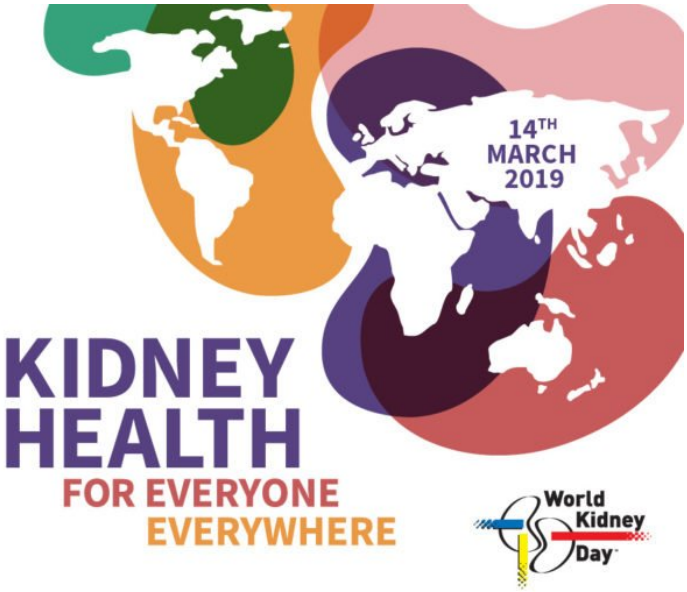
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The Chronic Burden of Kidney Disorders in India

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Prevalence of Chronic Kidney Diseases (CKDs) rising at a starting pace in India



With increasing life expectancy and prevalence of life style diseases, India has seen a significant increase in prevalence of Chronic Kidney Disease. It is currently one of the most commonly occurring non-communicable diseases in India. The most common cause of CKD in population-based studies is diabetes. Recent studies have also shown that even rising air pollution is a factor in increasing risk of Chronic Kidney Diseases (CKD).

With increasing incidence of CKD, the number of patients undergoing dialysis in India is also increasing by 10 – 15 percent every year. This percentage includes many children as well. Unfortunately, despite its steadily increasing incidence, kidney disorders are still not a high priority condition in India. The condition is further worsened by a shortage of operational beds in hospitals and shortage of doctors and paramedics. The economic factor of treatment and management of CKDs is also a major concern for patients and their families.

Dr. Gaurav Thukral, Critical Care expert and Chief Operating Officer at HealthCare atHOME (HCAH) says, "Studies have pegged the burden of chronic kidney diseases (CKD) in India to 800 per million people - which is a significant number considering our population. Treatment and management of CKDs is a long process made painful by long admissions to the hospitals - which leads to mental, physical and economical discomfort to patients and their families. Quality home healthcare solutions are striving to reduce this discomfort by providing a comprehensive health education plan, developing and executing a special care plan for CKD patients and ensuring patient adherence to a healthy lifestyle - all at the comfort of the patient's home. Home healthcare solutions are a more convenient and cost-effective option for patients and their families as well. For instance, HCAH provides hospital quality peritoneal dialysis to patients at their homes at 30% lesser cost and also reduces stress of care givers by eliminating bi-weekly visits for patients to the hospital for dialysis. Home healthcare is indeed an immediate, cost effective, comfortable and high-quality solution to managing India's CKD burden."

On the occasion of World Kidney Day, Dr. Umesh Gupta, Senior Consultant and Director, Nephrology & Renal Transplantation at Aakash Healthcare highlights the need for awareness about (CKD) “Chronic Kidney Disease (CKD) is incurable and progressive disease which decreases the function of kidney over a period of time and patient requires lifelong care and medical treatment. The kidney is made up of millions of tiny structures called nephrons that filter blood. If these nephrons got damaged, then it may affect the functioning of kidney, which may also cause kidney disease”.

Dr. Gupta, also stated, “Kidney disease has no sign and symptoms, it mainly affect people having hypertension and diabetes which is very common. Some uncommon symptoms are inflammation (glomerulonephritis), infections (pyelonephritis), blockage in urinary system, and maximum intake of painkillers (NSAID). People, who are having busy schedule and do not take proper balanced diet, are likely to be at a higher risk for a kidney disease. Those who are more conscious about their fitness and take fitness supplements to get an attractive and muscular body, are also at risk and these can over a period of time may lead towards chronic kidney disease”.

Role of awareness in early detection and hence, right management of CKDs and the option of home healthcare solutions for high quality, cost effective, convenient and comfortable management of the disease are indeed immediate and easy to implement options for managing the burden of CKDs in India.