



HUNGARIAN
SOCIETY OF
NEPHROLOGY



2026 The Jubilee Year of Hungarian Nephrology

World Kidney Day 2026 – How Hungarian Nephrology Celebrated It

World Kidney Day is an international initiative launched by the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF) with the aim of drawing attention to the prevention and early detection of kidney diseases. The program began as a Hungarian initiative: it was first organized in 2005 and became an officially global event in 2006. Since then, it has taken place every year on the second Thursday of March, with the participation of more than 100 countries, emphasizing the growing importance of chronic kidney diseases.

The central message of 2026 — “Preserve the health of our kidneys! Care for people, protect our planet!” — highlighted the importance of prevention, health-conscious lifestyles, and social responsibility. In 2026, World Kidney Day fell on March 12. In this spirit, numerous programs were organized in different parts of the country. Below is a brief and concise overview of these events.

Miskolc – Doctor-patient meeting at the National Dialysis Center

On March 11, 2026, nearly 60 interested participants attended the meeting at the Miskolc Nephrology Center of the National Dialysis Center. Five professional lectures were delivered on the diagnosis of kidney diseases, the effects of diabetes and high blood pressure on the kidneys, and the correlations related to chronic kidney disease. The professional information was presented to the audience by Medical Director Erzsébet Ladányi, MD, Chief Physician Enikő Markovics, MD, Chief Physician Julianna Széll, MD, Chief Physician Kornélia Béres, MD, and Chief Physician László Szendrey, MD.

The program was complemented by a lecture by dietitian Mercedesz Paczera. Participants could also take part in an interactive “Kidney Quiz” and screening tests, including blood pressure, blood sugar, BMI, oxygen saturation, and body composition measurements. At the end of the event, personal consultations with nephrology specialists were also available. A short video about the event was posted on the Facebook page of the Borsod-Abaúj-Zemplén County Central Hospital and University Teaching Hospital, supplemented by interviews with Erzsébet Ladányi, MD, Enikő Markovics, MD, and Kornélia Béres, MD.

Miskolc – World Kidney Day at the Herman Ottó Museum

On March 12, 2026, the World Kidney Day event was organized as a family program at an unusual venue: the Pannon Sea Exhibition Building of the Herman Ottó Museum. The program also addressed children and young people. The idea came from Chief Nephrologist Krisztina Kóbor, MD. The program included:

- educational lectures,
- museum education sessions,
- quizzes and exhibition visits.

The organizers' goal was to lay the foundation for health-conscious thinking from a young age.



Székesfehérvár – Open day at the dialysis center

On March 12, 2026, at 9:00 a.m., Chief Physician Gábor Zakar, MD and his colleagues welcomed visitors at B. Braun Avitum Hungary Dialysis Center No. 9. Four lectures were delivered at the event: “20 Years of the World Kidney Day Movement in Fehérvár” by Gábor Zakar, MD; “Choosing Renal Replacement Therapy” by Ágnes Filotás, MD; “Home Peritoneal Dialysis” by Andrea Gasparecz specialized nurse; and “The Role of Dietetics” by Enikő Mészárosné Jaskó. After the program, participants could tour the center and observe its operations.

Debrecen – Press conference

An interdisciplinary press conference was also held at the Clinical Center of the University of Debrecen, where István Kárpáti, MD, President of the Hungarian Society of Nephrology; Prof. Dénes Páll, MD, President of the Hungarian Society of Hypertension; Prof. Mariann Harangi, MD, Secretary General of the Hungarian Society of Hypertension; Prof. József Balla, MD, Director of the Department of Internal Medicine at the University of Debrecen; and Prof. Zoltán

Szabó, MD, Director of the Clinical Center of the University of Debrecen, emphasized the importance of prevention and early detection. They pointed out that kidney diseases often remain asymptomatic for a long time, making regular screening and timely diagnosis essential. The press conference could also be viewed on Alföld Television's program *DíszUDvar*, supplemented by statements from Professor Balla and Professor Kárpáti. The President of Hungarian Society of Nephrology also appeared together with Professor József Balla, MD on Debrecen Television, where they drew attention in an accessible way to the prevention of kidney diseases and the importance of a healthy lifestyle.



Debrecen – Public forum

On March 12, 2026, at 1:00 p.m., the “Ask! I Answer!” forum was held in Building “A” of the Department of Internal Medicine at the University of Debrecen. Representatives of several specialties answered participants’ questions, and attendees could listen to lifestyle lectures intended for patients. The speakers were physiotherapist Enikő Király, dietitian Borbála Szilágyiné Demeter, pharmacist Fruzsina Péter-Rácz, clinical psychologist Márta Vincze, and association president Edit Bobikné Zákány. The program aimed to promote direct dialogue and practical counseling in the form of an informal coffee and conversation, organized by Ibolya Kuskáné File, MD.

Szeged – Interactive professional program

On March 12, 2026, at the Nephrology-Hypertension Center of the Department of Internal Medicine, University of Szeged, Dóra Bajcsi, MD organized, for the second time this year, an

interactive professional afternoon for laypeople, consisting of lectures and a roundtable discussion. During the event, kidney patients and other interested individuals wishing to protect their kidney health received information about the function of the kidneys, possibilities for preventing kidney diseases, and chronic kidney disease. They also took part in dietetic question-and-answer counseling. In the second half of the event, renal replacement therapy options were discussed, as well as which websites provide reliable information on kidney diseases. The professional knowledge was conveyed to the audience by nephrology specialists Alexandra Belovai, MD, Ákos Bogó, MD, and Tamás István Nagy, MD; dietitian Adrienn Martonosi; Annamária Nagy, head nurse of the Dialysis Center; and Péter Légrády, MD, Secretary General of Hungarian Society of Nephrology. The moderator of the event was Dóra Bajcsi, MD. The program was framed by opening and closing remarks from Professor György Ábrahám, MD, head of the Nephrology-Hypertension Center and president of the Nephrology Training Committee of the University of Szeged.

Szeged – Drawing competition

Organized by Imola Fejes, MD, the Social Nephrology Education Committee of Hungarian Society of Nephrology once again announced its World Kidney Day drawing competition among the students of the Juhász Gyula Training Primary School and Basic Art School of the University of Szeged, with great success. The competition has become increasingly popular year after year, as reflected by the 75 entries submitted this year. Beyond their beauty, the works also carried a deeper message: conscious thinking stood behind the drawings, showing what we can do in everyday life to preserve the health of our kidneys. It was good to see that the important theme of World Kidney Day touched so many children and inspired them to create. This year, it was especially difficult to rank the many beautiful entries, so shared places were awarded in several categories. The awards ceremony took place on March 19, 2026, organized by school director Dr. Györgyi Zsigriné Sejtes, PhD. As part of the ceremony, the school's students welcomed participants with an atmospheric recorder concert, giving the announcement of results a festive setting.



Békéscsaba – Scientific event and media appearances

On March 12, 2026, in the Remenár Hall of Réthy Pál Member Hospital, the Scientific Committee of the Békéscsaba City Hospital and the Nephrology Working Group organized a scientific event on the occasion of World Kidney Day, led by Chief Physician Erika Berkesi, MD.

Significant media coverage was also connected to the event:

- a podcast conversation with Chief Physician Erika Berkesi, MD,
- a television report on Gyula Television,
- online coverage on the Békés County News Portal.

The program emphasized the importance of prevention and early detection and served to provide broad information to the public.

Hatvan

On March 12, 2026, on the Hatvani Hírlap.hu news portal, staff members of the Hatvan dialysis center drew attention to the fact that much can be done against kidney diseases through preventive lifestyle choices and the reduction of risk factors. The kidneys work 24 hours a day: they continuously remove excess fluid and metabolic waste products from the body, while also performing many other important functions. Melinda Forró, MD, Medical Director of the National Dialysis Center in Hatvan, called attention to observing the eight golden rules published by Hungarian Society of Nephrology so that preventable kidney diseases can be avoided.

Sopron

On March 12, 2026, the Sopron Medical Center also joined the national World Kidney Day program series, welcoming visitors with a complex prevention program. The focus of the event was practical assistance and personal counseling. Participants could take part in several types of screening examinations, including blood pressure and blood sugar measurements, as well as dietetic counseling. In addition, a kidney quiz enriched the program, helping participants deepen their knowledge in a playful way.

Chief Nephrologist Nóra Pálvölgyi, MD emphasized that kidney diseases often remain asymptomatic for a long time, which is why regular screening is of special importance. She also stressed that high blood pressure, diabetes, smoking, and obesity all increase the risk of developing kidney diseases.

During the program, staff members of the medical center's dietetic service drew attention to the importance of adequate fluid intake and reducing salt consumption, helping participants with practical advice for developing healthy habits that can be applied in everyday life.

Pécs

On March 12, 2026, between 9:00 and 11:00 a.m., Prof. Botond Csiky, MD, Medical Director, and his colleagues prepared for World Kidney Day 2026 at two locations: the dialysis unit of the Second Department of Internal Medicine in Pécs, Pacsirta Street 1, and the dialysis unit on the third floor of the Veress Endre Road Outpatient Clinic in Pécs, Veress Endre Road 2. Their aim was to break the routine of everyday treatments and provide an opportunity for informal conversation between interested patients, family members, and department staff, as well as to share knowledge related to dialysis.

Vác

On March 11, 2026, between 10:00 a.m. and 2:00 p.m., the National Dialysis Center welcomed visitors with free screenings and counseling, health lectures, and lifestyle advice.

Other professional appearances

The message of World Kidney Day also appeared at the national level. On March 7, 2026, in Budapest, at the 15th Diabetes Civil Forum, Péter Légrády, MD, Secretary General of Hungarian Society of Nephrology, gave an invited lecture titled “Preserve the Health of Our Kidneys!”

Gábor Zakar, MD, Medical Director of B. Braun Avitum Hungary Dialysis Center No. 9; Erzsébet Szilicai, MD, nephrology specialist at the Szent György University Teaching Hospital in Székesfehérvár; and Márton Ákos Lőrincz, MD, Medical Director of the Szent György University Teaching Hospital in Székesfehérvár, together with a patient awaiting kidney transplantation, were guests on Kossuth Radio’s discussion program *Explorer – On Health* on March 3, 2026.

The nephrologists of the First Department of Internal Medicine of the Péterfy Sándor Street Hospital and Outpatient Clinic in Budapest, led by Department Head Chief Physician Ágnes Haris, MD, shared important information in a Facebook post in connection with World Kidney Day 2026.

Additional online appearances are listed in Table 1.

Hungary has appeared on the world map of nephrology! The international World Kidney Day website also published the Hungarian events. It is a particular pleasure for us that, based on the world map, our country organized a sufficiently large number of events by international comparison.

Most of the information materials found on the Hungarian Society of Nephrology website were adapted and compiled by Ákos Bogó, MD, from the Nephrology-Hypertension Center of the Department of Internal Medicine, University of Szeged, and Karolina Schnabel, MD, from the Department of Internal Medicine and Oncology, Semmelweis University.

Online links

On the professional page of the Hungarian Society of Nephrology website, by clicking on the World Kidney Day tile, the World Kidney Day 2026 events and programs can also be read, as well as on the society’s social media platforms: Facebook, Instagram, and YouTube.

Summary

The World Kidney Day 2026 events clearly showed that there is strong professional and social cooperation in Hungary in support of the prevention of kidney diseases. The programs not only provided information but also created direct contact between healthcare professionals and the public. The central message remains unchanged: preserving the health of our kidneys is our shared responsibility.

We would like to thank the organizers of the events, and we especially thank Erzsébet Ladányi, MD, Imola Fejes, MD, Dóra Bajcsi, MD, and Ibolya Kuskáné File, MD for the reports sent to Hungarian Society of Nephrology.

To compile this report, we used the reports submitted to Hungarian Society of Nephrology and materials freely available on the internet and on Hungarian Society of Nephrology's social media platforms.

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Date	Media outlet	Type of appearance	Link
03.06	index.hu	article	http://index.hu/belfold/2026/03/06/kronikus-betegseg-vesebetegseg-vilagnap-statisztika-vizsgalat-megelozes-szuovizsgalat/
03.09	blikk.hu	article	http://www.blikk.hu/életmod/egeszseg/kronikus-vesebetegseg-fajdalom-nelkul-rombol/0m5mcdh
03.09	Manna FM	radio	https://soundcloud.com/mannafm/a-ve-se-vil-gnapja-prof-reusz
03.09	RadioCafe	radio	https://open.spotify.com/episode/15uLTichhctu75cAbViZpE?si=TEUQzw07SeWijn3GBOJuVA
03.11	DunaWorld	TV	https://mediaklikk.hu/video/2026/03/11/életmod/csaladi-kor-2026-03-11-i-adas-2-resz/
03.12	RTL Klub	TV	https://rtl.hu/reggeli/2026/03/12/vesebetegseg-vilagnap-eros-antonia
03.12	rtl.hu	article	http://rtl.hu/reggeli/2026/03/12/vesebetegseg-vilagnap-eros-antonia
03.12	ATV	TV	https://www.youtube.com/watch?v=7aYoGOSJbFs

Date	Media outlet	Type of appearance	Link
03.12	Kossuth Krónika	radio	—
03.13	Szabad Föld	article	https://szabadsfold.hu/egeszsegunk/2026/03/tul-koran-tul-magas

Table 1. Online appearances related to World Kidney Day