

PRESS RELEASE

For Immediate Publication

In the past decade obesity has pushed kidney patients up by 40%

On this World Kidney Day lets spread awareness on how we can stay at bay from both obesity and chronic kidney disease

7th March, 2017, New Delhi: In the last decade, kidney diseases and obesity have become a major health concern with rapid increase in cases along with cancer and cardiac diseases. Clinicians say a combination of these --obesity and chronic kidney disease (CKD) is a lethal condition. According to **Dr Sanjeev Gulati, Director, Nephrology, Fortis Institute of Renal Sciences and Transplant (FIRST) at Fortis FLT. Lt. Rajan Dhall Hospital (FHVK)** “Focal Segmental Glomerulosclerosis (FSGS) is a dangerous condition that can lead to kidney failure and the only treatment option is dialysis or kidney transplant. And it will be interesting to know that obesity is the leading cause of FSGS.”

According to WHO; by 2025, obesity will affect 18% of men and over 21% of women worldwide. A growing body of evidence indicates that obesity is also a potent risk factor for the development of chronic kidney disease (CKD) and end-stage renal disease (ESRD). People who are overweight or obese have 2 to 7 more chances of developing ESRD compared to those of normal weight. Obesity may lead to CKD both indirectly by increasing type 2 diabetes, hypertension and heart disease, and also by causing direct kidney damage by increasing the workload of the kidneys and other mechanisms.

According to **Dr Gulati**, “Obesity is the leading cause of CKD directly and indirectly. It is a 50-50 situation. In one condition, obesity directly results in CKD and in the other obesity first increases the metabolic syndrome which results in CKD. In either case we have to treat both of them simultaneously because together they are taking a toll on individuals with dual speed. In the last five years, obesity has spread to children and childhood obesity is no longer a myth. Like adults, children can also be prone and affected by CKD and as clinicians we see a steady rise in such cases. Over the years I have treated families carrying genes that cause both obesity and CKD and it is scary to know that these can be passed on to the younger generation.”

How to keep the two in bay: Exercising regularly

- Managing blood sugar levels
- Keeping blood pressure at optimum levels
- Eating healthy and keeping weight under control
- Maintaining a healthy fluid intake, drinking enough water
- Avoiding smoking
- Avoiding self-medication and over-the-counter pills
- Annual check-ups necessary for those above 40

Mr. Sandeep Guduru, Facility Director, Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj (FHVK) said, “The Fortis Institute of Renal Sciences and Transplant (FIRST) since its inception has done more than 900 kidney transplant and we are capable of doing advanced and comprehensive care for all our patients. Under the FIRST we have done more complex kidney transplant, pediatric kidney transplant, AOB incompatible transplant to the patients with HIV. Since day one Dr Gulati and his team has given their best to the patients and pioneered the kidney transplant program at our hospital.”

Kidney transplant is the optimal treatment for most patients with chronic kidney disease. Those who are not advised kidney transplant or have to wait for a donor kidney can usually be treated with either hemodialysis or peritoneal dialysis. At the same time, lifestyle modifications, exercises and proper diet is recommended for patients. Looking at the number of patients with obesity and CKD, it is suggested that knowledge on prevention and management is also required to be disseminated in the country.

About Fortis Hospital Vasant Kunj:

Fortis Hospital Vasant Kunj is a 150 bedded NABH accredited multi-specialty, tertiary care hospital providing comprehensive healthcare services. The hospital is a manifestation of Fortis Healthcare’s vision of creating a world class integrated healthcare delivery system in India. From basic facilities in Preventive Health and emergency services to super-specialties and sophisticated state-of-the-art Curative technology, the hospital has everything. The healthcare team comprises of experienced healthcare professionals from the premier institutes of the country and abroad providing complete and compassionate patient care

About Fortis Healthcare Limited:

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