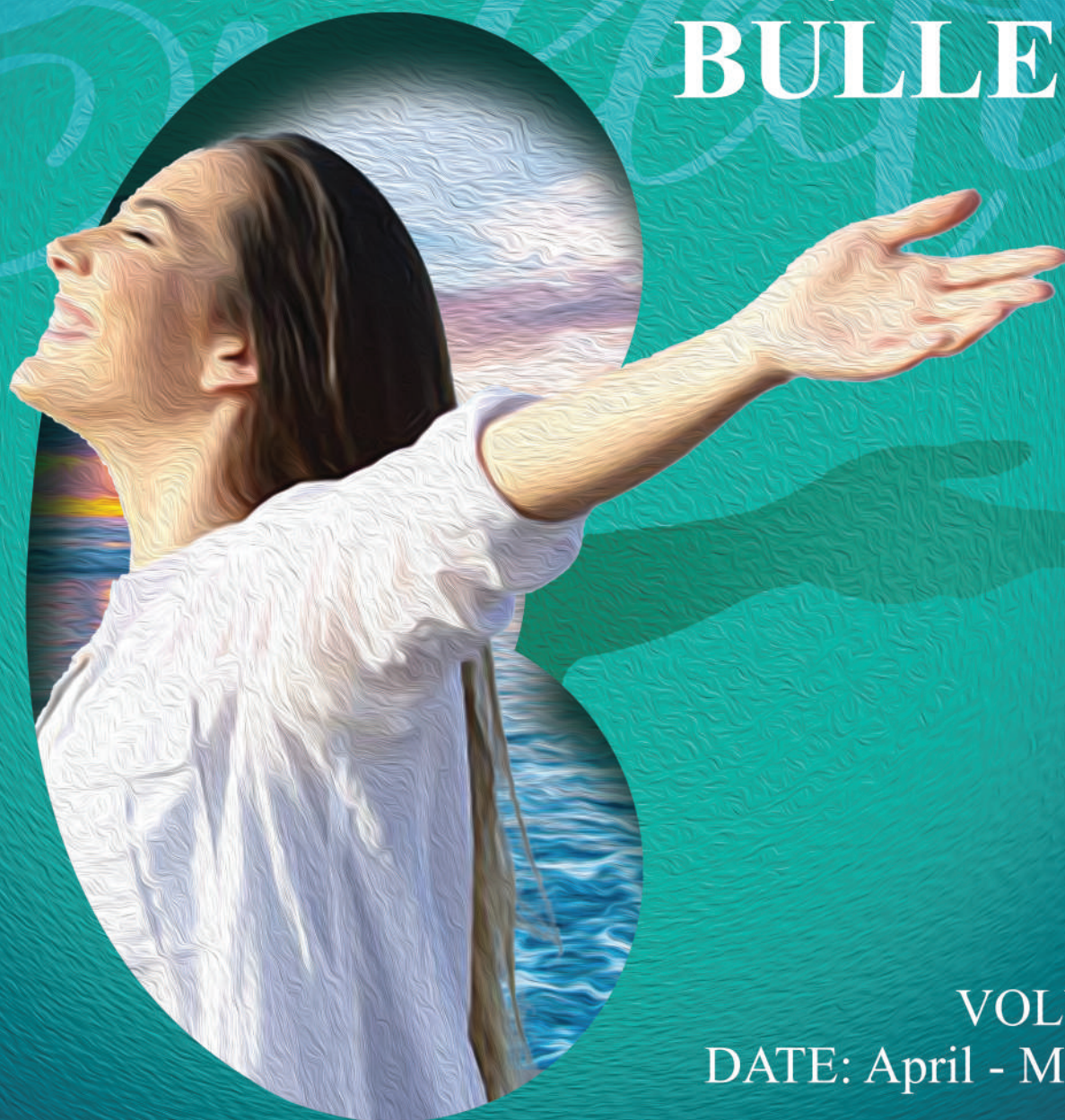




# NAK BULLETIN



VOLUME 1  
DATE: April - May 2023

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IDR PRAMOD G (DAVANGERE)  
IDR DAYANAND A S (SHIMOGA)  
IDR YESHWANTH G (TUMKUR)  
DR PRADEEP SHENOY (MANGALORE)

## MESSAGE FROM EDITORIAL TEAM

Greetings to all the NAK Members!

We are delighted to release the first edition of NAK bulletin. This initiative brings us more closer, strengthens our unity and helps us achieve more success. Our goal is to cover news of widespread interest to the kidney community. We hope to make this interactive and update you all about the emerging trends. This bulletin gives us a platform to share various academic, political, cultural, sporting and scientific activities. This issue will be released once in 3 months.

We sincerely request all NAK members to actively contribute, participate and support this bulletin.

Regards

Editorial team



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A Bouquet of memories (history of NAK)

Few achievement in the recent from NAKiians.

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Laughter is the best medicine



A Few of us Nephrologists in 1980 s got together and formed an informal group to discuss difficult cases and share a meal and this was the beginning of NAK. Credit goes to father of Karnataka Nephrology late Sri Dr NC Talwalkar for initiating this idea of forming an Association with no political agenda and hence from that time we have had only Convenors by unanimous choice of all members and I consider Karnataka Nephrologists the most united and one of the best Associations in the country. I must mention a few names who really helped in forming the Association apart from me and Dr Talwalkar. The names not in any particular order are Dr KD Phadke, late Dr KS Siddaraju, Dr Balaji ( Australia) Wg Cdr SJ Singh Khurana ( Punjab) Dr Srinvasa ( USA) Dr Shivakumar( UK) and Dr KS Ramprasad. This was in the 1980s and later in early 1990 s we had Dr Ballal , Dr Gurudev joining us. We are very fortunate to have my Guru Prof CK Jacob who retired from CMC Vellore and decided to settle down in Namma Bengaluru.

1995 was a watershed moment for our association when all of us were falsely accused of being part of an International Kidney Scam and the Association with the help of the Southern Chapter ISN played a major role in educating the media and public about Organ Transplantation and Organ Donation. The NAK has come a long way from just a few handful of nephrologists to many hundreds of brilliant senior Nephrologists and bright young colleagues from all over the state including small towns and districts. Its very heartening to read about the path-breaking work done by our colleagues in the field of vascular access and kidney transplants from towns and cities other than Bengaluru. Kudos to all of them. We have lots more to do and it's a daunting task to satisfy and help all our colleagues. The goal of the Association is to help our colleagues and help us to help our patients. We have many miles to go before we go to sleep. As a veteran founder of this Association I am proud ,fortunate and happy to work with wonderful colleagues of NAK and share their joys and achievements. I wish the NAK all the very best and I congratulate the members and Convenors for starting this bulletin which I am sure will be a medium for all of us to share our academic, social and personal achievements.

Regards and with all good wishes,

Dr.Sankaran Sundar  
MD,DNB(Nephrology),  
FRCP(Glasgow) FISOT



## Message from Dr Sudarshan B

**T**he Nephrology association of Karnataka which started as informal gathering of a handful of nephrologists three decades ago has grown in leaps and bounds and now represents over two hundred nephrologists. We have a slew of academic and social activities and it is a wonderful idea to come out with a NAK bulletin to spread the information on the wide range of academic and other activities organised by the group and would be a great platform for exchange of ideas. I wish this endeavour the very best and would like to congratulate Drs Ishthiaque Ahmed and Limesh M for inviting this. Wish them the very best on this venture.

Dr. Sudharshan Ballal

XXXXXX



## Message from Dr Gurudev K C

**D**ear Dr. Ishtiaque and Dr. Limesh  
Greetings from Ramaiah Memorial Hospital.  
I am happy to know that you have started a bulletin for NAK. This was long overdue. This bulletin will help maintain the record of all NAK activities and allow its members to share their scientific, academic and personal experience in nephrology. I am sure this will build a great bond among the members of nephrology association of Karnataka-my wishes to the office bearers of NAK.

Dr. K. C. Gurudev

President Ramaiah Memorial Hospital

# Birth of NAK; History of Nephrology and Transplant in Karnataka

The story of Nephrology always begins with story of Dialysis . For the record it should be mentioned that the First Dialysis in India was done at CMC Vellore in 1962 and First successful kidney Transplant was also done in CMC Vellore in 1971

## Time line of Dialysis in Karnataka;

First Dialysis Machine (Drum Machine) Procured by Mysore State Government in 1962 by Prof TS Jairam Surgeon -Urologist and he was Sent to East Germany for Training. Kasturba Hospital Manipal Dialysis started 1971 and later Bangalore Kidney Foundation –Dialysis started by 1979 Dr NC Talwalkar

In 1980, St John's started the dialysis . Later, in 1989 Dr Brian Periera & Lloyd Vincent started CRRT

In 1985 Nephrology unit under Prof Joseph Antony Urologist was started and DrSundar appointed as Lecturer!!

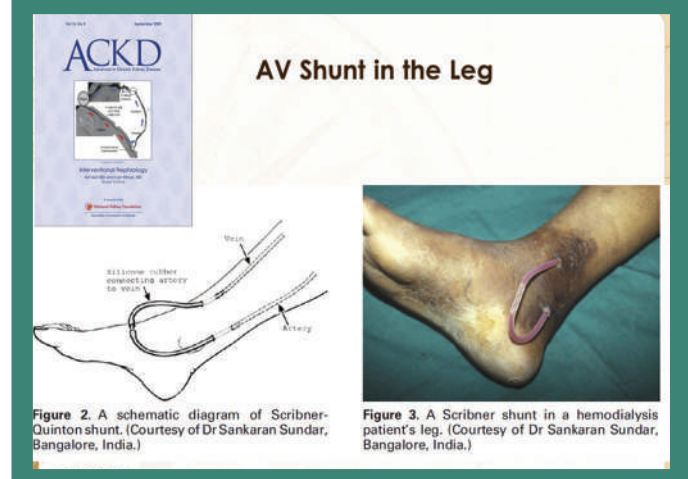
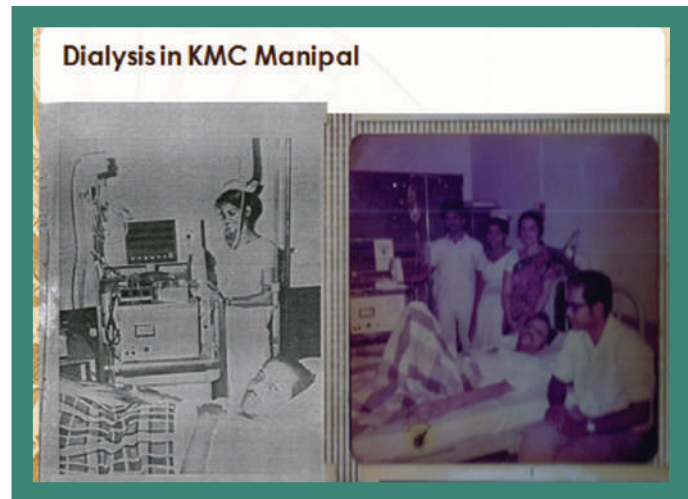
## Time line of Dialysis Units and Nephrologists

- Mallige Medical Center Machine got 1982 Functional 1985 DrSundar
- Lakeside Medical Center 1986 DrS.Sundar, DrSrinivasa(USA)
- MS Ramaiah Medical College 1986 DrS.SundarDrSrinivasa(USA) Dr KA Shivakumar(UK)
- Command Hospital 1984 WgCdr SJ Singh
- Victoria Hospital 1986 DrK.S.Siddaraju( First Govt. Nephrologist)
- Dr KD Phadke came from USA in 1985 joined late Dr Talwalkar in BKF and helped him to build BKF and also start Karnataka's first Paediatric Nephrology services. He can be considered has father of Karnataka's Paediatric Nephrology and he later joined the St John's Medical college one of the finest centers of Excellence for Children s Kidney care and Train-

ing many young Paediatric Nephrologists with fellowships and DM program. DrPhadke was also helpful in helping us do Paediatric Transplants in the state.

- Mallya Hospital 1991 DrSundarDrBalaji(Australia)
- Manipal Hospital 1991DrSudarshan Ballal
- Dialysis Units and Nephrologists outside Bangalore
- Dr KC Prakash 1988 Mangalore
- Dr KC Gurudev 1991 First Nephrologist of MYSORE

## Some Vintage Photos of Dialysis in KMC Manipal



**Dr Talwalkar with Padmabushan Dr MK MANI**

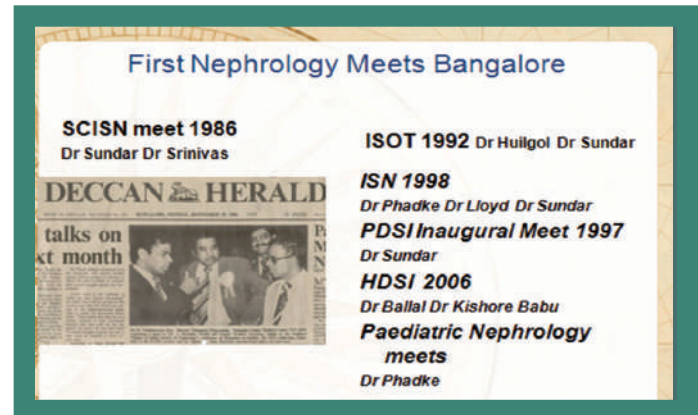


Late Dr NC Talwalkar considered the father of Karnataka Nephrology was trained in Bombay KEM hospital under India's Pioneer Lady Nephrologist Prof VN Acharya.

Dr Talwalkar came to Bangalore in 1979 to set up the Bangalore Kidney Foundation and with the support of Padma Bushan Dr MK Mani ( who was based in Mumbai at Jaslok Hospital and Dr Mani made Nephrology a household name in India as he was treating Loknayak Jayaprakash Narayan ) The Early period from 1979 to 1990 was a path breaking period for Nephrology in Karnataka as there were less than handful of Nephrologists and some of the Nephrologists who helped set up Renal units during that period have moved abroad ( Dr N S Srinivasa, Dr KA Shivakumar, Dr Brian Pereira, Dr KS Ramprasad, Dr Balaji , Dr Ramkumar, Dr Jaishankar, Dr Domnic Raj etc.) The kidney Transplant program was started in 1983 in Bangalore at Lakeside Hospital by Dr Talwalkar and the surgeons who were part of program from Bangalore were Dr Dilip Javali and Dr Ajit Huilgol. Later surgeons like Dr Dilip Dhanpal , Dr Dilip Patil came to Bangalore to run transplant program.

In Mysore Dr KC Gurudev after his training in Chennai under Dr MK Mani started the dialysis program and with the help of Dr Madappa the Urologist did the first transplant in Karnataka outside Bangalore in Mysore. In 1991 Dr Su-

darshan Ballal after his training in prestigious centers in USA returned home to start the Nephrology unit at the Manipal Hospital in Bangalore. Karnataka has organized many Nephrology meetings since 1986 and some are listed below



The story of Karnataka's transplant scene will not be complete without mentioning about the so called Kidney Scam which occurred in 1995.

Doctors and Hospitals in Karnataka and Bangalore in Particular were falsely accused of stealing kidneys by the Police and after 19 long years the High court proclaimed and gave the verdict that the doctors and hospital concerned were innocent and not guilty but this episode damaged the name and hard earned reputation of Karnataka's Nephrologists. Though the incident had its negative effect on the morale of the Nephrologists and the patients it had its positive effect too as the long awaited Human Organ Transplant Act was passed by the Parliament in 1995 and paved the way for Deceased Donor Transplant in India and one can say it was Karnataka's 1995 incident was a serendipity helping the country's Deceased Donor Transplant Program

Karnataka now has a number of Nephrologists in all parts of the state offering state of the art facilities for renal care and many centers outside Bangalore are doing Kidney Transplants. The NAK was founded by a handful of Nephrologists by Late Dr Talwalkar , Dr Sundar, Dr Phadke, Dr Balaji( Now in Australia) , Dr Ramprasad, Dr Siddaraju, Dr SJ Singh( Wg Cdr Retd)

# PAST CONVENERS AND CO-CONVENERS



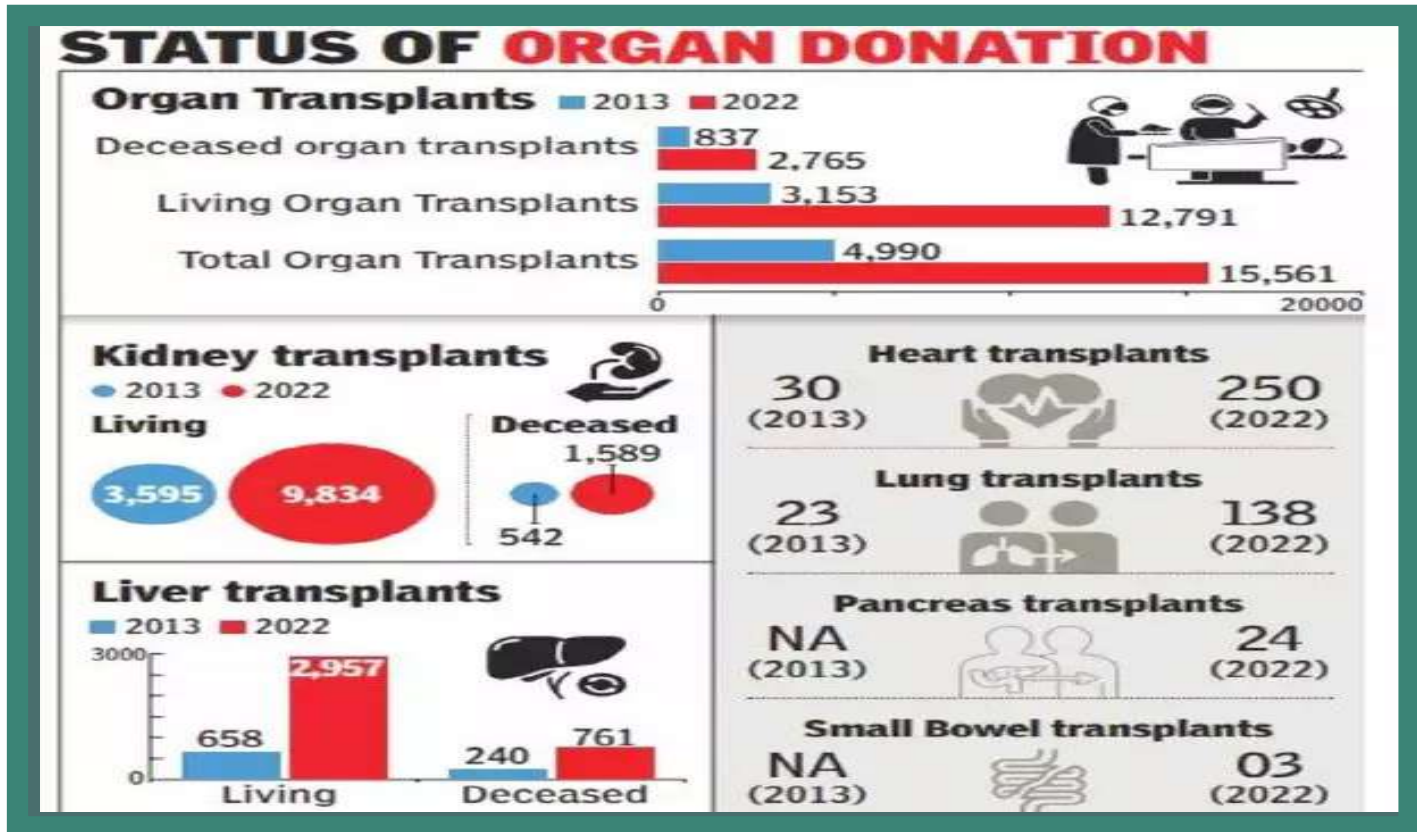
- **2007-2009**  
**Dr Arvind and Dr Sanjeev Kumar Hiremat**
- **2009-2011**  
**Dr K N Arun**
- **2011 -2013**  
**Dr G K Prakash and Dr Ravishankar**
- **2013 -2015**  
**Dr Gurudev and Dr Gireesh**
- **2015 -2017**  
**Dr Umesh L and Dr Sridhar**
- **2017 -19**  
**Dr Anil B T and Dr Deepak Kumar**
- **2019 - 2022**  
**Dr Sanjay and Dr Sunil Kumar**
- **2023-2025**  
**Dr Isthiaque and Limesh M ( present )**

## PREVIOUS ORATION AWARDESS :

- 1st Oration : Dr M K Mani  
2td Oration : Dr T K S Rao  
3td Oration : Dr H Sudarashan Ballal  
4th Oration : Dr Chaacko Jacob  
5th Oration : Dr Gokulnath  
6th Oration : Dr Kishore Phadke  
7th Oration : Dr Sundar S  
8th Oration : Dr Gurudev K C  
9th Oration : Dr Kishore Babu  
10th Oration : Dr Dilip Rangarajan  
11th Oration : Dr Umesh L  
12th Oration : Dr Rajanna Sreedhara



# Few achievement in the recent from NAKiians



Dr Girish.N.S and team won gold medal for best research paper at ISNSC, Coimbatore Feb 2023,



- In the 42nd Annual Conference of Indian Society of Nephrology Southern Chapter - ISN-SCCON 2023 held from 10th to 12th February 2023 at Coimbatore, Dr. Mahesh, Prof. & HOD, Nephrology is selected as vice chairman of Indian society of nephrology southern chapter. Our DM Nephrology Post Graduates Poster presentation prize winners are Dr Lia Sara-Hemodialysis Dr Rahul - Renal Transplantation Dr Rakesh- Clinical Nephrology Dr Akshay- Renal Transplantation. Congratulations to all.
- Congratulations to Dr Fahad for getting second place in the SVIMS Dakshina Murthy Gold Medal for best thesis award.
- First time in india :Swap transplant between 2 centers for crossmatch positivity status
- First time donor operated for swap at respective recipient centers.
- Now Karnataka has the record for
  1. First SWAP in south INDIA 2010, Note : law for legalisation of SWAP came in 2014
  2. First in INDIA inter hospital SWAP (2018) with Kidney movement between centers
  3. First in INDIA Inter hospital SWAP with donor operated at respective recipient centers (2023)
  4. First in INDIA inter hospital SWAP for cross Match positivity status (2023)  
Congrats to Dr ANIL BT( BGS Hospital),Dr GIRISH N (Manipal Hebbal) and Dr Sanjay Srinivasa ( for being part of all these 4 Transplants)
- Rajarajeswari Medical college and hospital has received kidney transplant licence.
- SDM , Dharward has been recognised to have 3 DM seats





Silver jubilee celebrations for Dr G K Prakash



FELICITATION OF DR MAHESHA V AND DR RAVI SHANKAR B

# World kidney day celebrations:2023



In the event of emergencies, people with kidney disease are among the most vulnerable in the population due to their ongoing requirements for consistently coordinated care – care, which is often lifelong and involves complex ongoing treatment. In recent years, the impact of COVID-19 on the health system has placed an added strain on this vulnerable population.

The whole of society, including policymakers, health care services, governments, industry, as well as people living with kidney disease and their carers, must be prepared for unexpected events to avoid any disruption in access to diag-

nosis, treatment, and care.

The World Kidney Day Joint Steering Committee has declared 2023 to be the year of “Kidney Health for All – Preparing for the unexpected, supporting the vulnerable!”. The 2023 campaign will focus on raising awareness about disastrous events, natural or man-made, international or local, and their impact on people living with kidney disease whose access to appropriate diagnostic services, treatment, and care is hindered. WKD was celebrated across various hospitals in Karnataka



# Press note release; NAK and SOTTO's 'A Gift Like No Other'



## ಅವಯವದಾನಂಪై ಅಪೊಹಾಲನು ದೂರಂ చేಸೆಂದುಕು

### ನಗರಂಲೊ 16ನ ಪ್ರತ್ಯೈಕ ಸದಸ್ಸು

ಬೆಂಗಳೂರು, ಮಾರ್ಚ್ 13 (ಅಂಧ್ರಜ್ಯೋತಿ): ಪ್ರಾಣಾಲನು ಕಾಪಾಡೆ ಅವಯವ ದಾನಂಪై ಪ್ರಜಲ್ಲೊ ಇಂಕಾ ನೆಲಕೊನಿ ఉన్న అపోహలను దూరం చేసే దిశలో నెప్రాలజీ అసోసియేషన్ ఆఫ్ కర్ణాటక (ఎన్ఎకె), రాష్ట్ర అవయవదాన సంస్థ (ఎన్ఓటిటిఓ)లు ప్రత్యేక జాగృతి కార్యక్రమానికి శ్రీకారం చుట్టాయి. ఇందులో భాగంగా 'ఎ గిఫ్ట్ లైక్ నో అదర్ పేరిట ప్రత్యేక సదస్సును ఈనెల 16న నగరంలోని వనంతనగర్లో ఏర్పాటు చేయనున్నాయి. ఉభయ సంస్థల ప్రతి నిధులు బెంగాళూరు ప్రెస్ క్లబ్ లో సోమవారం మీడియాకు సదస్సు వివరాలను వెల్లడించారు. ఈ సదస్సును ఉద్దేశించి లోకాయుక్త మాజీ న్యాయమూర్తి సంతోష్ హెగ్డే, నారాయణ హెల్త్ చైర్మన్ డా.దేవి ప్రసాద్ శెట్టి ప్రసంగిస్తారు. బ్రెయిన్ డెడ్ కేసుల్లో మృదేహాన్ని దానంగా ఇస్తే తద్వారా రి మందికి ప్రాణం పోసే అవకాశం ఉందని పైగా ఆరోగ్య సమస్యలతో ఉన్న మరో 50 మందికి వివిధ రకాలుగా ప్రయోజనం చేకూర్చవచ్చునని ఉభయ సంస్థల ప్రతినిధులు పేర్కొన్నారు. రక్షదానం విషయంలోనూ ప్రారంభంలో చాలా అపోహలు ఉండేవని అయితే విస్తృత జాగృతి అనంతరం రక్షదాతల సంఖ్య గణనీయంగా పెరిగిందన్నారు. అవయవదానం విషయంలోనూ ప్రజల్లో అపోహలను దూ



జాగృతి కార్యక్రమంలో ఉభయ సంస్థల ప్రతినిధులు

రం చేసేలా ప్రత్యేక జాగృతి అవసరమని పేర్కొన్నారు. బ్రెయిన్ డెడ్ కేసుల్లో చాలా మంది దేహాలను దానం చేసేందుకు ముందుకు వస్తుండటం వైద్య సేవల రంగంలో ఒక విప్లవాత్మక పరిణామమన్నారు. బ్రెయిన్ డెడ్ అయినా దేహంలోని ఇతర అవయవాలన్నీ సవ్యంగానే ఉంటాయని గుండె, మూత్ర పిండాలు, కాలేయం, కార్నియా, చర్మం ఇలా ఎన్నో అవయవాలను ఇంకొకరికి మార్పిడి చేసి ప్రాణాలు కాపాడవచ్చునన్నారు. మీడియా సమావేశంలో సెమినార్ కన్వీనర్ డా.ఇస్తియాక్ అహ్మద్, ఏస్సర్ ఆసుపత్రి నెప్రాలజిస్టు డా.సుందర్ శంకరన్, సాగర్ అసుపత్రి నెప్రాలజిస్టు డా.అరవింద్ కాంచీ తదితరులు పాల్గొన్నారు.

NAK and SOTTO Hosed Successfully a Seminar to Dispel Organ Donation Myths and Superstitions Hindering Life-Saving Donations

Bengaluru: Nephrology Association of Karnataka (NAK) and State Organ & Tissue Transplant Organization (SOTTO) of Karnataka successfully hosted their joint seminar, “A Gift Like No Other,” on March 16, 2023, with Dr. Ishthiaque Ahmed, Convenor-NAK; Dr. Limesh M, Co-Convenor-NAK and Dr. M Kiran Kumar, Member Secretary of SOTTO leading the organizing team.

The seminar which concluded at API Bhavan in Bengaluru emphasized the false myths and superstitions surrounding organ donation while educating about the poor organ donation rate in India as compared to many other countries.

The keynote speakers included Justice Santhosh Hegde, Former Supreme Court Judge, Former Solicitor general of India, Former Lokayukta;

Dr. Devi Prasad Shetty, Renowned Cardiothoracic surgeon, Founder & Chairman, Narayan Health; Dr. Sudarshan Bhallal, Senior Nephrologist, Chairman, Manipal Hospitals; Sri. Sri. Sri. Shivarudra Swamiji, Belimutt, Bengaluru; Prof. Harjinder Singh Bhatia, Secretary, Gurdwara Sri Guru Singh Sabha, Bengaluru; Param Puja Jainachary Shri Devendrasagarsuriji Maharaj, Eminent Jain Scholar; Rev. Fr. Victor Lobo, Vice Chancellor, St. Joseph’s University, Bengaluru; Moulana Shabbir Ahmed Nadvi, Eminent Islamic Scholar, Bengaluru; Dr. Mohammed Taha Mateen, Chairman & MD, Accura Hospital & HBS Hospital, Bengaluru; Venerable Bhikkhu Dammaratna, Eminent Buddhist Scholar; Dr. Randeep D, IAS, Commissioner, Health & Family Welfare Services, Karnataka; Dr. Sunil Shroff, Senior Nephrologist, Chairman, MOHAN Foundation.

# KEYNOTE FROM THE SPEAKERS:



-”Become what you want in life, first become a human. You become human only if you acquire humanism,” . “One of the most important acts of humanism is the desire to donate organs. I have seen families who received organs and there is nothing like watching those people. Donating an organ is holier than any other act in the world.”

-”One brain dead person can give life to 8 people. It’s an amazing gift one can give. Unfortunately in a country of 1.5 billion, the organ donation rate is very low. Most of the recipients are young breadwinners. I would like everyone to spread the message across and may the misbeliefs come to an end.”

-” We have a long history of organ donation since our ancient times. We have heard many stories and those stories must be an example that no religion prohibits organ donation. I hope we soon reach a position where all the organ recipients will be blessed with a second life.”

Organ donation after brain death is a life-saving possibility for those in need of vital organs such as the heart, lungs, liver, kidneys, pancreas, intestine, cornea, skin, tendons, cartilages, heart valves and bones. When a person is declared brain dead by medical professionals following established guidelines, the organs can be surgically retrieved from cadaveric donors (Brain-dead) and transplanted to the patients in need.

It’s important to understand that brain death is a

permanent and irreversible condition where there is a complete loss of brain function. However, the heart may continue to beat for a short period of time with the help of ventilators and other artificial support systems. During this time, the vital organs can be kept alive and harvested for transplantation.

The seminar witnessed an impressive turnout, with a diverse group of participants from various professions. The event brought together experts and eminent personalities from different fields to share their views and experiences on the subject of organ donation.

During the seminar, the experts addressed the misconceptions surrounding organ donation, highlighting the importance of spreading awareness about this life-saving option. The speakers shared real-life examples and success stories of organ donations, which had a profound impact on the participants.

The seminar was an emotionally stirring experience and the participants drove home the importance of organ donation.

### **Key takeaways of the seminar:**

- A single donor can save up to 8 lives and help up to 50 people through organ and tissue donation.
- The process of organ donation after brain death is a safe and effective procedure that can provide a life-saving opportunity for those in need.

•The seminar stressed the importance of spreading awareness about organ donation and debunking the myths and misconceptions surrounding it.

**Summary of participant takeaways:**

- A patient who received an organ donation shared his emotional journey and how it has given him a new lease on life.
- A patient who is currently on the waiting list for an organ shared his story and how he eagerly awaits the life-changing gift of an organ donation.
- A family who donated their loved one’s organs shared their experience and how it was a difficult

but ultimately fulfilling decision.

**Societal Impact:**

- The seminar inspired many participants to spread awareness about the cause.
- The stories shared by the organ recipient, the patient on the waiting list, and the family who donated organs left a profound impact on the attendees.

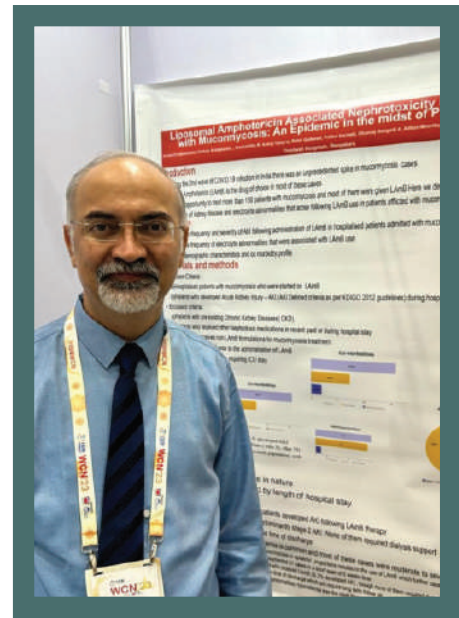
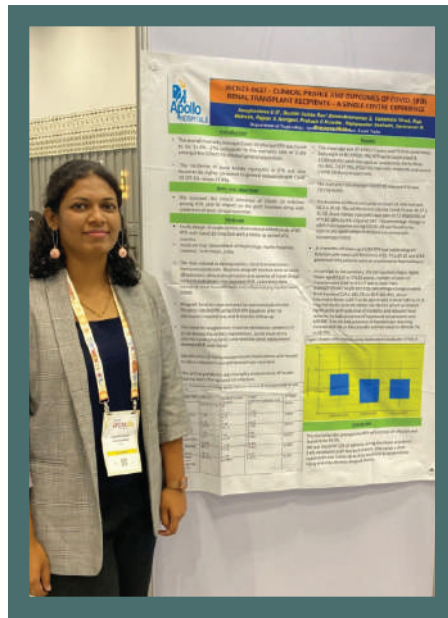
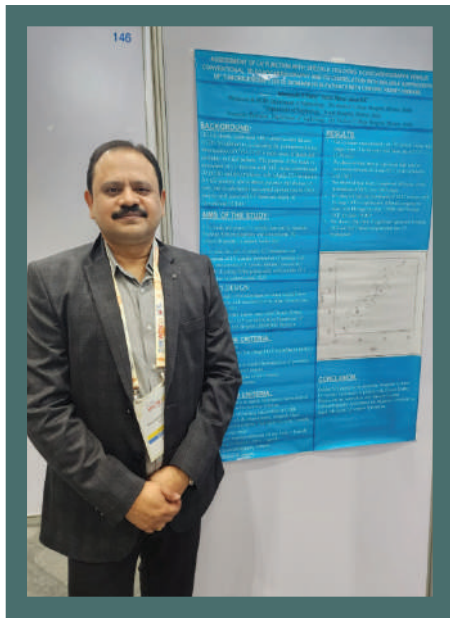
*The success of the seminar is expected to pave the way for more such initiatives in the future*





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four days of leading scientific and academic content, all scheduled in-person was held in Bangkok



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**WORLD HEALTH DAY**  
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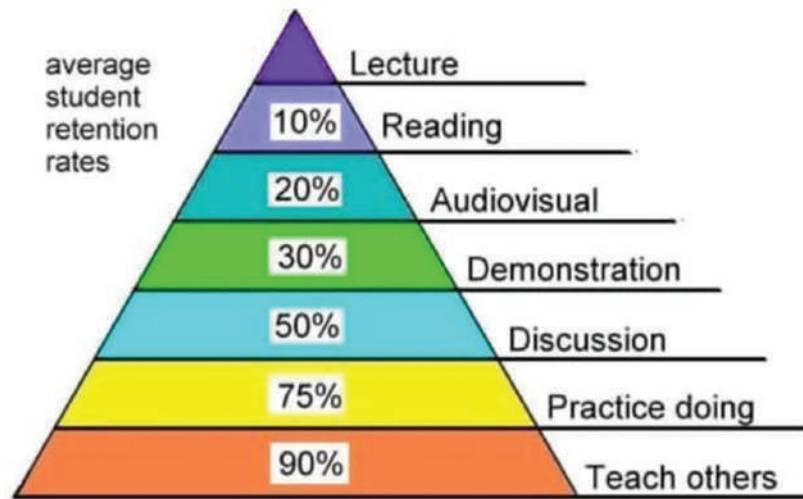
*You are responsible for your health*  
Eat well and do exercise

# WORLD HEALTH DAY

was celebrated all the Karnataka



## Learning Pyramid



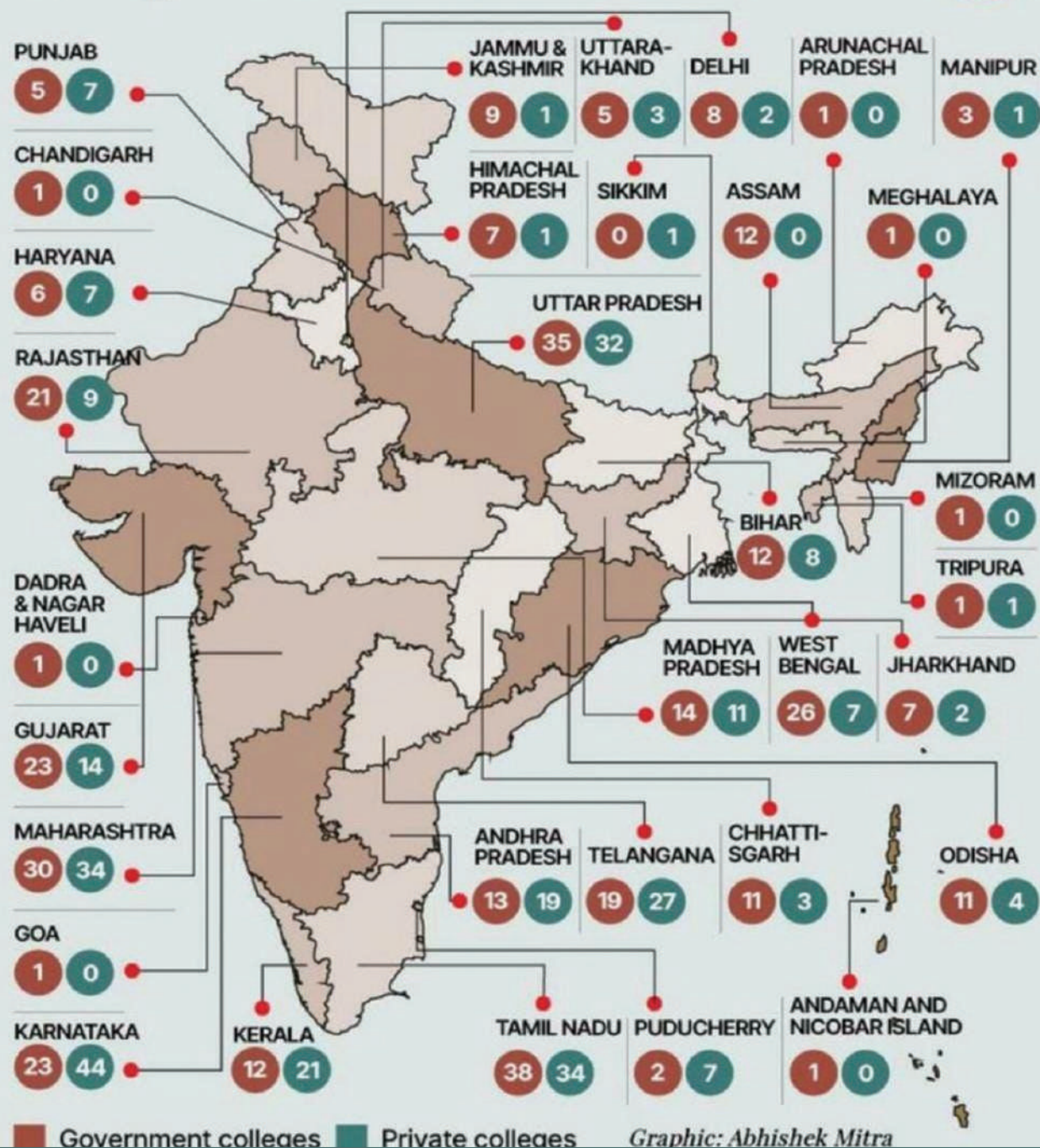
Source: National Training Laboratories, Bethel, Maine

DID YOU

KNOW?



## No of govt & private UG Medical colleges in India (2023-24)





# LAUGHTER

is the best medicine



**“I think diabetes is affecting my eyesight. I have trouble seeing the consequences of poor food choices.”**



**NAK website** will be launched soon



**Post graduate quiz** will be organized



**NAK** is on  
**Facebook**



**Twitter@nephkarnataka**



**Instagram**



Official **email address** of **NAK** will be released soon



**DO YOU HAVE ANY INTERSESTING CONTENT  
TO BE PUBLISHED?**

Please write to: ***karnatakanephrologyassociation@gmail.com***

***WE WILL SEE YOU SOON  
IN THE NEXT BULLETIN***

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