

INTRODUCTION

Chronic kidney disease (CKD) is increasing globally and has become an emerging public health issue. The Global Burden of Disease study estimated about 1.4 million deaths globally from CKD in 2019, a 20% increase from 2010, this represent a significant rise among the top causes of death. CKD disproportionately impacts low and middle-income countries where both prevalence and deaths due to CKD are significantly higher.

In Nigeria the cost of treating patients with kidney failure is prohibitive. There is limited availability of kidney replacement therapy and even in places where it is available it is unaffordable by most patients. The burden is borne solely by the patient and relatives as there is no adequate social security system or health insurance cover in place to assist these patients.

The increasing burden of CKD across the globe has been attributed to the significant rise in the prevalence of its risk factors such as obesity, hypertension, diabetes, and other cardiovascular diseases as well as bad health habits such as indiscriminate use of medications.

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; Glomerular diseases such as nephrotic syndrome seen in children, 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, avoidance of known kidney damaging habits such as improper taking of medicines and herbal concoctions. Seeking professional advise before taking any drug is advocated as well as annual medical check up are important steps. Early detection of the disease will allow for measures to slow progression to kidney failure which is the last stage of the disease.

TREATMENT OF KIDNEY FAILURE

It is important to seek for medical attention early in the disease before total loss of kidneys functions. The treatment of End Stage Kidney Disease (ESKD) is by kidney replacement therapy. This is by

1. Haemodialysis the commonest method
2. Peritoneal dialysis especially for children



COSTS OF TREATING KIDNEY FAILURE

Haemodialysis is expensive, costing approximately N150,000:00 to N250,000:00 every month excluding Erythropoietin injections weekly and other medications. There are very few centres with adequate 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 Kidney transplant world-wide varies according to countries and across centers. In Nigeria it cost N3.5million in AKTH and between N8-12 million in some private hospitals in Lagos and Abuja. However Kidney transplant is free for indigenes in some African countries such as Sudan, Egypt and South Africa. It is also free in some Asian countries such as some hospitals in Pakistan. Dialysis and Kidney transplant are free in developing countries.

How You CAN HELP

Kidney Care and Transplant Foundation Trust was established to help indigent (Poor) patients with dialysis and Kidney transplant. The patient has also been assisting hospitals with dialysis consumables to assist in sustaining kidney care services in these institutions.

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

Bank Accounts:

Aminu Kano Kidney Foundation Trust
Jaiz Bank 0003593297, First Bank 2033494748

The foundation office is at Gidan Baba Danbaffa, No11 Flat 3, Zaria Road Kano.

