

WKD Activity Report

- **Full Name:** Tasneem Fareed / Nasiha Mohamed
- **Organization name:** Islamic Medical Association Baytul Nur Care Centre
- **Country:** South Africa
- **Activities of note:**

In commemoration of World Kidney Day, our organisation hosted a community awareness programme under the global theme “**Kidney Health for All – Caring for People, Protecting the Planet**” The event aimed to educate the public on kidney health, encourage early detection of kidney disease and promote healthier lifestyle choices within the community.

The programme was attended by 63 participants, including community members, caregivers, and individuals interested in learning more about kidney health and prevention.

Participants had the opportunity to undergo onsite health screenings, which included blood pressure checks, blood glucose testing and Body Mass Index (BMI) measurements. These screenings helped raise awareness of common risk factors such as hypertension, diabetes and obesity, which are strongly linked to kidney disease.

An interactive hydration station was also set up to educate attendees on the importance of proper hydration in maintaining kidney function. The station provided practical tips and visual information to help participants understand how water intake plays a vital role in kidney health.

We were honoured to host several esteemed guest speakers who shared valuable knowledge and personal experiences. These included Dr Afzal Khan- Nephrologist, along with Soraya Khan and Calosa Merhoye from the Islamic Medical Association South Africa Renal Team, who provided insights into kidney function, early warning signs of kidney disease and the importance of early screening and treatment.

Dietician Aziza Badat delivered an informative session on the role of nutrition in protecting kidney health and highlighted practical dietary changes that individuals can implement to reduce their risk of kidney disease.

The programme was further enriched by an inspirational talk by kidney survivor and support advocate Shakeel, who shared his personal journey, offering encouragement and hope to those affected by kidney disease and their families.



In addition, Kertia Takurparsad from the Netcare Organ Donor Clinic provided valuable information on kidney transplantation, raising awareness about donor programmes and life after transplant. The campaign also promoted organ donation awareness, with six participants registering as organ donors on the day.

A key highlight of the event was the support from Lancet Laboratories, who generously sponsored 30 kidney screening tests for participants identified as having risk factors for kidney disease. This initiative enabled individuals at higher risk to take an important step toward early detection and timely medical intervention.

Overall, the event successfully created a platform for education, community engagement and preventive health awareness, empowering participants with the knowledge and resources needed to better understand and protect their kidney health. The positive participation and community interest demonstrated the importance of continued awareness efforts to combat the growing burden of kidney disease.

- **Social media and website analytics:**

Facebook- @Islamic Medical Association of South Africa

YouTube- @islamicmedicalassociationo5676

<https://www.facebook.com/share/1HpsoE6bv2/>

<https://www.instagram.com/kzntransplantsportsassociation?igsh=MWM2dXR3eWtudnVnbg==>

<https://www.facebook.com/share/1HpsoE6bv2/>

Health Education Instagram - @imasahealthmatters

IMASA Activities Tiktok - @imasa63

Facebook- @hero777aware

- **Celebrity involvement:**

none

- **Advocacy efforts:**

As part of the World Kidney Day campaign, advocacy activities focused on raising community awareness about kidney health, early detection and prevention of kidney disease.

Educational talks were delivered by healthcare professionals, including a nephrologist, renal team members, a dietician and a transplant team representative, highlighting key risk factors such as diabetes, hypertension, obesity and dehydration.

Participants also received onsite health screenings, including blood pressure, blood glucose, and BMI checks, encouraging individuals to know their health numbers and identify possible risks early.

An interactive hydration station promoted healthy lifestyle habits, while a family member of a kidney disease survivor shared an inspirational support story, helping to raise awareness about the realities of kidney disease and the importance of early treatment.

Additionally, Lancet Laboratories sponsored kidney screening tests for high-risk participants, supporting the campaign's message of early detection and preventative care.

- Please paste here below any relevant pictures.





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