

# Lilavati Hospital hosts 'Kidney Awareness Programme' on World Kidney Day



Lilavati Hospital and Research Centre has organized a Kidney Awareness Programme to commemorate World Kidney Day. The programme also featured an interactive session on kidney diseases, a talent show by patients and staff, and a quiz competition 'Kaun Banega Kidney Pati', followed by prize distribution making it both informative and engaging.

Present on the occasion were Rajiv Mehta, The Permanent Trustee, Dr Niraj Uttamani, Chief Operating Officer, Dr Hemant Mehta, Dr K. L. Upadhyaya, Dr Arun Shah, Dr L. H. Suratkal, Dr Wasi Shaikh, and Dr Nageshwar Panchal.

Kidney diseases are surging in people of all age groups due to unhealthy lifestyles, poor dietary habits, and lack of awareness. Conditions such as diabetes, high blood pressure, and dehydration contribute to kidney problems. If left undiagnosed, kidney issues can lead to chronic kidney disease (CKD) and even kidney failure.

This program aims to provide timely screenings, expert consultations, and essential education on maintaining kidney health and preventing complications. It will be a boon for individuals at risk, encouraging them to take proactive measures for kidney care.

**Dr Hemant Mehta, Nephrologist Lilavati Hospital Mumbai,** said, "Kidney diseases progress silently and, in many cases, are detected at an advanced stage, leading to the need for dialysis or transplantation. Early diagnosis through routine screenings can prevent severe complications and ensure better management of kidney-related disorders.

"This initiative by Lilavati Hospital will help people understand the importance of kidney health, timely intervention, and the availability of advanced treatments for those in need.

"The program saw participation from kidney patients, including several who are on dialysis. It provided them with a platform to share their experiences, spread awareness, and inspire others to take preventive measures," **Mehta** said.

**Prashant Mehta, Permanent Trustee at Lilavati Hospital,** said, " We are committed to safeguarding and improving health through interactive medical camps and educational awareness programmes. Our goal is to ensure that more people have access to early screenings and expert medical guidance, ultimately improving overall well-being."

**Rajiv Mehta, Permanent Trustee of Lilavati Hospital,** said, " World Kidney Day serves as a reminder of the importance of kidney health and the routine testing in reducing preventable complications. This year's theme – 'Are Your Kidneys Okay' , detect early and protect kidney health encourages people everywhere to recognise risk factors and adopt healthier lifestyle choices as millions of people are globally affected. Most are undiagnosed with serious kidney diseases. Early detection can make a significant difference as kidney diseases are known to progress silently affecting between 15-20% adults."

"In this intricate web of human priority , every organ plays a crucial role , contributing to the symphony of life. The kidneys often overlooked until serious complications arise. The kidney's major function lies in its remarkable ability to filter waste products and excess fluid from the body and ensuring the body can maintain the delicate balance of these waste products and fluids," **Mehta** added.

"A healthy kidney can keep the blood pressure stable , acid base balance for proper cellular functions, toxin removals, mineral and bone health and keeping producing immune modulating substances to fight off further diseases. Kidneys are the unsung heroes of our bodies silently performing vital functions that are essential for overall health and well-being.

"By understanding the importance of kidney health, and taking proactive steps to support their functions, we can safeguard these vital organs and pave the way for a healthier future. Taking care of your kidneys is about nurturing your body's intricate system to flourish. Let's give our kidneys the attention and care they deserve," **Mehta** added.