

# Pakistan Kidney Patients Association

A CHARITY ORGANIZATION FOR THE POOR KIDNEY PATIENTS



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## Message from the President:

It is a matter of honor for me to be part of an organization like Pakistan Kidney Patients Association. PKPA is dedicated to serve the poor by helping them to maintain their health, especially the kidney patients. Every member of this social welfare organization and all its donors are committed to provide best possible care for the renal diseases. It is an honor for us and for me as the President a double honor to be contributing in maintaining the quality of life of those who need it the most. Dialysis is an agonizing, expensive treatment for the patient and a huge burden on his/her family. At PKPA, we provide the best possible quality dialysis to all who come to us irrespective of their status. I appeal to all kind hearted people and corporations to help us in his noble cause of serving the humanity.



### Vision:

Reduce kidney diseases through medical treatment and awareness.

### Mission:

- ▶ To spread awareness on renal health in masses and making the medical treatment affordable, especially for the poor and underprivileged, through free dialysis centers and an integrated social support system.
- ▶ To serve the kidney patients, providing quality dialysis, best treatment and care for all.

- ▶ To help and support efforts which would result in establishment of new dialysis centers.
- ▶ Promotion of the spirit of kidney donation and helping in kidney transplant.

### Objectives:

- ▶ Promotion of education and public awareness about the kidney, its functions and the diseases through an awareness program by monthly meetings, lectures and seminars, and by distributing no less than two hundred copies of printed material every month. There shall be at least one public walk every year, commemorating World Kidney Day.
- ▶ Appraising the reasons and causes of renal diseases and its timely diagnosis. It is done through objective 'a' listed above, free clinic and free laboratory services for



- ▶ Blood Pressure and diabetes at the dialysis centers; treating and counseling about forty patients every day, increasing the number by ten percent every year.
- ▶ Performing no less than five hundred free dialysis every month, and increasing this number by five to eight percent every year.
- ▶ Developing a social support system of donors, patients, social workers and doctors to fight kidney diseases. This organization is about a hundred strong now. It exchanges information and experiences for the benefit of the patients and their families.

### Introduction:

Pakistan Kidney Patients Association (PKPA) is a Registered Welfare Charity Organization. It helps in alleviating the sufferings of the poor kidney patients by giving them free consultation, treatment and the dialysis. It promotes awareness about kidney diseases by organizing lectures and seminars in colleges and universities. It is apolitical, non-sectarian and non-commercial organization.

### .PKPA is:

- ▶ Certified by Pakistan Centre for Philanthropy (PCP) certificate # PCP-2010/197
- ▶ Tax Exempted vide Income Tax Ordinance read with u/s 2(36) of Income Tax Ordinance 2001
- ▶ Registered with Government of Pakistan, Directorate of Social Welfare. Registration # DDSWWD&BM/RWP/98-0721

### PKPA History

PKPA was founded in December 1997. It was brain child of Late Colonel Shamim, who was himself a kidney patient. A meager sum of Rs. 40,000/- was collected. An apartment was hired in Chaklala III. Furniture was collected from individual donors. A sign board was hung outside and a free clinic was started. A doctor volunteered free services for couple of hours a day. It was indeed a humble beginning.

## Our Achievements

- › Purpose built dialysis centre with out-patient clinic and a laboratory
- › Procurement of 15 dialysis machines
- › Two ambulances
- › Fully furnished lecture/seminar hall for eighty people
- › Most modern water filtration plant (RO Plant) for dialysis
- › Laboratory (Needs upgrading)
- › Total dialysis carried out till Dec 2010: 19000+
- › Dialysis carried out in the year 2010: 5000+
- › Provided free treatment to 6000+ Out-patients in 2010

facility and two small ambulances. The requirement of staff increased and so was the ever increasing need for funds. The Harley Street Clinic also fell short in space, therefore, in May 2007 the Association shifted to Cantonment General Hospital (CGH) by the kind courtesy of Medical Superintendent CGH and the Station Commander Rawalpindi.

It was a great day when PKPA shifted to its new premises. It is a purpose built, state of the art dialysis centre/clinic, worth about Rs. Thirty million. PKPA started its operation at the new place on 14 August 2009.



In about four years PKPA had two doctors treating about 60 to 70 patients a day. As more donations came in, medicines were provided free to fifty kidney transplant patients. Seeing the expenses involved and the plight of the poor kidney patients, PKPA started thinking of a 'Dialysis Centre'. By March 2004 PKPA had procured three dialysis machines through donations. Needing a bigger place, PKPA moved to Harley Street, Rawalpindi. In next two years there was an addition of two dialysis machines, a Laboratory, Ultra Sound



Colonel Shamim with a few dedicated friends started PKPA in 1997. He was himself a Kidney Patient. A devoted and tireless worker who worked till the last day of his life to see PKPA progress and prosper. Died on 03 Nov 2005 --- MAY ALLAH (SWT) rest his soul in ETERNAL PEACE. Ameen.

### Facilities Available in PKPA:

- › Dialysis: Fifteen fully functional dialysis machines
- › Free clinic for outdoor patients
- › Screening and early detection of kidney problems
- › Monitoring of patients with diabetes and hypertension
- › Laboratory Tests
- › Training of dialysis technicians
- › Facility to hold workshops, seminars and lectures up to eighty participants
- › A team of eight competent and dedicated Medical Specialists, Nephrologists and urologists for free checkup, advice and treatment of poor patients
- › Free counseling, advice and literature for kidney patients and families
- › Pick and drop facility for patients in emergency
- › Emergency Contact: 051- 579-0331 (Daytime) 0300-514-1691(24 hrs)

### Join PKPA in fight against kidney diseases and save lives

#### Financial assistance:

- › Donate a specific amount on a regular basis. Monthly, quarterly or annually
- › Become a member of PKPA (Annual subscription Rs. 2,000/-)
- › Misc medicines: A patient beside dialysis needs additional medicines on regular basis for better quality of life. Cost per month Rs. 3,000/-
- › Provide blood enhancing injections (Erythropoietin). A patient needs eight injections per month. Cost Rs. 4,000/-
- › Help purchase dialysis kits. Monthly cost Rs. 7,000/- per patient
- › Sponsor a dialysis patient for eight dialysis sessions per month. Cost Rs. 16,000/-



## What are the signs of chronic kidney disease (CKD)?

People in the early stages of CKD usually do not feel sick at all. People whose kidney disease has gotten worse may:

- ▶ Lose their appetite or experience nausea and vomiting
- ▶ Need to urinate more often or less often
- ▶ Feel drowsy or have trouble concentrating
- ▶ Have swelling in their hands or feet
- ▶ Feel itchy or numb (legs & arms)
- ▶ Have darkened skin
  - ▶ Have muscle cramps
  - ▶ Feel tired

### Voluntary Services:

Volunteering provides immense personal fulfillment and stimulating experience; however it is also a demanding and persistently challenging task. You can contribute to the mission of PKPA with your commitment and time by volunteering for activities such as assisting in workshops, preparing awareness material etc. We welcome fresh graduates, internees, talented youngsters to help us in spreading our message and helping kidney patients and their families.

### Voluntary medical services:

If you are a doctor, a nephrologist, a general practitioner or a paramedical specialist, you can contribute your services for quality patient care at PKPA with flexible hours as suited in your schedule.

### Equipment Donations:

- ▶ Provision of dialysis machine. Rs. 1 million
- ▶ Urgently need to upgrade laboratory equipment. Rs One million
- ▶ Provide Dialyzer Reprocessor to reduce the cost of dialysis. Cost Rs. One Million
- ▶ Donate a Body Composition Monitor (BCM). Help patients to get better dialysis, thus lead a better and normal life. Cost Rs. 1.2 Million.



### Unused medicines:

Please send these to PKPA. They can be used for the poor patients

### Leave a gift in your will

PKPA was started by personal contributions of a few dedicated and kindhearted individuals. You too can contribute a gift in your will for this noble cause exclusively for the needy strata of our society, requiring agonizing and expensive treatment for survival.

### Gratitude

PKPA owes its existence to generous and kind hearted people and corporations. They have helped not only in day-to-day functioning but also in its expansion. They have been tremendous help in construction of new Dialysis Centre/Clinic. May Allah Almighty, Exalted Lord and dispenser of Grace and Justice, bestow on them His infinite bounties and grant them qualities of head and heart and give them and their families health, happiness and prosperity. Ameen. JAZAKALLAH.

### Bank Accounts

#### 1 Askari Bank Ltd

Chaklala Scheme III Rwp.  
40010100863-7



#### 2 Faysal Bank Ltd.

Kalma Chowk, Kamalabad, Rwp  
234-145-0000463



#### 3 Silk Bank Ltd

Main Branch  
Adam Jee Road .Rwp.



- (i) Pak Rs. 14-011026200002
- (ii) Dollar A/D 14-138026200001
- (iii) Pound A/C 139026200005



**Mr. Shaukat Ali Baig is hardworking and dedicated head of accounts. He is also member of Advisory Council of PKPA.**

## Management:

- ▶ Executive Committee: Consists of 11 members. They are highly talented, dependable and devoted individuals and people of integrity. All are donors, voluntary and honorary workers.
- ▶ Advisory Council: Consists of 12 members. They are highly dedicated, committed and have a name in their respective domains. As the name implies they advise the Association on various matters of administration, medical, fund-raising, procurement, banking and others.

### Executive committee

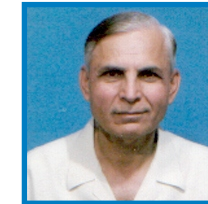
<b>General (R) Dr.Zaheer-ud-Din</b>	President	Medical Specialist, Social Work
<b>General (R) Sarfraz Iqbal</b>	Co- President	Social Work
<b>Begum Saqiba Rahim-ud-Din</b>	Vice President	Social Work
<b>Brig (R) Dr. Abdul Haleem</b>	Vice President	Social Work, Visiting Physician PKPA
<b>Col (R) M .Yunus Bhatti</b>	Secretary General	Social Worker Since 1986, Trustee Raj Bukhsh Trust, Member Pak National Heart Association
<b>Sqn Ldr. ( R) Ghulam Abbas</b>	Secretary Finance	Member Pak National Heart Association, Social Work
<b>Prof Hasina Jalil</b>	Joint Secretary	Social Work
<b>Brig (R) Fateh Khan Malik</b>	Joint Secretary	Social Work, Member Al Mustafa Trust
<b>Mr. Arshad Saeed</b>	Secretary PR	Social Work, Kidney Donor
<b>Mr. Sana Ullah Ghumman</b>	Media Adviser	Member Pak National Heart Association, Social Work
<b>Col (R) Bakhtiar Hakeem</b>	Member	Social Work Secretary TFP

### Advisory counsel

<b>Brig. Arshad Mehmood</b>	Member	Social Work, Urologist
<b>Brig. Shahzad Saeed</b>	Member	Nephrologist
<b>Begum Sarfraz Iqbal</b>	Member	Social Work
<b>Brig (R) Shaheen Moin</b>	Member	Social Work Nephrologist
<b>Mr. Shaukat Ali Baig</b>	Member	Social Work, Banking & Accounts
<b>Prof. Jalil Aali</b>	Member	Social Work, Intellectual, Writer, Poet
<b>Mr. Tariq O Rehman</b>	Member	Social Work, Banking
<b>Dr. Junaid Saleem</b>	Member	Social Work, Medical Specialist
<b>Dr. Wajid Ali</b>	Member	Social Work, Medical Specialist
<b>Dr. Attia Riaz</b>	Member	Social Work, Medical Officer
<b>Dr. Imtiaz Ali Chaudhary</b>	Member	Social Work
<b>Mr. Muhammad Naseer</b>	Member	Social Work, Graphics Designer



General Zaheer-ud-Din (Retd)



General Sarfraz Iqbal (Retd)



Begum Saqiba Rahim-ud-Din



Brig Abdul Haleem (Retd)



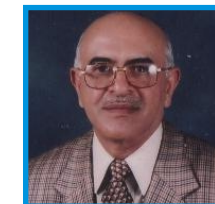
Col M .Yunus Bhatti (Retd)



Sqn Ldr Ghulam Abbas (Retd)



Prof Hasina Jalil



Brig Fateh Khan Malik (Retd)



Mr. Arshad Saeed



Mr. Sana Ullah Ghuman



Col Bakhtiar Hakeem (Retd)

## Online Useful information for kidney patients

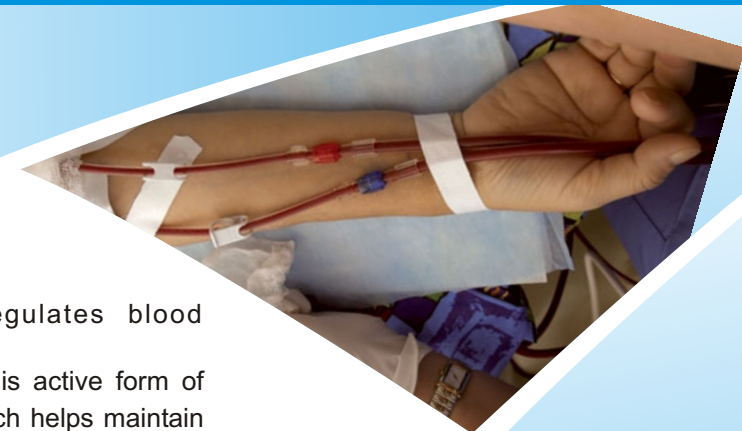
American Association of Kidney Patients [www.aakp.org](http://www.aakp.org)

British Kidney Patient Association [www.britishkidney-pa.org](http://www.britishkidney-pa.org)

National Kidney Foundation of Malaysia [www. Nkf.org.my](http://www.Nkf.org.my)

The Kidney Foundation of Canada [www.kidney.ca](http://www.kidney.ca)

Kidney Health Australia [www.kidney.org.au](http://www.kidney.org.au)



## What do the kidneys do?

The kidneys are sophisticated reprocessing machines. Every day, a person's kidneys process about 180 Liters of blood to sift out about 1.5 Liters of waste products and extra water in the body. The wastes and extra water becomes urine, which flows to the bladder through tubes called ureters. The bladder stores urine until releasing it through urination.

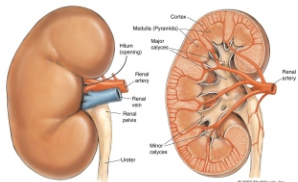
The kidneys regulate the body's level of chemicals like sodium, phosphorus, and potassium, thus maintaining their balance in the body. The right balance is necessary for life.

▶ In addition to removing wastes, the kidneys release three important hormones:

- ▶ Erythropoietin: It stimulates the bone marrow to make red blood cells

## Kidneys

The kidneys are a pair of vital organs that perform many functions to keep the blood clean and chemically balanced. Understanding how the kidneys work can help a person keep them healthy.



## Why do kidneys fail?

The two most common causes of kidney disease are **diabetes** and **high blood pressure**:

- ▶ **Diabetes:** Keep it under control. About 44% kidney patients suffer from diabetes
- ▶ **High Blood Pressure:** High BP can damage kidneys. Keep it below 130/80



## Other Causes of Kidney Disease

- ▶ Poisons and trauma, such as a direct and forceful blow to the kidneys, can lead to kidney disease
- ▶ Anyone who takes pain-killers regularly should check with a doctor to make sure the kidneys are not at risk

## What can be done about CKD?

Unfortunately, CKD often cannot be cured. But people in the early stages of CKD may be able to make their kidneys last longer by taking certain steps. They will also want to minimize the risks for heart attack and stroke because CKD patients are susceptible to these problems:

- ▶ People with reduced kidney function should see a nephrologist regularly
- ▶ Control diabetes
- ▶ Control high Blood Pressure. Keep it below 130/80
- ▶ Avoid pain-killers that may make their kidney disease worse. Always consult a doctor before taking any

## What is Kidney function?

Also called “renal function”. People with two healthy kidneys have 100 percent of their kidney function. Small or mild declines in kidney function—as much as 30 to 40 percent – would rarely be noticeable. Some people are born with only one kidney but can still lead normal and healthy life. Every year, thousands of people donate one of their kidneys for transplantation to a family member or friend. Kidney disease if not treated will get worse over time. Serious health problems occur when people have less than 25 percent of their kidney function. When kidney function drops below 10 to 15 percent, a person needs dialysis or a kidney transplant—to sustain life.



medicine

- ▶ Make changes in diet. Limit proteins (meat, eggs, milk and nuts)—consult a dietitian
- ▶ Limit fruits and vegetables rich in potassium (Oranges, potatoes, bananas, dried fruits, dried beans, peas and nuts). High potassium level can effect heart rhythm
- ▶ Limit salt intake. It increases BP
- ▶ Stop smoking. May cause heart attack, death or stroke in people with CKD
- ▶ Take EPO injections regularly to avoid anemia

## Preparing for End-stage Renal Disease (ESRD)

As kidney disease progresses, a person needs to make several decisions.

- ▶ Have a fistula made well in time
- ▶ Learn about dialysis and transplantation and choose what you want to do?

## What happens if the kidneys fail completely?

Total or nearly total and permanent kidney failure is called ESRD. If a person's kidneys stop working completely, the body fills with extra water and waste products. This condition is called uremia. Hands or feet may swell. A person will feel tired and weak because the body needs clean blood to function properly.



Untreated uremia may lead to seizures or coma and will ultimately result in death. A person whose kidneys stop working completely will need to undergo dialysis or kidney transplantation.

## Points to Remember

- ▶ The kidneys are vital organ, that keep the blood clean and chemically balanced.
- ▶ Kidney disease can be detected through a spot check for protein or albumin in the urine
- ▶ The progression of kidney disease can be slowed, but it cannot always be reversed
- ▶ End-stage renal disease (ESRD) is the total or nearly total and permanent loss of kidney function
- ▶ Dialysis and transplantation can extend the lives of people with kidney failure
- ▶ Diabetes and high blood pressure are the two leading causes of kidney failure



- ▶ People with reduced kidney function should see their doctor regularly
- ▶ Chronic kidney disease (CKD) increases the risk of heart attacks and strokes
- ▶ People in the early stages of CKD may be able to save their remaining kidney function for many years by:
  - controlling their blood sugar
  - controlling their blood pressure
  - following a low-protein diet
  - maintaining healthy levels of cholesterol in the blood
  - not smoking



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Write something...

**Suman Hammad**  
I am not finding enough time to come over and discuss a few things about some contents but will surely try in the coming week! This is a place which inspires because of the immense effort of just a bunch of people who have created a positive impact! There is always "Hope" in this world which is the driving force behind all the efforts!  
19 hours ago · Like · Comment

Pakistan Kidney Patients Association likes this.

Write a comment...

**Rabia Umar**  
this is the one of the best dialysis centres in town, which provide safe care and The best dialysis, well done staff and the management  
Yesterday at 12:39am · Like · Comment

3 people like this.

Pakistan Kidney Patients Association Thank you Rabia. Keep commenting this is our motivation. Stay blessed!

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اللّٰهُمَّ خَلَقَ الْمَوْتَ وَالْحَيٰةَ لِيَبۡدُوۡكُمْ اَيُّكُمۡ اَحْسَنۡ عَمَلًا ۗ (القرآن)

..... Who created death and life, that He may try which of you is best in deeds .....

خیرے کُن اے فلاں وغنیمت شمار عمر

اے شخص تو نیکی کر اور اس عمر کو غنیمت جان

O, MAN ! DO GOOD DEEDS IN YOUR LIMITED LIFE SPAN

زَاں پیشتر کہ بانگ برآید فلاں نماںد

اس سے پہلے کہ آواز آئے کہ تو نہ رہا

BEFORE IT IS ANNOUNCED THAT YOU ARE NO MORE

سعدی شیرازی