

NEW LIFE FOUNDATION

KIDNEY DISEASE IN INDIA

In India, fifty years ago kidney failure was called “**RICH MAN**” disease and treatment options for kidney failure were extremely limited and largely inaccessible to general population.

In 1990, kidney failure was called” **COMMON MAN**” disease and treatment for kidney failure was extremely limited, largely restricted to major cities beyond the financial reach of most of the population.

In 2025, kidney failure is known as “ **LIFE THREATENING**” disease, and researchers found 138millions of Indians are suffering with kidney diseases and accounts for **33%** of the global chronic kidney cases. Researchers were estimated the prevalence of chronic kidney disease is **16.38%** in India, and higher in rural areas **14.80** due to lack of awareness, compared to urban **10.65%**.

KIDNEY

K-KEEPING CORRECT BODY VOLUMES

I-INTERNAL ELECTROLYTE BALANCE MANAGEMENT

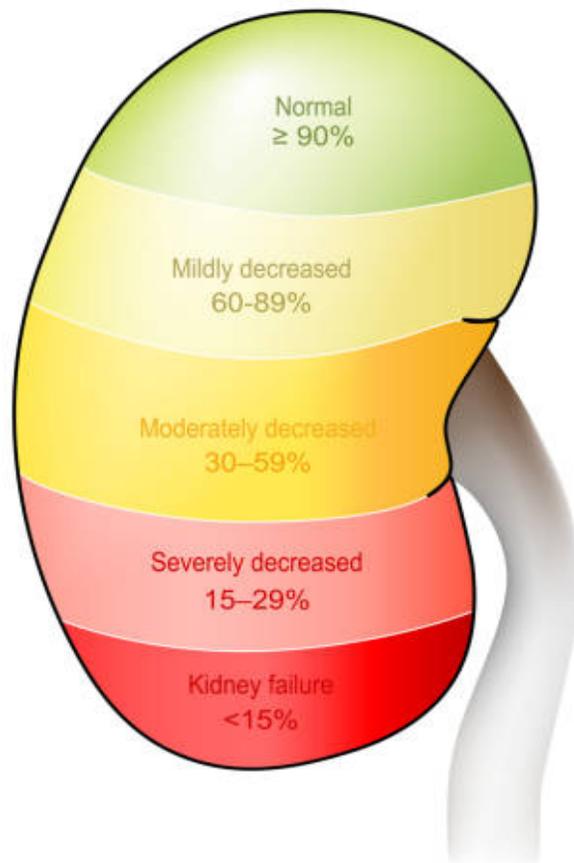
D-DEDICATION TO ERYTHROPOIETIN PRODUCTION

N-NEUTRALIZE ACID-BASE BALANCE

**E-EXCRETION OF UREMIC TOXINS, DRUGS AND
POISONS**

Y-YIELD HEALTHY LIFE

Chronic kidney disease



Causes of kidney failure

DIABETES: If not controlled, damages blood vessels in the kidneys and impairs the ability to filter wastes from the blood leads to **DIABETIC NEPHROPATHY-Give effort to keep on control the sugar level**

HYPERTENSION: If not maintained, consistently high BP strains and narrow the renal arteries and reduces blood supplies to the kidneys and impairs the filtering of wastes and excess fluid from the blood leads to **"HYPERTENSIVE NEPHROPATHY"-GIVE EFFORT TO MAINTAIN BLOOD PRESSURE**

HEART FAILURE- kidney disease put strain on the heart. If the kidney cannot filter fluids and wastes efficiently, contributing fluid overload and high Blood pressure, weaken the heart muscles and worsening the heart failure. **Regular consultation with cardiologist and nephrologist**

KIDNEY STONE DISEASE: If not treated, blocks the flow of urine and cause infection and damage kidney functions sometimes kidney failure-**CONSULT WITH NEPHROLOGIST/UROLOGIST**

BENIGN PROSTATE HYPERPLASIA: Obstructing urine outflow of the bladder leading to weakened bladder, increased upward pressure to the kidneys leads to impairs the kidney functions-**OBSTRUCTIVE NEPHROPATHY-CONSULT NEPHROLOGIST**

FAMILY HISTORY OF KIDNEY DISEASE: Familial history of polycystic kidney disease, overtime the cysts can press on and damage the surrounding kidney tissues which can ultimately kidney failure-**CONSULT WITH NEPHROLOGIST**

PREECLAMPSIA: If not treated, narrows the blood vessels and reduces blood flow to the kidneys leads to sudden kidney injury or failure—**REGULAR GYNECOLOGIST CONSULTATION REQUIRED**

AUTOIMMUNE DISEASE: If not treated, the immune system creates antibodies that can mistakenly attack the kidneys this can progress to chronic kidney failure.-**CONSULT WITH NEPHROLOGIST**

PAIN KILLERS : Recurrent use of some pain killers reduces blood flow to the kidneys, stressing the kidneys, scarring and tissue breakdown in the kidneys leading to chronic kidney disease. Cough syrup with **(DEG) DIETHYLENE GLYCOL** is toxic to the kidneys and fatal to the life. **COMBINATION ANALGESICS** like aspirin and acetaminophen with codeine or caffeine are more harmful to the kidneys-**PLEASE AVOID SELF TREATMENT AND WITHOUT PRESCRIPTION**

OBESITY : If not healthy weight, increases the risk of developing diabetes, high blood pressure, puts stress on the kidneys and progress to chronic kidney disease-**Maintain your body weight.**

NICOTINE : Smoking causes narrowing the blood vessels, increases blood pressure 10-15mmHg /cigarette, reduces blood flow to the kidneys, nicotine binds receptors in the kidneys causes inflammation, scarring, cell death in the kidneys contributes kidney failure- **AVOID SMOKING/TOBACCO.SELF DECIPLINE IS DESERVE YOUR KIDNEY HEALTH**

ALCOHOL :Regular consumption of alcohol increases blood pressure, reduces blood flow to the kidneys, increases urination puts stress on the kidney leads to kidney damage. **AVOID ALCOHOL.SELF DICIPLINE IS DESERVE YOUR KIDNEY HEALTH.**

SUSCEPTIBLE PEOPLE: Formers, agricultural workers, pesticides and herbicides applicators are extended exposure to certain pesticides causes direct toxicity to the kidneys and contributing onset of chronic kidney disease. Working long hours in extreme heat leads chronic dehydration, strains the kidneys impairs the kidney functions. **STRICTLY FOLLOW PERSONAL PROTECTIVE EQUIPEMENTS AND REHYDRATION**

- **Hair Dye chemicals**, especially **PARAPHENYLENEDIAMINE(PPD)** can cause ACUTE POSIONING TO THE KIDNEYS and damages muscle tissue releases into the blood leading to acute kidney failure. **AVOID PPD & PERFORM WITH PROTECTIVE GLOVES AND MASKS**
- Snake bites directly reduce blood flow to the kidneys, cause the formation of tiny clots in the blood vessels of the kidney, damages kidney cells, and releases of myoglobin damage the kidneys. **TAKE PRECAUSTIONS**
- **BLUNT TRAUMA:** Motor vehicle crashes, falls/assaults/gunshot/stab wound reduces blood flow in the circulation and hypoperfusion of the kidney causes acute kidney failure. **STRICTLY ABIDE TRAFFIC RULES &BE HUMBLE TO EVERY ONE**

NEW LIFE FOUNDATION is conducting (**RUDRAW**)Rural Urban Diabetes Hypertension Awareness &Wellness programs in villages, cities, societies, colleges, companies and individuals are aware of kidney diseases and prevention kidney failure.