



GLOBAL KIDNEY
FOUNDATION
Give Hope, Give Life!

Global Kidney Foundation

Founded by Mr. Zahid Bhatti



WHO WE ARE



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Global Kidney Foundation (GKF) is a registered charity in the England & Wales. The main aim of the charity is to serve humanity and provide support, practical advice, recreational activities and education among the general public and organisations on all aspects relating to kidney disease, prevention or management on all aspects relating to organ donations.

WHAT WE DO

GKF was founded by those who have gone through the traumatic experience of renal diseases and are aware of the effects it can have on not only the patients but also on their loved ones. In establishing this project, it allows community members to access vital understanding of the most sensitive issues a renal patient might experience such as the emotional upheaval, the uneasiness they feel through the various stages of before during and after treatment like dialysis and also the lack of transplant opportunities.

Such concerns range from the quality of life for renal patients, the provision of facilities for them, raising common awareness about prevention and treatment, external draining matters faced by those affected, general availability of recreational activities for patients and also the varied difficulties in renal health matters faced by members from different ethnic backgrounds in particular the Black, Asian, and Minority Ethnic (BAME) communities.

WHAT IS KIDNEY DISEASE



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Kidneys act as a filter in our bodies by removing waste products and extra water from the body. They help make red blood cells, help keep bones healthy and control blood pressure. In case of a disease, kidneys are prevented from performing these important functions. Kidney damage may be due to a physical injury or a disease like diabetes, high blood pressure, or other health problems.

“The worldwide rise in the number of patients with Chronic Kidney Disease (CKD) and consequent end-stage renal failure necessitating renal replacement therapy is threatening to reach epidemic proportions over the next decade, and only a small number of countries have robust economies able to meet the challenges posed,” A. Meguid El Nahas, Aminu K.

As per NHS, Black and south Asian people are three to five times more likely to have kidney failure than White people, but many are unaware of the condition. Diabetes and high blood pressure are deemed as the main alleged culprits of renal failure along with other factors.

“Many Black and South Asian people know about the higher prevalence of diabetes and high blood pressure in their communities, but they don't realise the direct link between these conditions and kidney failure.”

"South Asian patients with diabetes are 10 times more likely to go on to have kidney failure than White Caucasians with diabetes. So it's vital that diabetes and blood pressure in this group is well-controlled to reduce the likelihood of complications such as kidney damage."
Kidney Research UK states

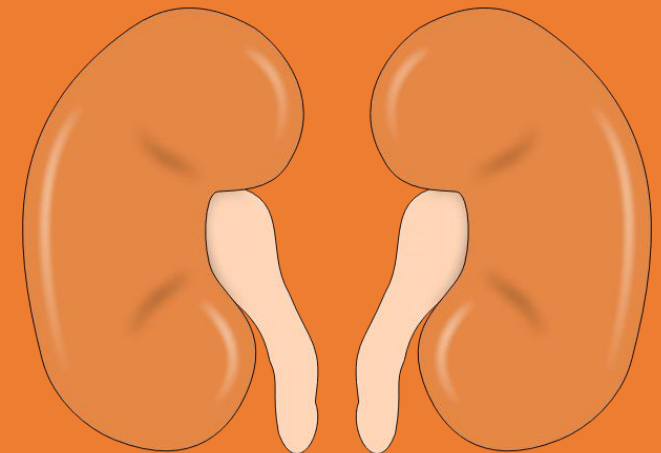


HOW TO TEST FOR KIDNEY DISEASE

There are two main simple tests for kidney disease:

A simple urine test checks to see if you have protein in your urine. Your body needs protein. But it should be in the blood or the urine. Having a small amount of protein in your urine may mean that your kidneys are not filtering your blood well enough. This can be an early sign of kidney disease.

A simple blood test for GFR, which stands for Glomerular Filtration Rate. Your GFR number tells you how well your kidneys are working. The lab estimates your GFR using a simple blood test called creatinine (a waste product), along with your age, race, and gender.



HOW TO AVOID GETTING KIDNEY DISEASE

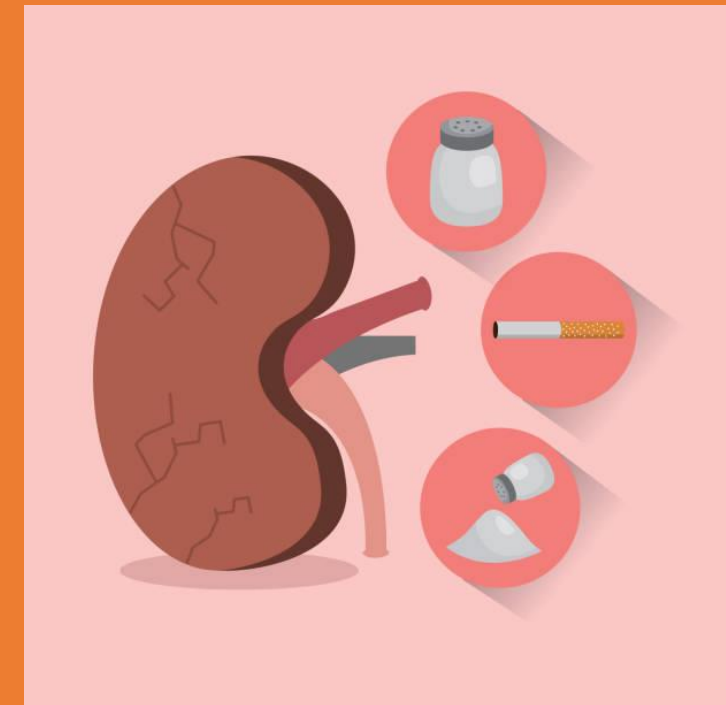


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- Watch your salt intake.
- Watch your sugar intake
- Avoid smoking if possible this includes vapes and e-cigarettes.
- Exercise regularly this can include swimming.
- Drink at least 2L of water a day.
- Avoid drinking alcohol as this has an impact on your kidneys which you don't realise.

SYMPTOMS OF KIDNEY DISEASE

- Weight loss and poor appetite
- Swollen ankles, feet or hands- as a result of water retention (oedema)
- Shortness of breath
- Tiredness
- Blood in your pee (urine)
- An increased need to pee- particularly at night
- Difficulty sleeping (insomnia)
- Itchy skin





ORGAN DONATION

- Organ donation is the process of a person donating their organs for transplant. These are given to someone with life threateningly damaged organs that need to be replaced. By donating your organs after you die, you will help save and transform the lives of desperately ill people.
- Due to the major health risk factors that can lead to kidney disease and due to an ageing population the number of people needing a transplant is expected to drastically increase over the coming years.





REAL LIFE DIALYSIS STORY

FAYZAH'S STORY

I found out my CKD by chance at the age of 16. I was being investigated for appendicitis at the time. My urine test showed lots of protein and invisible blood. That then led to having a kidney biopsy diagnosing dense deposit disease. When I was diagnosed I had a kidney function of 70 percent. So I started having regular 6 months check-ups, put on blood pressure medication to slow down the progression. 10 years later I got the dreaded sentence 'it's time to think about dialysis' .. so in 2018 I started peritoneal dialysis, 18 months into it I got peritonitis that kept reoccurring. I then had a AV fistula surgery in my right arm and now I am doing Hemo dialysis. I go to the unit 3 times a week. I am also on the transplant list so it's just a matter of waiting. In all this physical aspect is obviously draining but mentally it was draining too.

HOW CKD EFFECTS BAME COMMUNITIES



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Black and south Asian people are three to five times more likely to have kidney failure than white people, but many are unaware of the condition.

In 2018-19, BAME patients accounted for a third of patients on the transplant waiting list, approximately a quarter of all transplants but only 10% of donors were from BAME communities.

BAME patients on the transplant register have a median 240 days longer wait than white patients. For black patients it is nearly a year. This is because the donor system works by pairing recipients with close tissue-type matches which maximises the chances of a successful outcome. Tissue-type is strongly correlated with ethnicity.

One year after being listed for a kidney transplant, 31% of white and 19% of BAME people have received a transplant. Five years after listing, 75% of white and 69% of BAME people have been transplanted while 7% of white and 6% of BAME people have died on the list.

In 2018/19 Asian people were 3% of deceased kidney donors but 17% of recipient and 19% of people on the transplant waiting list.

In 2018/19 Black people were 1% of deceased kidney donors but 11% of recipient and 12% of people on the transplant waiting list.

31% of patients the transplant register are Asian or Black but only 8% of the deceased donors.

56% of people opting out of the donor registry were Asian (mainly Bangladeshi and Pakistani).



CKD CLASSIFICATION

Chronic kidney disease can be classified in a variety of ways. A common classification divides CKD into five stages based on the GFR (ml/min/1.73 m²)

stage 1: >90: kidney damage with normal or elevated GFR

Stage 2: 60-89: kidney damage with mild reduction in GFR

Stage 3: 30-59: moderate reduction in GFR

Stage 4: 15-29: severe reduction in GFR

Stage 5: <15 (or dialysis): end-stage kidney disease (ESKD)



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GKF ANIMATION VIDEO

