

Kidneys & Women's Health

Include, Value, Empower

8 March 2018



World Kidney Day
is a joint initiative of



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Turkish Kidney Foundation (TKF)

2018 World Kidney Day Activity Report

Main Theme: **Women Touch to Kidney Health**



Böbrek sağlığına kadın eli değiyor

Türk Böbrek Vakfı, tüm kadınları kronik böbrek hastalığına karşı
bilgilenece ve önlem almaya çağırıyor.



TÜRK BÖBREK VAKFI
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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 Kazancıođlu, MD - Nephrologist and President of Bezmialem Foundation University, ISN Board Member

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

Assc. Prof. İbrahim Kaleliođlu, 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 chronic 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:

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

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

Mr Hasan Yalınzoğlu – 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.

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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.



ŞİŞLİ BELEDİYESİ TÜRK BÖBREK VAKFI
30 yıl

Böbrek Sağlığına Kadın Eli Değiyor

Kronik Böbrek Hastalığı-Diyabet-Obezite-Kadın Sağlığı Ücretsiz

Moderatör: Timur Erk (Türk Böbrek Vakfı Başkanı)

ŞİŞLİ
KÜLTÜR
Nâzım Hikmet
Kültür ve
Sanat Evi

**9 MART / Cuma/
12.30 -15.30**



Konuşmacılar:

Doç. Dr. Ela Keskin
Endokrinoloji ve Metabolizma Hastalıkları Uzm.

Doç. Dr. Ayşe Kubat Üzüm
İç Hastalıkları, Endokrinoloji ve Metabolizma Hastalıkları Uzm.
Lüleburgaz Ertuğrul Köyü Cumhuriyet Kadınları Korosu

20 ŞİŞLİ
18 BİRLİKTE
GÜZELİ!



Bilgi için: 212 708 87 37

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



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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

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Airports: İstanbul Atatürk, Kayseri, Samsun



Shopping Malls: İstanbul (Sapphire, Palladium, Cevahir), Tekirdağ (Orion, Trend Arena), Edirne (Erasta)

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Public Transportation Bus Covers: Edirne and Kırklareli



Information Booths: Cities of **Edirne** (Erasta Mall) and **Tekirdağ** (Orion, Trend Arena)



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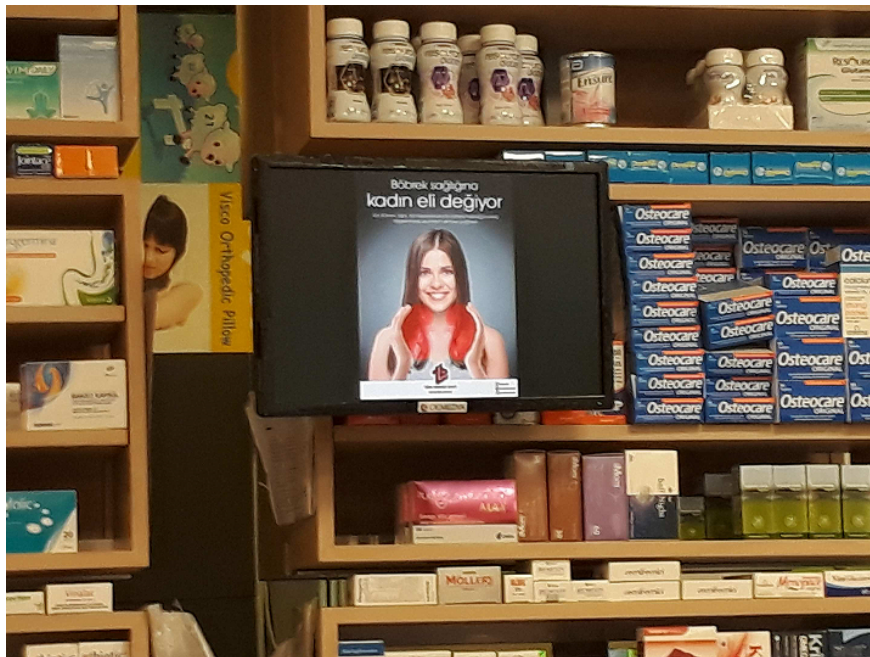
Subway System: Ankara



Turkish National League – Göztepe 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*



**İDRAR RENGİNİZ SAĞLIĞINIZA DAİR
BİRÇOK ŞEY İFADE EDEBİLİR.**

*İdrar rengine göre sıvı tüketiminiz hakkında
bilgi edinebilirsiniz.*

 <p>Açık Sarı</p> <p>Yeterli su tükettiğinizi gösterir.</p>	 <p>Koyu Sarı-Turuncu</p> <p>Az su içilmiş idrar rengidir.</p>	 <p>Kahverengi-Kırmızı</p> <p>Kan idrara karışmış olabilir. Ciddidir.</p>	 <p>Köpüklü</p> <p>İdrara protein karışıyor olabilir. Ciddidir.</p>
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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, Tekirdađ, 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 extremities.

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

Because visible aspect is sugar, unseen aspect is terrible

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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

