

On World Kidney Day, patients urged to seek medical guidance

Kidney stones incidence and prevalence in Bahrain is amongst the highest in the world

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TDT | Manama

On the occasion of World Kidney Day, experts encourage everyone to get their kidney function checked, especially those with risk factors.

A blood estimation of creatinine and a simple urine test are some of the easiest screening tests that can be done to assess kidney function.

The World Kidney Day theme for the year 2023 is "Kidney Health for All - Preparing for the unexpected, supporting the vulnerable".

The 2023 campaign focuses on raising awareness about disastrous events, natural or man-made, international or local, and their impact on people living with kidney disease.

The World Kidney Day is a global campaign initiated by the International society of nephrology (ISN) to raise awareness about the importance of our kidneys in overall health. It is observed during the second Thursday of March annually since its inception in the year 2006.

The general population is made aware about the preventive behaviours, about the risk factors and also on how to live with a kidney disease once diagnosed through various campaigns planned worldwide.

Dr Ranjith Menon, Consultant Nephrologist and Internal Medicine at Middle East Hospital, told The Daily Tribune that most common causes of kidney disease in the Kingdom are renal calculus disease or kidney stones, abuse of over the counter painkiller medications or analgesics, and obesity.

"It is important to note that kidney diseases if not detected early can result in kidney failure and if untreated commonly can lead to heart attacks," Dr Ranjith said.

"Around 8 and 10 per cent of the adult population have some form of kidney disease, and every year millions die prematurely due to complications arising from Kidney Diseases.

"Most patients do not have symptoms of kidney disease very early, some manifest with symptoms only when 90 percent of their kidney function is damaged. Hence early detection of kidney disease is important.

"Some symptoms of kidney disease include swollen ankles, fatigue or tiredness, poor concentration, reduced appetite, blood in the urine and foamy urine."

Dr Ranjith explained some ways of preventing kidney disease that include regular health checkups, good control of diabetes and hypertension, adopting healthy lifestyle which includes



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"To prevent kidney stones, you should hydrate yourself well and drink 2-3 liter per day of water if you don't have underlying heart failure or advanced kidney disease. Limit Salt and meat intake."

- DR TEERATH KUMAR, CONSULTANT NEPHROLOGIST AND INTERNAL MEDICINE AT BAHRAIN SPECIALIST HOSPITAL

a balanced diet, avoiding fast food and carbonated drinks, doing daily regular exercise, reduce smoking and maintaining ideal body weight, avoid overuse of analgesics

"It is estimated that around 60 to 70 per cent of human body weight is composed of water. Our kidneys play the most important role in water balance in the body, it is important that

we drink adequate amounts of water daily for kidney health," he said.

"Higher amounts may be needed for those who are exposed to very warm climates like we encounter commonly in Bahrain."

Speaking to The Daily Tribune, Dr Teerath Kumar, Consultant Nephrologist and Internal Medicine at Bahrain Specialist Hospital, said: "Predominant etiology of chronic kidney disease in Bahrain are diabetes mellitus and hypertension and chronic glomerulonephritis. Along with Smoking, Obesity and Family history of kidney disease."

Since Ramadan is approaching, he warned that prolonged fasting may be harmful for CKD patients. Individuals with stable moderate to severe CKD (stages 3-5) may be discouraged from fasting, whereas those with mild to moderate CKD (stages 1-3) may be allowed to do so with appropriate monitoring and counseling.

"If their transplant team closely monitors them, patients with stable renal transplants may also be permitted to fast. Individuals on hemodialysis or peritoneal dialysis shouldn't be urged to fast, but if they do, they need close weekly observation."

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He urged everyone to keep up an appropriate level of physical activity and weight. Limit your salt intake, stay away from processed foods, monitor and manage your blood sugar, and keep an eye on your blood pressure. Drink enough water, avoid smoking, which lowers kidney function by slowing blood flow to the kidneys.

24 Bhavans-Bahrain Indian School students dish out stellar performance

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Bhavans-Bahrain Indian School (BIS) students exhibited an outstanding performance in the World Scholar's Cup held at St. Christopher's School.

The World Scholar's Cup is an international academic competition inspired by contests like the 'Academic Decathlon'. It gives the opportunity to students from around the world to compete in a variety of challenges. It is a global celebration of learning, leadership, and the love of alpacas.

The contest witnessed participation of 650 students from 18 schools in Bahrain. The Scholars take part in four key events over two days: Collaborative Writing, Debating, Scholar's Challenge and the Scholar's Bowl.

Twenty-four students from BIS (of Grades VII to XII) participated in the two-day event.

Students bagged as many as 123 medals in various categories and competitions. Four junior and four senior teams participated in the event and all the eight teams from BIS were qualified to the Global Round.

Participants at each Global Round will continue the same inclusive learning experience and will have opportunity to qualify for the 2023 Tourn-



Triumphant Bhavans-Bahrain Indian School students with their proud teachers

ment of Champions. The program enabled students to explore beyond the academic curriculum and interact with students from different

cultural backgrounds. Directors Mr. Himanshu Verma and Mrs. Ritu Verma and Principal Mr. Saji Jacob applauded and congratulated the

students on their outstanding performance and encouraged them to continue achieving great heights in the Global Rounds.

Philippine School holds successful Sports Festival 2023



Kindergarten students performing their limbo rack game
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"Learn to Move, Move to Learn: Fostering Health and Wellness Through Sports."

This theme marked the annual celebration of Sports Day of Philippine School (Bahrain) which was held last March 1 and 2, 2023.

The event gave a lot of chances for the Kindergarten and Elementary pupils as well as Junior and Senior High School students to move and learn through various relays and ball games. Some of these are Pass the Ball, Potato and Balloon Relay, Dodge Ball, Volleyball and Basketball.

The first day was filled with fun and excitement when the different teams walked by pairs while wearing their colourful uniforms and jerseys through a parade followed by



Lee-Ann A. Manalo and Jairelle Prince Resurrection... muse and escort of Green Vipers Team

the opening ceremony.

Vice Principal of Elementary Department, Mr. Jestoni M. Jasmin, announced the declaration of the formal opening of the Sports Day.

"The two-day sports fest enhanced the spirit of sportsmanship among students and teachers," he said.