

Message from the Pioneer and our Guru

It is over 4 decades since facilities for dialysis and treatment of kidney diseases has been made available for citizens of Mumbai. The very first unit was started in the city by the efforts of Mumbai Mahanagar Palika at the K.E.M. hospital in 1963. Since then, much progress has been made in this august city, which now offers treatment for kidney patients at several of its medical centers both in the public and private sector. It is estimated that about 1800 patients of chronic end stage renal failure, need treatment in greater Mumbai. Though there are 106 dialysis centers to this date in the city, not more that 22.5% of needy patients get dialysis. Management of such patients is very costly and is beyond the reach of the common man, unless the treatment is heavily subsidized for him/her.

It is important for me to bring to the notice of all, certain highlights.

- There has been a definite rise in kidney disorders over the last decade or so.
- About 200,000 persons in India suffer from end stage kidney failure every year. Over 35 million people in India are expected to develop kidney failure in the next 20 years.
- Kidney diseases rank third among the life threatening diseases after cancer and cardiac ailments. Most of them are the outcome of the "Life Style" diseases in the community like High Blood Pressure and Diabetes Mellitus. W.H.O. has projected a pandemic of the latter all over the world, and in India, in particular.
- 150 per million individuals from the general population succumb as a consequence of chronic kidney Disease.
- 100,000 kidney transplants are needed in India per year.
- 1500 kidney transplants are required in Maharashtra
- Only 22.5% patients requiring dialysis receive treatment and that too most of them in preparation of kidney transplant.
- Only 2.5 % patients of end stage kidney failure receive kidney transplant mainly for socio-economic reasons.

I am hence very happy that "Mumbai Kidney Foundation"(MKF) was inaugurated on "World Kidney Day" on the 9th of March 2006. This day was launched to highlight the urgent global need for early detection and prevention of chronic kidney diseases. One of the important missions of MKF is to institute measures to detect chronic kidney disease early, as being asymptomatic, it remains hidden for a very long time. It would largely help in preventing its further progression to end stage kidney disease and kidney failure, if one has to obviate the enormous cost involved in the management of such patients. Kidney diseases affect people of all ages from birth, through infancy, to childhood; young females and males; middle aged subjects with high B.P. and diabetes mellitus and senior citizens too. It has been noticed that in the adult population between ages of 30-50 years residing in Mumbai every 5th person has High Blood pressure and every 7th person has diabetes mellitus. It would hence be important to prevent involvement of kidneys in these two afflictions early, by appropriate measures taken to diagnose them in time and treat them early and adequately so that they do not get the chance to progress further. The task of managing chronic kidney disease is enormous. There are about a dozen NGOs in the city who are doing voluntary and selfless work to help in all kinds of problems of kidney patients. For a population of the city, which is over 12 million and yet growing at a rapid pace, many more voluntary organizations need to come together in different geographic locations in the city, to enable to cater to the enormous problems posed by Chronic Kidney Disease.

Entering of the "Mumbai Kidney Foundation" in this arena is welcome and their stated missions are laudable. I am very hopeful that with co-operation and co-ordination between various groups working for a common cause we could look forward to alleviate the sufferings of Chronic Kidney Disease patients in the city and bring a satisfying smile on their faces.

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