

# Lilavati Hospital Organizes A Kidney Awareness Programme

By Our News Bureau

In a bid to promote kidney health and encourage early detection of kidney diseases, 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 Shri Prashant 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.