



Pakistan Kidney Patients Association

A CHARITY ORGANIZATION FOR THE WELFARE OF POOR KIDNEY PATIENTS



**Tahli Mohri Road, near Kalma Chowk, Kamalabad
Rawalpindi**

**+92-51-568-3036-37, +92-51-568-3038 (Fax), +92-300-514-1691
info@pkpa.org.pk, www.pkpa.org.pk, www.facebook.com/pkpaorg**

MESSAGE FROM THE PRESIDENT

Eversince we moved into new location, four years back, we have seen PKPA grow tremendously. Last two years have been very rewarding both for the organization and the patients. In 2012 we performed 6500 dialysis and treated over 7000 out-patients, providing them with free consultation and medicines.

We purchased four new dialysis machines casting Rupees 4.4 million, as number of patients were increasing and the old machines were becoming unreliable.

In March and August 2012 we celebrated World Kidney Day and Pakistan day respectively, in a befitting manner. Also lectures and seminars on Kidney awareness were held in a number of places. In shaa Allah we will do even better in coming years with the help of Allah, our well-wishers and magnanimous donors. God bless you all.



-----الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا----- (القرآن)

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

خیرے گن اے فلاں وغنیمت شمار عمر

اے شخص تو نیکی کرا 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

INTRODUCTION

Kidney diseases are rampant in Pakistan and are on the increase. The reasons mainly are lack of awareness about the causes of kidney failure; Lack of facilities of diagnosis; Lack of continued supervision of patients and dialysis facilities. Poverty adds to the misery especially of underprivileged segments of our society. Pakistan Kidney Patients Association (PKPA) has undertaken the task to address these problems by free consultation, treatment and dialysis thus alleviating the sufferings of kidney patients. It promotes awareness by lectures and seminars in colleges/universities and public/private organizations.



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.
- Early detection of kidney problems.
- To provide quality dialysis free or on minimum cost.
- 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 listed above; free clinic and free laboratory services for Blood Pressure and diabetes at the dialysis centers; treating and counseling about fifty patients every day; increasing the number by ten percent every year.
- ◉ Performing no less than five hundred dialysis every month free or at subsidized cost 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 now consists of a hundred families. It exchanges information and experiences for the benefit of the patients and their families.

REGISTRATION

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

HISTORY

PKPA was established 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. In about four years PKPA had two doctors treating about 60 to 70 patients a day. As more donations came in, free medicines were provided 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

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.



Harley Street, Rawalpindi. In next two years there was an addition of two more dialysis machines, a laboratory, Ultra sound 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 center/clinic, worth Rs. 30 million. PKPA started its operation at the new place on 14 August 2009.

ACHIEVEMENTS

- Purpose built dialysis center with out-patient clinic and a laboratory
- Procurement of 16 dialysis machines
- Two ambulances
- Fully furnished lecture/seminar hall for eighty people
- Most modern water filtration plant (RO Plant) for dialysis
- Laboratory
- More Than 30000 dialysis carried out till Dec 2012
- More than 6500 dialysis carried out in the 2012
- Provided free treatment to More than 7500 out-patients in 2012



FACILITIES

- Dialysis: Sixteen 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 patients and general public.
- Pick and drop facility for patients in emergency
- Emergency Contact: 051-568-3037 (Daytime) 0300-514-1691(24 hrs)

Join PKPA in fight against kidney diseases and save lives

FINANCIAL ASSISTANCE

- Become a member of PKPA (Subscription Rs. 2,000/- for 3 years)
- Donate a specific amount on a regular basis which can be monthly, quarterly or annually
- 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. 5,000/-
- Help purchase dialysis kits. Monthly cost Rs. 7,500/- per patient
- Sponsor a dialysis patient for eight dialysis per month. Cost Rs. 16,000/-

EQUIPMENTS DONATIONS

- Provision of dialysis machine. Cost Rs. 1.2 million
- Up-grading of RO Plant Rs. 3 lac
- Provide dialyzer re-processor to reduce the cost of dialysis. Cost Rs. 1 Million
- Donate a Body Composition Monitor (BCM). Helps patients to get better dialysis, thus lead a better and normal life. Cost Rs. 1.2 Million.

VOLUNTARY SERVICES

Volunteering provides immense personal fulfillment and stimulating

Bank Accounts

- 1 Askari Bank Ltd**
Chaklala Scheme III, Rwp.
A/C # 04001000 08632
- 2 Faysal Bank Ltd.**
Kalma Chowk, Kamalabad, Rwp
A/C # 0234-1450000-463
- 3 Silk Bank Ltd. Rawalpindi**
Main Branch, Adam Jee Road
Saddar, Rawalpindi
(I) **Pak Rs.** 2001024526
(ii) **Dollar A/D** 2001041118
(iii) **Pound A/C** 2001042222
- 4 Bank of Punjab**
Chaklala Scheme III, RWP
A/C # 800309
- 5 HBL Kamalabad Rawalpindi**
A/C # 13227900297501



Mr. Shaukat Ali Baig
Accounts Officer
Committed & Sincere worker
Member Advisory Committee

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.

LEAVE A GIFT IN YOUR WILL

PKPA was started by personal contributions of a few dedicated and generous 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.

UNUSED MEDICINES

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



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.



MANAGEMENT:

- Executive Committee: Consists of 11 members. They are highly talented, dependable and devoted individuals and people of integrity. All are donors 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



General Dr. Zaheer-ud-Din (Retd)
President



General Sarfraz Iqbal (Retd)
Co-President



Begum Saqiba Rahim-ud-Din
Vice-President



Brig Abdul Haleem (Retd)
Vice-President



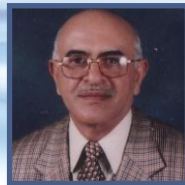
Col M. Yunus Bhatti (Retd)
Sec. General



Sqn Ldr Ghulam Abbas (Retd)
Sec. Finance



Prof. Hasina Jalil
Joint Secretary



Brig Fateh Khan Malik (Retd)
Joint Secretary

ADVISORY COUNSEL

Brig. Arshad Mehmood

Urologist

Brig. Shahzad Saeed

Nephrologist

Begum Sarfraz Iqbal

Social Work

Mr. Shaukat Ali Baig

Banking & Accounts

Prof. Jalil Aali

Intellectual, Writer, Poet

Mr. Tariq O Rehman

Banking

Dr. Junaid Saleem

Medical Specialist

Dr. Wajid Ali

Medical Specialist

Dr. Attia Riaz

Medical Specialist

Dr. Imtiaz Ali Chaudhary

Medical officer

Mr. Muhammad Naseer

Graphics Designer



Mr. Sana Ullah Ghuman
Media Advisor



Col Bakhtiar Hakeem (Retd)
Member



Mr. Arshad Saeed
Secretary PR

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.



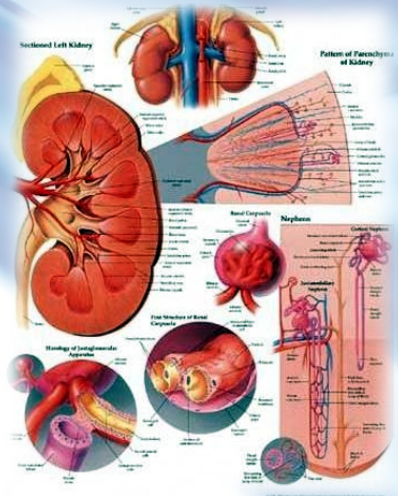
WHAT DO THE KIDNEYS DO?

The kidneys are sophisticated reprocessing machines. Every day they process about 180 Ltrs of blood to sift out about 1.5 Ltr 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 released 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
- Renin: it regulates blood pressure
- Calcitriol: this is active form of vitamin D, which helps maintain calcium for bones and for normal chemical balance in the body

WHAT IS KIDNEY FUNCTION?

Kidney function is also called renal function. People with two healthy kidneys have 100 percent of their kidney function. Small or mild decline in kidney function between 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.



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 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 numbness (legs & arms)**
- ◉ **Have darkened skin**
- ◉ **Have muscle cramps**
- ◉ **Feel tired**



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 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 Erythropoietin 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 the suitable option

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

Rare blessed souls in this world, impact so many other lives in most significant ways as she did - a mother, a wife, an intellectual, an educationist, a social-worker, and a teacher. Were it not for her demise and her husband's devotion for her, the Dialysis Center of PKPA would not be a reality. It is a tribute to the endless and unique love of her family for her that led to the motivation and endless efforts behind creation of this one of a kind Dialysis Center. She and her husband dedicated their lives beside donating Rupees 3.5 million and a new dialysis machine for the welfare of kidney patients to PKPA. She expired on 21 Sep 2007 --- May Allah (SWT) rest her soul in eternal peace. Ameen!



Begum SalmiYunus

ONLINE USEFUL INFORMATION FOR KIDNEY PATIENTS

www.aakp.org, www.britishkidney-pa.org, www.nkf.org.my www.kidney.ca
www.kidney.org.au

Pakistan Kidney Patients Association

Highlights

- Battogtokh Batka**
Hi I from mongolia contact I have need living kidney donor.m...
April 9 at 6:56pm
- Kashif Javed**
I,m o+ kidney donor if any one need replay me on my yah...
April 1 at 8:12am

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