Eliminate or restrict alcohol
- Avoid or limit Purine-rich food


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The Social social media posts uploaded in Feb and Mar 2022 reached 10,743 people




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Webinar on Urinary Tract Infections and Kidney diseases, Drug Holiday and Kidney Disease was conducted on January and March 2021 under Care For Your Kidneys Series.


MOHAN FOUNDATION 

Care For Your Kidneys Series
PROTEIN INTAKE AND KIDNEY DISEASE



An informative webinar by



DR B.ARAVIND REDDY
Consultant Nephrologist
Care Hospital, Gachibowli

 **JANUARY 29, SATURDAY, 2021**
5:30 PM IST

A joint initiative of
**MOHAN Foundation &
Care For Your Kidney Foundation**


Join us live  @MOHANFoundationIndia,  @mohanfoundation

This webinar was reached to 20 live participants, 45 views in Youtube, 164 views in Facebook and the post reached 800 views.

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Care For Your Kidneys Series
DRUG HOLIDAY

An informative webinar by



DR SRINAYAN KATARI
MD Gen Med , DNB Nephrology
Consultant Nephrologist and Transplant Physician
Hyderabad , Telangana

 **MARCH 04, FRIDAY, 2022**
5:30 PM IST

A joint initiative of
**MOHAN Foundation &
Care For Your Kidney Foundation**

Join us live  @MOHANFoundationIndia,  @mohanfoundation

This webinar was reached to 25 live participants, 144 views in Facebook and the post reached 1270 views.

“Everything you need to know about Kidney Transplants” – a workshop for Dialysis patients

On March 26, 2022 MOHAN Foundation and its Patient Support Group- TRIOMPH (Transplant Recipients of India and Organ failure patients – a Movement to Provide Hope) conducted an interactive webinar on “**Everything you need to know about Kidney Transplants**”. Ms. Jaya Jairam, TRIOMPH’s lead and Project Director at MOHAN Foundation discussed at length, various aspects of kidney transplant

478 people viewed the virtual workshop.





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Webinar on “Self Examination to Detect Nutritional Deficiencies” in partnership with Nephroplus

On March 10th 2022 on the occasion of World Kidney Day MOHAN Foundation conducted a webinar on the topic “Self Examination to Detect Nutritional Deficiencies” in collaboration with Nephroplus. The speaker of the event were Ms. Pooja Lakhani(Registered Dietician, Certified Nutrition and Support Clinician) and Mr. Kamal Shah (Co-founder and Director at Nephroplus, on dialysis since 1997 does daily nocturnal home hemodialysis) and the webinar was moderated by Ms. Jaya Jairam(Kidney transplant recipient) Ms. Pooja began by explaining what exactly the Nutrition Focussed Physical Examination (NFPE) is? She shared about complete nutrition focused physical examation, along with this common signs of malnutrition was also discussed.



Motivating Dialysis patients – a patient perspective on ‘Kidney Transplant and its impact on life: A positive approach’

On March 6, 2022, a Virtual Kidney Health and Dialysis Care Summit was organized by Nephroplus. It was a knowledge forum on kidney health and dialysis care. Ms. Jaya Jairam was invited to speak on a session on ‘Kidney Transplant and the impact on life: A positive Approach’.

She shared her own story of how a kidney transplant gave her a second chance at leading a normal and good quality of life after having been detected with chronic kidney failure and having undergone dialysis. Thereafter, she encouraged the audience to objectively approach and understand the processes and options involved in kidney transplant and how they can go about it.

