



Aminu Kano Kidney Foundation Trust

NEEDS YOUR SUPPORT



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AMINU KANO KIDNEY FOUNDATION TRUST INFORMATION

INTRODUCTION

Chronic kidney disease (CKD) is increasing and is becoming a major public health problem globally with more than 1 million people on renal replacement therapy and would reach 2 million by 2010. The economic burden of CKD is enormous with the United States spending US\$15.64 billion in 1997 and this is expected to reach US\$28 billion by 2010.

FUNCTION OF KIDNEYS

The kidney is responsible for filtering toxic substances, excess substrates and waste products in the blood.

Apart from these, it produces erythropoietin which helps to form red blood cells for the replacement of expired ones.

It participates in the control of calcium which determines the strength of bones in the body.

It also participates in the control of blood pressure.

Above all it controls the total amount of body water by filtering or retaining it.

CAUSES OF KIDNEY FAILURE

Hypertension and diabetes mellitus are the commonest cause of kidney failure in sub-Saharan Africa.

Other causes are; nephrotic syndrome seen in children and glomerulonephritis, urine retention (due to prostate enlargement, stones in the kidneys, urethral stricture or bladder neck obstruction in children), skin lighteners, and long term ingestion of analgesics.

PREVENTION OF KIDNEY FAILURE

Good control of hypertension and diabetes mellitus and avoidance of, treatment of above condition and seeing a doctor before taking any drugs as well as annual medical check up are important steps to avoid getting kidney failure.



TREATMENT OF KIDNEY FAILURE

It requires the loss of functions of both kidneys before the condition occurs as one kidney is able to cope as is seen when one kidney is removed after an accident or in situation of cancer of the kidney.

The treatments of kidney failure are:

- Haemodialysis the commonest method but is not a cure
- Peritoneal dialysis especially for children
- Kidney transplant

COSTS OF TREATING KIDNEY FAILURE

Haemodialysis is expensive, costing N150, 000:00 to N500, 000:00 every month in Nigerian hospitals excluding Erythropoietin injections weekly, additional N12, 000:00 (in Aminu Kano Teaching Hospital much more in the hospitals). There are very few centres with inadequate number of dialysis machines in Nigeria.

Most families cannot afford this expensive temporary treatment and the ultimate cure of CKD is always a renal transplant.

The cost of renal transplant world-wide is in the range of N1.5million in AKTH to N12 million in developed countries. It is however free in Sudan and some hospitals in Pakistan.

How You CAN HELP

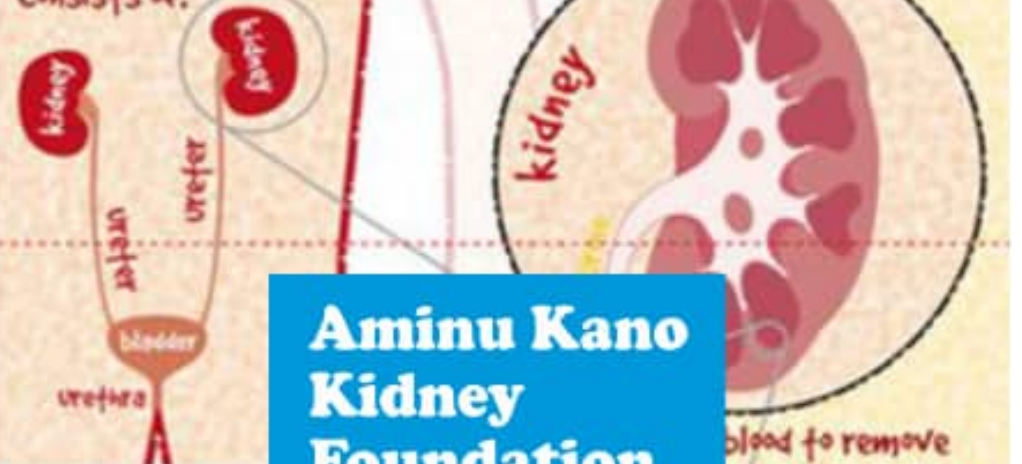
Aminu Kano Teaching Hospital has established **Aminu Kano Kidney foundation Trust** to help indigent (Poor) patients to provide free dialysis and transplant to those who cannot afford and subsidize those who can afford the treatment.

Your donation will help the Trust provide this vital service to all Nigerians.



How our kidneys work

The urinary system consists of:



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blood to remove
waste and produce urine

The urine flows from
the kidney, down the
ureters into the bladder.



Urine passes from the bladder
through the urethra to the outside
when urinating (peeing).



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Gidauniyar Tallafawa Masu Ciwon Koda Ta Aminu Kano

Tana neman tallafinku



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With healthy kidneys Flourishes a good life.

if you just know the science....

There are simple ways to keep your kidneys in good health.

1. If you are a hypertensive, keep good control on your BP
2. Diabetics should keep their blood sugar under control
3. Watch your weight
4. Watch your salt
5. Eat a balanced diet
6. Exercise regularly, atleast for 30 mins
7. Take your medications regularly
8. Periodic health check ups are essential



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World Kidney Day 2012

www.aminukanokidneytrust.org



10TH MARCH 2017

World Kidney Day

World Kidney Day is a global awareness campaign aimed at raising awareness of the importance of our kidneys.

World Kidney Day comes back every year. All across the globe many hundred events take place from public screenings in Paraguay to Zumba marathons in Malaysia. We do it all to create awareness. Awareness about preventive behaviors, awareness about risk factors, and awareness about how to live with kidney disease. We do this because we want kidney health for all.



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Kidney Disease & Children *Act Early to Prevent it!*

The theme of the 2016 World Kidney Day Campaign is: ***Kidney Disease & Children: Act early to prevent it!***

The World Kidney Day Team passionately believes it is important we make the general public aware of kidney diseases which affect millions of people worldwide, including many children who may be at risk of kidney disease at an early age. It is therefore crucial that we encourage and facilitate education, early detection and a healthy life style in children, starting at birth and continuing through to old age, to combat the increase of preventable kidney damage including acute kidney injury and chronic kidney disease and to treat children with inborn and acquired disorders of the kidney.

So, in our 11th campaign year, let's join forces once again to build future healthier generations!