



WKD 2023 Report

Name: Dorota Ligęza

Organization name: Polish Association of My Kidneys

Country: Poland

Number of events organized/collected in your country: 3

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

1. March on Kościuszko Mound in Krakow under the slogan "Together for Kidney Health. I care. I research. I protect."
 - <https://moje-nerki.pl/aktualnosci/page/2/>
 - <https://glosseniora.pl/2023/03/14/marsz-razem-dla-zdrowia-nerek-dbam-badam-chronie-krakow-kopiec-kosciuszki/>
 - <https://fb.watch/jSBbxAsxbq/>
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2. Webinar: "Kidney Rescue"
 - <https://youtu.be/BULa1HGFa4U>
3. Article in the press with the history of a patient with CKD:
 - <https://razemztoba.pl/razem-jestesmy-silniejszy-o-bezcennym-wsparciu-bliskiej-osoby-w-chorobie/>

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:

Several national websites shared news on the march. Examples:

- <https://playkrakow.com/vods/vod.6732>
- <https://krakow.tvp.pl/68548607/w-pierwszy-dzien-wiosny-na-kopcu-kosciuszki-marsz-dla-zdrowych-nerek>
- <https://www.termedia.pl/wartowiedziec/RAZEM-DLA-ZDROWIA-NEREK-Dbam-Badam-Chronie-marsz-w-Krakowie,50791.html>
- <https://youtu.be/ZhYYiuxf79I>, (from 13 minutes)
- <https://czestochowskie24.pl/czestochowa/9-marca-2023-swiatowy-dzien-nerek/>



- <https://www.radiokrakow.pl/aktualnosci/krakow/w-pierwszy-dzien-wiosny-na-kopcu-kosciuszki-odbedzie-sie-marsz-dla-zdrowych-nerek>
- <https://okrakow.pl/razem-dla-zdrowia-nerek/>
- <https://gazetakrakowska.pl/krakow-w-pierwszy-dzien-wiosny-na-kopcu-kosciuszki-marsz-dla-zdrowych-nerek/ar/c14-17380671>
- <https://www.nfz-krakow.pl/dla-mediow/informacje-prasowe/marsz-dla-zdrowia-nerek,72.html>
- <https://everethnews.pl/z-okazji-pierwszego-dnia-wiosny-zorganizowano-marsz-dla-zdrowych-nerek/>
- <https://moje-nerki.pl/bezplatne-badania-kreatyniny-w-krakowie-i-brzesku/>

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:

A film with a well-known and popular film actor was broadcast. He talked about his illness.

An important MP from Poland took part in the march. She shared information about kidney disease and how to prevent it on her media.

Description of advocacy activities:

Numerous participants - seniors, school students, and above all, nephrological patients and their relatives - had the opportunity to better understand the subject of taking care of kidney health and preventive measures. This year's slogan "Together for kidney health. I care. I'm researching. I protect." emphasizes the significant impact of preventive examinations and a properly conducted lifestyle on maintaining kidney health and the well-being of the whole body.

The group could take advantage of free tests and information points. The association prioritized raising public awareness, in particular among people from high-risk groups, in order to detect CKD in time at an early stage of development.

Over 4.5 million Poles suffer from chronic kidney disease, and 90% of them do not know about it, because the disease does not cause specific symptoms. Therefore, all participants could take advantage of a free blood pressure and weight test. 1,000 free creatinine tests were performed. Knowing how important a proper diet is in taking care of the kidneys, a dietitian provided advice to all interested parties on site. People who know about their kidney disease and are treated in clinics are the tip of the iceberg. We want to get as many people as possible to the top of this mountain and save their health and lives. The symbol of the peak is Kościuszko Mound in Krakow.



Students from schools in Krakow, together with their teachers, spent time on Kościuszko Mound. Bearing in mind the impact of stimulants on the health of the kidneys and the whole body, students could use drug goggles and alcohol goggles prepared by the Provincial Sanitary and Epidemiological Station in Krakow. Youth presentation "What are the kidneys".

There were interviews, reports, leaflets, guides, t-shirts, research and more.

Attach representative pictures

ŚWIATOWY DZIEŃ NEREK

21 marca 2023 | 11:00
Kopiec Kościuszki w Krakowie

zapraszamy na wydarzenie

RAZEM DLA ZDROWIA NEREK

Dbam Badam Chronię

**5 mln Polaków jest zagrożonych
przewlekłą chorobą nerek (PChN).
90% nie jest tego świadomych,
bo choroba
nie daje specyficznych objawów.**

Dlatego... **WAŻNE SĄ BADANIA PROFILAKTYCZNE!**

W ramach spotkania
21 marca na Kopcu Kościuszki:
BEZPŁATNE badania:

- pomiary ciśnienia tętniczego
- pomiar BMI
- porady dietetyka

Z okazji Światowego Dnia Nerek od 1 marca do wyczerpania puli istnieje możliwość wykonania **1000 bezpłatnych badań:**
wartości wskaźnika GFR i stężenia kreatyniny
Badania wykonuje sieć laboratoriów Diagnostyka sp. z o. o. w każdym punkcie pobrań w Krakowie i Brzesku.

DIAGNOSTYKA
...niezależnie od innych...

Ogólnopolskie
Stowarzyszenie
Moje Nerki
Kontakt do
organizatora:
501781723



Kopiec Kościuszki



Patronat honorowy: **prof. nzw dr hab. n. med. Katarzyna Krzanowska**
Kierownik Oddziału Nefrologii i Dializoterapii w Szpitalu Uniwersyteckim w Krakowie

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