

- ◆ Provide counseling and mental support for patients as well as donors.
- ◆ Encourage kidney donation by family members of the patient through counseling.
- ◆ Set up a dialysis centre and drug bank to provide services and medicines at subsidized rates to patients waiting for transplant.
- ◆ Co-ordination with Governmental agencies as well as NGOs for various programs, legislations and funds for the welfare of kidney patients.



CREATING AWARENESS ON ORGAN DONATION:

The Kidney Federation of India strives for bringing hope to end-stage renal

The Kidney Federation of India, under the active leadership of Fr. Davis Chiramel has conducted various campaigns and programs to promote the concept of organ donation, as well as to educate people on preventing kidney diseases. Notable among these are-

Manava Karunya Yathra:

Two massive campaigns (Manava Karunya Yathra I & II) were undertaken by the KFI to spread the message of organ donation. Manava Karunya Yathra II, which was inaugurated by the Honourable Former President of India, Dr. A.P.J Abdul Kalam, started from Kasargod on 10th September 2012, and concluded at Thiruvananthapuram on 30th September 2012, covering the entire length of Kerala in 20 days, with programs held in various centres in between. This resulted in lakhs of Mrithasanjeevani forms being collected from people willing to donate organs.

Guiding beacons:

Many distinguished personalities with records of unparalleled eminence in their respective fields have joined hands with the KFI and supported its activities. Notable among these include Mr. Kochouseph Chittilappilly, Dr. K.J Yesudas, Archbishop Mar Andrews Thazhath, Dr. P Mohamed Ali, Mr. M.A Yousuf Ali, Mr. P.N.C Menon, Adv. C.K Menon, Mr. Joy Alukkas etc. A large number of dedicated volunteers spread across the world have been taking the flame ignited by Fr. Davis Chiramel to greater distances and heights.

What the KFI does for you:

- ◆ In case an end-stage kidney patient is in need of a kidney for transplantation and a relative from his side is willing to donate a kidney (which doesn't match with the patient), he can register his details with the KFI, and the KFI would make all possible efforts to find a matching donor and facilitate cross-donation.
- ◆ If a voluntary donor wishes to donate one of his kidneys to any end-stage kidney patient out of social responsibility and empathy, he can register his details with the KFI, which will form part of the KFI's database of available donors, to be utilized as and when required.
- ◆ If you are a needy kidney patient undergoing dialysis, you can get yourself registered with the KFI. The KFI, based assessment of the patient's eligibility, provides assistance for dialysis to a limited number of patients every month.
- ◆ Any kidney patient can approach the KFI for clarifications and general awareness, counseling, understanding procedures and formalities related to organ donation, assistance in documentation etc.
- ◆ Any individual or organization which wishes to conduct awareness programs on organ donation, prevention of kidney diseases etc can approach the KFI for guidance and co-operation.

Some basic tips to avoid kidney diseases:

- ◆ Maintain an active lifestyle, drink plenty of clean water and do enough exercises to remain fit.
- ◆ Keep your blood sugar level under check.
- ◆ Monitor your blood pressure.
- ◆ Eat healthy and keep your body weight under check.
- ◆ Avoid smoking and consumption of alcoholic drinks.
- ◆ Avoid taking 'over-the-counter' pills on a regular basis.
- ◆ People belonging to categories more prone to kidney diseases like those having diabetes, hypertension, obesity and those with a family history of kidney problems are advised to check their creatinine levels in consultation with a medical practitioner.

Contact us:



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KIDNEY FEDERATION OF INDIA

Our vision:

To ensure kidney health and to provide a better life to people affected by kidney diseases, by facilitating and assisting in transplantation through voluntary, cadaver and cross donation, and to provide pre-and post transplantation support to the needy.

*Life is, undoubtedly, the greatest
Gift on Earth.*

And when another life is saved by a selfless act of yours, that's the greatest gift a human being can give to another.

Come, join hands with the Kidney Federation of India, and be a part of its mission of saving human lives and spreading the message of organ donation.



The Kidney Federation of India is a charitable Trust, formed in 2009 and based in Thrissur, Kerala, functioning with the fundamental objectives of providing support to end-stage renal patients and creating awareness among the public on organ donation.

ABOUT Fr. DAVIS CHIRAMEL



Fr. Davis Chiramel, Chairman of the Kidney Federation of India, is a source of inspiration to many in the field of organ donation. When an end-stage renal patient, Gopinathan, approached Father for support, he decided to put into practice what most others preach he donated one of his kidneys, thereby granting the patient a second life. This noble act created a wave of interest in the field of organ donation, and paved way to the formation of the Kidney Federation of India, which has since been helping many helpless and needy patients to face the challenges of chronic kidney diseases, and spreading the message of organ donation among the public.

KIDNEYS - THE VITAL LIFE-SUPPORTING ORGANS OF OUR BODY

Kidneys are a pair of organs located in the abdomen, on either side of the spine. Though small in size, they are the most essential part of the urinary system. They perform multiple functions like purifying the blood by filtering it and excreting the waste and toxic elements through urine, regulating electrolytes, maintaining the acid-base balance

and stabilizing the blood pressure.

When performance of one of the kidneys is affected due to diseases or other unfavorable conditions, no major problem is caused since one kidney is sufficient for a human to lead a normal life. However, when both kidneys develop problems and malfunction, it becomes a life-threatening condition. When conventional medications prove ineffective, the only options available for the patient are (i) to undergo dialysis artificial filtering of the blood through mechanical devices, or (ii) to get a kidney transplanted from a donor.

DIALYSIS V/S TRANSPLANTATION

Dialysis provides only a temporary solution to the problem, since, in order to be effective, it has to be done frequently (2-3 times a week depending on the condition of the patient) under very hygienic conditions. Hence, the only long-term solution for the problem is a kidney transplantation.

ORGAN DONATION AND TRANSPLANTATION

All over the world, especially in India, there is a huge demand for kidneys and other vital organs for transplant. However, even in this era of globalization, many misconceptions, myths and doubts prevail among the public over the issue. Also, there is a gross shortage of medical facilities, while the high cost of transplantation makes it not viable for many.

SOME COMMON TERMS IN THE AREA OF DONATION AND TRANSPLANTATION:

- ◆ Organ transplantation the act of surgically removing one or more organs from the body of a living or brain-dead person, in order to be implanted in the body of a patient with end-stage organ failure, thereby granting the latter a second chance to live.
- ◆ Donor the person who donates the organ is called the donor. For kidney donation, usually people between the ages of 20 and 60, free from major health problems, are considered eligible. The primary criterion for matching between the donor and patient is the blood group. However, a detailed medical check-up and cross-matching procedure have to be undertaken before confirming the suitability of a donor's organ for transplant.

When a living person decides to donate one of his kidneys to a

patient (related or otherwise), he is called a Live donor.

When upon a person's brain-death, his relatives decide to donate his organs for transplantation; he is termed as a cadaver (deceased) donor.

- ◆ Brain death When there is no blood or oxygen flow to a patient's brain and the brain is no longer functioning in any capacity and never will again, he is termed as brain-dead. At the same time, other vital organs like heart, kidneys, liver etc may function till the life-supporting machines are removed. Unless these organs are damaged by disease or injury, these can be used for another individual through organ transplant.

THE KFI's ROLE AND ACTIVITIES:-

ORGAN DONATION:

The Kidney Federation of India strives for bringing hope to end-stage renal patients with the chance of a second life, by providing moral, medical, social, financial, psychological and rehabilitative support. Major activities in the field of organ donation are-

- ◆ Set up a Kidney Bank through organizing people willing to donate organs.
- ◆ Facilitate cross-donation (When a person has a donor willing to donate his kidney, but they don't match with each other, a matching donor is arranged from the KFI's database, while the original donor donates his kidney to another patient registered with the KFI).
- ◆ Encourage voluntary donors through campaigns and creating awareness.
- ◆ Assist chronic kidney patients in documentation related to transplantation.
- ◆ Organize financial assistance to needy patients for dialysis and transplant, and for subsequent medication for those who have undergone transplant.

