

WORLD KIDNEY DAY CELEBRATION 2017

Department of Pediatric Nephrology

Dr.Mehta Multispeciality Hospital India Pvt. Ltd

The International Nephrology Community campaigns for global awareness of kidney health, prevention of kidney disease and early detection of kidney diseases in both children and adults through annual World Kidney Day. This year's theme is **Obesity and Kidney disease**. IPNA was kind enough to recognize the campaigning program of the Department of Pediatric Nephrology, Dr. Mehta Multispeciality Hospital India Pvt. Ltd, Chennai, India. A big 'thank you' for the IPNA. We have proposed for a year long four pronged campaign: to educate the **suburban adults, preadolescents and adolescents** in our Tamil Nadu State the value of kidney health, the benefits of preventing obesity and the means of preventing obesity, **to screen young school children** for overweight and obesity developed by the Indian Pediatric Association, to transfer information to the primary pediatricians practicing in the suburbans of Tamil Nadu State the value of kidney health, the benefits of preventing kidney disease through early recognition and the means of preventing obesity. I am attaching short description of programs and relevant photographs for your perusal that has been done in the last three months.

WALKATHON 2017 (19th March)

We organized a Walkathon in Elliots beach, Chennai on 19th March. We had 3 film celebrities to flag off the Walkathon. Large number of school children participated in this event making it a grand success. Along with children we walked 500 metres with placards, raising slogans about obesity and kidney disease; adverse effect of obesity and good nutrition for a healthy life. Caps marked with theme 'Obesity and kidney disease' were distributed to all participants. Additionally there was much interest and coverage by the press. The film celebrities addressed the gathering of children and adults. We feel it had an effect on the audience. Attached below are the press reports in English and regional languages like Tamil, Telugu , Malayalam and Rajasthani.

Walkathon at Elliots Beach



Walkathon Press Report

కిడ్నీ సంరక్షణపై అవగాహన

రాజీవ్ చౌదరిని సమయ శ్రీరాం, విదార్థ్, కపిలేష్

అభ్యుదయ, విప్లవ: అందరూను కిడ్నీ దీర్ఘకాలం చికిత్సను అందించే సులభమైన పద్ధతిని ద్వారా మెహతా హాస్పిటల్ అభ్యుదయ అందించడం ద్వారా అవగాహన కలిగించేందుకు కిడ్నీ సంరక్షణ పరిషత్ ద్వారా ఈ కార్యక్రమం నిర్వహించబడింది. ఈ కార్యక్రమంలో చాలామంది పాల్గొన్నారు. కిడ్నీ కిడ్నీ, ఊపిరితిత్తి వంటివి సజావుగా పనిచేయటం ద్వారా మెహతా హాస్పిటల్ అభ్యుదయ అందించడం ఈ కార్యక్రమంలో నిమగ్నమైంది. విదార్థ్ అభ్యుదయ పాల్గొన్నారు. ఈ సందర్భంగా మెహతా హాస్పిటల్ వేదాంతాన్ని సాక్షాత్కరించే ప్రయత్నం చేయబడింది. అభ్యుదయ కిడ్నీ కార్యక్రమం సందర్భంగా చాలామంది పాల్గొన్నారు. ఈ సందర్భంగా కిడ్నీ సంరక్షణపై అవగాహన కలిగించేందుకు ఈ కార్యక్రమం నిర్వహించబడింది.

కీడ్నీ సంరక్షణపై అవగాహన

కీడ్నీ సంరక్షణపై అవగాహన

కీడ్నీ సంరక్షణపై అవగాహన కలిగించేందుకు ఈ కార్యక్రమం నిర్వహించబడింది. ఈ కార్యక్రమంలో చాలామంది పాల్గొన్నారు. కిడ్నీ కిడ్నీ, ఊపిరితిత్తి వంటివి సజావుగా పనిచేయటం ద్వారా మెహతా హాస్పిటల్ అభ్యుదయ అందించడం ఈ కార్యక్రమంలో నిమగ్నమైంది. విదార్థ్ అభ్యుదయ పాల్గొన్నారు. ఈ సందర్భంగా మెహతా హాస్పిటల్ వేదాంతాన్ని సాక్షాత్కరించే ప్రయత్నం చేయబడింది. అభ్యుదయ కిడ్నీ కార్యక్రమం సందర్భంగా చాలామంది పాల్గొన్నారు. ఈ సందర్భంగా కిడ్నీ సంరక్షణపై అవగాహన కలిగించేందుకు ఈ కార్యక్రమం నిర్వహించబడింది.

walkathon

Kidney day awareness walkathon held

Chennai, Mar 20
Dr. Mehta's Hospitals, a widely recognized leading Healthcare provider in India celebrated 12th Edition of World Kidney Day in the city. To educate and sensitive people about healthy lifestyle, Department of Pediatric Nephrology, Dr. Mehta's Hospitals in association with IPNA (International Pediatric Nephrology Association) and Kids Kidney Care organized an Awareness Walkathon today at Elliot's Beach.

World Kidney day is the most widely celebrated event focused on kidney health across the globe on the Thursday of every March. This year's theme "Kidney Disease and Obesity - Healthy Lifestyle for Healthy Kidneys" promotes education on the harmful consequences of obesity and its association with kidney disease, advocating a healthy lifestyle and healthcare strategy recommendations that tackle the magnitude of the burden of obesity and kidney disease. To bring this message to the attention of the community, around 500 school children and general public participated in this Walkathon.

We all in Department of Pediatric Nephrology at Dr. Mehta's Children's Hospital, Chennai, underline the importance of Chronic Kidney Disease (CKD) awareness and prevention from early age on. "It is important to be aware of and to detect pediatric kidney disease". We at Department of Pediatric Nephrology Mehta Children's Hospital pledge that "The best means to fight chronic kidney disease is prevention; it is thus paramount to identify and to treat all of its possible risk factors. Obesity is preventable and treatable, but reversing the tide will require concerted efforts not just from healthcare providers, but from the entire society".

మూత్రపిండాలుపై శ్రద్ధ అవసరం

అకట్టుకున్న వాకథాన్

మూత్రపిండాలు ముఖ్యంగా కిడ్నీ, ఊపిరితిత్తి వంటివి సజావుగా పనిచేయటం ద్వారా మెహతా హాస్పిటల్ అభ్యుదయ అందించడం ఈ కార్యక్రమంలో నిమగ్నమైంది. విదార్థ్ అభ్యుదయ పాల్గొన్నారు. ఈ సందర్భంగా మెహతా హాస్పిటల్ వేదాంతాన్ని సాక్షాత్కరించే ప్రయత్నం చేయబడింది. అభ్యుదయ కిడ్నీ కార్యక్రమం సందర్భంగా చాలామంది పాల్గొన్నారు. ఈ సందర్భంగా కిడ్నీ సంరక్షణపై అవగాహన కలిగించేందుకు ఈ కార్యక్రమం నిర్వహించబడింది.

Walk for a cause

Actors Srikanth and Vidharth during a walkathon with school children.

NT Bureau
Chennai, Mar 20:
Dr. Mehta's Hospitals celebrated World Kidney Day in the city by conducting a walkathon with 500 school children.

Actors Srikanth and Vidharth along with director Nagendran participated in the walkathon which was done to educate and sensitize people about healthy lifestyle.

The department of Pediatric Nephrology, Dr. Mehta's Hospitals in association with IPNA (International Pediatric Nephrology Association) and Kids Kidney Care organised the event at Elliot's Beach here.

A press release from the hospital said World Kidney day is the most widely celebrated event focused on kidney health across the globe. This year's theme 'Kidney Disease and Obesity Healthy' is about the needed lifestyle for healthy kidneys and the harmful consequences of obesity and its association with kidney disease, advocating a healthy lifestyle and healthcare strategy recommendations that tackle the magnitude of the burden of obesity and kidney disease.

In 2014 over 600 million people worldwide were affected by obesity and this number is expected to increase by 40 per cent or more in the next decade.

मेहताज हॉस्पिटल ने मनाया बारहवां किडनी दिवस

विश्व किडनी दिवस पर जागरूकता रैली निकाली

चेन्नई, 20 मार्च: मेहताज हॉस्पिटल को और से बीमार को बारहवां विश्व किडनी दिवस मनाया गया जिसका विषय था-सुंदर रहें और बीमार न रहें। इस रैली पर अस्पताल के पैरिअमिटल नेमोलाजी विभाग द्वारा इंटरनेशनल पैरिअमिटल नेमोलाजी एसोसिएशन (आईपीएनए) एवं किडनी केयर के सहयोग से इतिहास रचें पर जागरूकता का आयोजन किया गया।

रैली का उद्घाटन मेहताज हॉस्पिटल की किडनी विभागाध्यक्ष डॉ. सुधा ने डॉ. दिवाकर किया। विश्व अतिरिक्त फिल्म स्टार श्रीकांत एंव विदार्थ सह फिल्म निर्देशक नागेन्द्रन थे।

रैली में लोगों से होने वाले दुर्घटनाओं एवं उनके किडनी से संबंधित के बारे में जानकारी दी गई। बताया गया कि स्वस्थ जीवन शैली, उचित आहार, नियमित व्यायाम और बीमारियों से बचना किडनी के स्वास्थ्य के लिए महत्वपूर्ण है।

डॉ. मेहताज हॉस्पिटल की ओर से बीमार को बारहवां विश्व किडनी दिवस पर निकाली गई रैली की एक झलक।

जीवनी शैली किडनी को स्वस्थ रखने एवं उनके सेम से बचने में किडनी रोग है। अक्सर सेम के बीच पांच से दस लीटर पानी पीना किडनी के स्वास्थ्य के लिए महत्वपूर्ण है।

अक्सर सेम के बीच पांच से दस लीटर पानी पीना किडनी के स्वास्थ्य के लिए महत्वपूर्ण है।

Actors Srikanth and Vidharth during a walkathon with school children.

NT Bureau
Chennai, Mar 20:
Dr. Mehta's Hospitals celebrated World Kidney Day in the city by conducting a walkathon with 500 school children.

Actors Srikanth and Vidharth along with director Nagendran participated in the walkathon which was done to educate and sensitize people about healthy lifestyle.

The department of Pediatric Nephrology, Dr. Mehta's Hospitals in association with IPNA (International Pediatric Nephrology Association) and Kids Kidney Care organised the event at Elliot's Beach here.

A press release from the hospital said World Kidney day is the most widely celebrated event focused on kidney health across the globe. This year's theme 'Kidney Disease and Obesity Healthy' is about the needed lifestyle for healthy kidneys and the harmful consequences of obesity and its association with kidney disease, advocating a healthy lifestyle and healthcare strategy recommendations that tackle the magnitude of the burden of obesity and kidney disease.

In 2014 over 600 million people worldwide were affected by obesity and this number is expected to increase by 40 per cent or more in the next decade.

CME IN PEDIATRIC NEPHROLOGY – PRACTISING PEDIATRICIANS (5th March)

We met practicing Pediatricians at Tiruchirappalli on 5th March which is 340 km from Chennai. Our aim was to create awareness about “Early diagnosis and management of kidney disease in children” and also to spread the message about WKD theme. It was a full day interactive program and various queries of pediatricians were addressed.

CME Program at Tiruchirappalli



IAP TRICHY CHAPTER &

MEHTA'S CHILDREN'S HOSPITAL,


Chennai

Cordially Invite You For

PEDIATRIC NEPHROLOGY CME

On Sunday, 5th March, 2017, at 8.30 A.M

at PLA RATHNA RESIDENCY, TRICHY





PROGRAMME

S. No	AGENDA	TIME	FACULTY
1	Inauguration	8.30 am	
2	Management of antenatally diagnosed pelviectasis and its long term outcome	9.00 - 9.40 am	Dr. Vinod Kumar Choudhary Junior Consultant Dept of Pediatric Nephrology, Mehta Children Hospital
3	Imaging in Pediatric Nephrology, What the pediatrician Must know.	9.40 - 10.20 am	Dr.A. Ramalingam Pediatric Radiologist
4	Recent Protocol in the therapy of Nephrotic Syndrome.	10.20 - 11.00 am	Dr. Sudha E Consultant, Dept of Pediatric Nephrology, Mehta Children Hospital
TEA BREAK - 11.00 a.m - 11.20 a.m			
5	The role of pediatrician in the prevention & Progression of Chronic kidney disease.	11.20 - 12.00 Noon	Dr. Kalaivani G Junior Consultant Dept of Pediatric Nephrology, Mehta Children Hospital
6	UTI in Children. Recent concepts .	12.00 - 12.40 pm	Dr. Prabha S Head, Dept of Pediatric Nephrology, Mehta Children Hospital
7	Bladder and bowel dysfunction, Unrecognised cause of recurrent UTI	12.40 - 1.20 pm	Dr. Nandhini Senior Pediatric Urologist, Dept of Pediatric Surgery and Urology, Mehta Children Hospital
LUNCH - 1.20 p.m - 2.00 p.m			
Open House 2.00 p.m - 3.00 p.m			
8	Nephron Number and its clinical importance	3.00 - 3.40 pm	Dr. Sudha E
9	Obesity and the Kidney - renal disorders and its prevention	3.40 - 4.20 pm	Dr. Prabha S
10	How to recognize AKI before it occurs?	4.20 - 5.00 pm	Dr. Nammalwar B.R Medical Director, Dept of Medical Education, Mehta Children Hospital

Dr. K. SENTHILKUMAR
MD (Ped), DM (Neonatology).
Secretary
Mob : 99625 15256

Dr. P.R. RATNAM
MD (Ped), DCH.
President
Mob : 9443412618

Dr. K. RAMANATHAN
MD (Ped).
Treasurer
Mob : 98424 27107



CME IN PEDIATRIC NEPHROLOGY - BUDDING PEDIATRICIANS (17th June)

Our next CME was at Annamalai University, Chidambaram which is 220 km from Chennai. Here we met pediatric trainees/undergraduate students and spread awareness about kidney problems in children. Additionally we introduced to them the concept of World kidney day and discussed the various renal ailments in children and how to diagnose them early. This was half a day session.

CME Program at Annamalai University, Chidambaram



SCHOOL SCREEN AND AWARENESS PROGRAM IN A VILLAGE (17th June)

We screened school children from Kamaraj school, Vayalur a small village near Chidambaram. We recorded height, weight, BMI, blood pressure and checked their urine. This was entered in a health card and given to them. Booklets on obesity were distributed. We conducted drawing competition for school children on 'Healthy food habits'. Caps were distributed to all participants and prizes distributed to winners.

We had 2 hours discussion with children, school teachers and parents about kidneys. We explained about i) kidney function ii) early symptom of kidney disease iii) how to take care of our kidneys iv) healthy food habits and its importance. This was followed by an interactive session where students and parents enthusiastically participated and asked many doubts.

School Screening Program at Vayalur, Chidambaram

SCREENING CARD	
Department of Pediatric Nephrology	
Name : _____	
Age : _____	
Height : _____	
Weight : _____	BMI : _____
BP : _____	
Urine Albumin : _____	Sugar : _____
Doctor's Advice : _____	

Consultants
Dr. B.R. Nammalwar
Dr. Prabha Senguttuvan
Dr. Sudha Ekambaram
Dr. Kalaivani Ganesan
Dr. Vinod Choudhary

No: 2, Mc Nichols Road, 3rd Lane, Chetpet, Chennai -31
Tel No: +91 - 44 - 4227 1001 - 05 www.mehtahospital.com
Department of Pediatric Nephrology : 9840092131 Emergency - 4005 4005
email : kidskidneychennai@gmail.com





Kidney Disease and Obesity
HEALTHY LIFESTYLE FOR HEALTHY KIDNEYS



Dr. Mehta's
Hospitals

உடல் பருமன் தடுப்பு செயல்முறை புத்தகம்

oversize
overweight
overeating
care
lifestyle
obesity
weight
dieting
unhealthy
fat
nutrition
exercise
balance
mass
dieting
unhappy
junk
weight
overweight

How to prevent Obesity



Drawing Competition for School Children at Vayalur, Chidambaram



Pediatric Nephrologist interacting with School Children at Vayalur, Chidambaram



PUBLIC AWARENESS PROGRAM (18th June)

Our other motto was to create awareness about kidney diseases to general public and Pediatricians in a rural area. The program was conducted at St.Joseph's School's auditorium, Cuddalore which is 175 km south of Chennai. This was attended by GPs, pediatricians and general public. We discussed the various kidney ailments in children with a major focus on obesity and how it can be overcome with a healthy diet. This was followed by an interactive session. We also distributed booklets on obesity and healthy diet.

Pediatric Nephrologist Interacting with Public at Cuddalore

