

INDIVIDUAL CONTRIBUTIONS OF PROF AYLA SAN MD HAS MADE TO TURKISH NEPHROLOGY

Ayla San graduated from Ankara University Faculty of Medicine in 1967 and received her Internal Medicine and Nephrology degrees in 1972. She was appointed by Ataturk University (AU) to establish the Faculty of Nephrology when the word “Nephrology” was new in Turkey. Having trained in Nephrology, she started to work in the clinic in 1973, where there was only one hemodialysis machine (RSP) which didn't work. She had to struggle against the lack of personnel, material, place and finance.

ATATURK UNIVERSITY, ERZURUM



STUDIES SHE LED IN THE DEVELOPMENT OF NEPHROLOGY IN EASTERN TURKEY (1973-1995)



“Dialysis Center of Atatürk University (AU) Chronic Kidney Disease Treatment Foundation”

- In 1975 she started the first hemodialysis process in Erzurum.



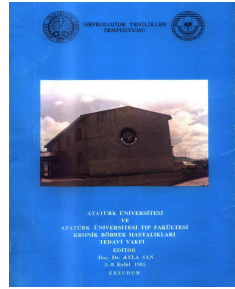
- She founded Atatürk University Chronic Kidney Disease Treatment Foundation in 1980 to overcome the existing difficulties, where she worked day and night to treat patients with 2 machines only.



- In 1982 she started Continuous Ambulatory Peritoneal Dialysis (CAPD) due to import issues and other problems, it didn't continue because it was difficult to persuade the patients to implement the system.



- In 1985 the first and the only dialysis center in the Eastern Region was planned, bought, restored and opened despite the lack of water purification system with bureaucratic difficulties and she had to face inquiries by the university, which later resulted in her advantage.



“The Innovations in Nephrology Congress Book”

- She organized the Second National Nephrology Congress and led to continuity of the congress for a long while (3-8 September, 1985). Pediatric Nephrologists also attended this meeting for the first time. (The first meeting was held in June 1980 but couldn't continue). The 33rd Turkish Society of Nephrology Congress will be held in Antalya, in October 2016.)
- The dialysis center was registered to EDTA with the code number 21 AT in 1986.
- 3 more dialysis machines were donated due to the endless personal efforts of Prof. Ayla San. Meanwhile, she specialized in CAPD in order to establish the center.
- Ayla San had to fight a lot of bureaucratic inquiries against the university which she managed to overcome.



- She trained staff for all the regions in the East being the only nephrologist for 17 years and encouraged to establish many centers in Turkey.
- She established many HDCs in many cities in Turkey and trained many doctors and nurses being the only authority of Ministry of Health and Society of Nephrology responsible in the east region of Turkey for a long time.
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- Trained on renal transplantation (RTx) in Osaka for six months in 1991 (JICA scholarship, National Cardiovascular Center, Japan) she established a tissue typing laboratory in Erzurum with the support of the foundation.



- She founded Nephrology, Hypertension Clinic in 1993.



- Ayla San moved to Ankara to expand her studies after the foundation was taken over one night by the university illegally. At that time there were 15 donated hemodialysis machines

with 60 chronic hemodialysis patients, 4 Gambros, 4 Fresenius, 3 1008s, 1 ATG (Hemodiafiltration), 1 4008C. She donated all of them to the university and left for Ankara suing the university.

THE BRIEF HISTORY OF ATATURK UNIVERSITY MEDICAL SCHOOL'S NEPHROLOGY CLINIC

- ✓ **1st February 1973:** A specialist was appointed to establish Nephrology section. (A.SAN).
- ✓ **18th May 1974:** The First hemodialysis process was applied. (A.SAN).
- ✓ **7th May 1975:** The First renal biopsy was performed by Vim Silverman. (A.SAN).
- ✓ **15th February 1980:** Atatürk University. Chronic Kidney Disease Treatment Foundation was established (A.SAN).
- ✓ **25th October 1982:** Nephrology Department was formally established. The president was Ayla SAN.
- ✓ **18th May 1984:** The dialysis center which was established by the foundation opened.
- ✓ **3rd -7th September 1985** The Second National Congress of Nephrology was held by the Foundation.
- ✓ **1st December 1986:** The dialysis center was registered to EDTA with the code number 21 AT.
- ✓ **1st January 1988:** Ultrasound-guided Tru-Cut biopsy was initiated. (A.SAN, Y. SELÇUK).
- ✓ **8th May 1990:** After 17 years Nephrology section converged second staff. (N.Y. SELÇUK).
- ✓ **14th March 1991:** Tissue Typing Laboratory was established (A.SAN, M.D. ONUK, H.Z.TONBUL).
- ✓ **18th December 1991:** The first CAPD application was made. (A.SAN, M.D. ONUK).
- ✓ **1st January 1992:** Urea Kinetic Model's implementation started. (A.SAN, E. AKARSU).
- ✓ **20th January 1992:** The first permanent jugular catheter was set.
- ✓ **21st October 1992:** First CAVH application started.
- ✓ **6th December 1993:** Nephrology and Hypertension Clinic opened.
- ✓ **14th December 1993:** The process of reuse started.
- ✓ **17th June 1995:** Automatic Peritoneal Dialysis (Cycler) with the first IPD device.

STUDIES SHE DID IN THE DEVELOPMENT OF NEPHROLOGY IN ANKARA (1995-2016)



- Atatürk University Chronic Kidney Diseases Treatment Foundation, which delivered important services in the eastern region, was relocated in Ankara and renamed as Anatolia Kidney Foundation (AKF) in 1995 to serve better and expand its services nationwide.



- Ayla san, the chairperson of the foundation, did check-up activities to determine hypertension and diabetes patients in Gümüşhane, where she was born, in coordination with the doctors from the Ministry of Health.



- In 2001, the court case against AU resulted in favor of her. Nevertheless, she donated all the assets of the foundation to the university with a ceremony organized by thenew Dean and the new Rector, with her name tag on the building indicating that the DC was established by herself.
- There did not use to exist any accessible material or article about the history of Turkish Nephrology and no one knew what others were doing. Ayla San started to write it down thinking that “If one does not know about one’s past, he cannot know about his future” She

sent for the academicians in different clinics, who dealt with Nephrology and she tried to do the “firsts” by serving Nephrology.

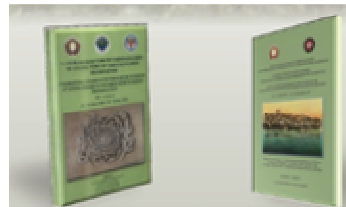
TURKISH HISTORY OF NEPHROLOGY (THN)

- There were nearly no documents about the THN until 1995. For 7 years, by contacting other universities, institutions and Ministry of Health and by writing letters, telephoning and faxing, she tried to collect information on Nephrology over and over contacting those who did not respond. (There was no e-mail at those times.)
- The studies of Pediatric Nephrology Clinics were included in the book of “The History of Turkish Nephrology” even during its very beginning.
- She edited and published “Dialysis in Turkey: Past and Present” (1998), “Dialysis and Transplantation in Turkey” (2000), “THN” (2002), “THN – A Summary” (2003).



OTHER SCIENTIFIC STUDIES CONTINUING ON THN

- *Turkish History of Nephrology* was updated and presented by Prof. Dr. Ayla San for the national and international congresses on The Turkish History of Medicine in 2008 and 2012.



- She presented History of Turkish Nephrology in the 1st and the 2nd International Congress on the Turkish History of Medicine (THM) the 10th and the 12th National Congress on the THM, 2008 Konya, 2012 Istanbul. 10th and the 12th National Congress on the THM, 2008 Konya, 2012 Istanbul.



- She presented the Turkish History of Nephrology poster having updated it in the 5th International Uremic Research and Toxicity Congress and the 7th Baltic Nephrology Meeting, 2007, Poland.

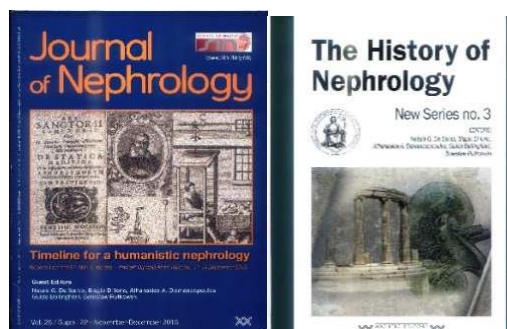


- Ayla San presented the history of renal transplantation in the 13th IFKF Annual Meeting in Hungary in 2012.



- She presented “Our History from the Foundation of Ataturk University Treatment of Chronic Kidney Diseases to Anatolian Kidney Foundation and Our Contributions to Nephrology” posters, 14th IFKF Annual Meeting in Jalisco-Mexico, in 6-9 October 2013 together with her studies for the World Kidney Day.
- She presented these studies to the International Association for History of Nephrology (IAHN) by becoming a member.





- The 8th meeting of International Association of History of Nephrology (IAHN) held in 2013 in Greece. She participated with the speech on “Nephrological Knowledge in Turkey during the 18th, 19th and early 20thCenturies”, published in journal of Nephrology, later in the *History of Nephrology*.
- Ayla San participated in IAHN sessions in ERA EDTA Congresses by her poster presentations.



- “The Development of Turkish Nephrology from Past to Present” was accepted as a poster presentation at the 52nd ERA-EDTA Congress, which was organised in London, (May 2015). Their abstract was presented on the poster, with the number FP908.



- Ayla San presented “Our History from the Foundation of Ataturk University Treatment of Chronic Kidney Diseases to Anatolian Kidney Foundation and Our Contributions to Nephrology”, IXth Congress of IAHN, Milazzo, Italy, October 22-24, 2015 (poster).



RENALİZ

- Another contribution she has made is Renaliz, a newspaper issued every four months and which has been updated every year by efforts of Ayla San since 1999. It is the first Nephrological newspaper in Turkey. Renaliz analyzes every subject in Historical Nephrology in a detailed fashion. The 58th issue is being prepared.
- Information about Pediatric Nephrology as well as Adult Nephrology takes place in the newspaper as they should be considered a whole.
- Instead of addressing random issues, Ayla San organizes Congresses according to the needs and inadequacies of the field Nephrology.



HEMODIALYSIS AND QUALITY (HD&Q)

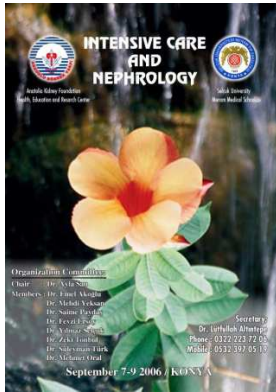
- Although the process of hemodialysis developed in Turkey, the quality was not captured. Therefore, Ayla San focused on this subject.
- The foundation organized the following 6 congresses issuing Quality in Hemodialysis for the first time in 2003 in Ankara, 2004 Trabzon, 2005 Bolu, 2011 Ankara, 2012 Cyprus and 2013 Ankara. Standardization and prices of hemodialysis, improving the life quality of patients were discussed.





KIDNEY DISEASES AND NUTRITION

- There were no congresses on nutrition of kidney patients. Therefore, Ayla San started to focus on the issue.
- 3 Congresses in 2003 Istanbul, 2004 Ankara and 2005 Ankara were organized for the first time on Kidney Diseases (KD) and Nutrition and these were published.



INTENSIVE CARE AND KD

- Due to being a serious problem, intensive care was emphasized by Ayla San and congresses were held highlighting the importance of Intensive Care (IC) on KD with the support of AKF.
- “IC and Nephrology Symposium” was held in Konya, in 2006.

ANNUAL MEETINGS OF IFKF

- Being one of the first members of the IFKF, Ayla San participated in all the meetings and presenting posters or chairing or being a speaker.
 - ✓ 2000 – 1st Annual Meeting IFKF, Nevsehir, Turkey
 - ✓ 2001 - 2nd Annual Meeting IFKF, Los Angeles, USA
 - ✓ 2002 – 3rd Annual Meeting IFKF, Prague, Czech Republic
 - ✓ 2003 - 4th Annual Meeting IFKF, Amsterdam, The Netherlands
 - ✓ 2004 - 5th Annual Meeting IFKF, Adelaide, Australia
 - ✓ 2005 - 6th Annual Meeting IFKF, Dublin Ireland
 - ✓ 2006 - 7th Annual Meeting IFKF, Naxos Sicily, Italy
 - ✓ 2007 - 8th Annual Meeting IFKF, Curitiba Brazil
 - ✓ 2008 - 9th Annual Meeting IFKF, Mainz Germany
 - ✓ 2009 - 10th Annual IFKF Meeting, Istanbul Turkey
 - ✓ 2010 - 11th IFKF International Meeting Malaysia in 2010 Kuala Lumpur, Malaysia

- ✓ 2011 - 12th IFKF International Meeting, Canada Vancouver
- ✓ 2012 - 13th Annual Meeting in Budapest, Hungary, 22-25 August 2012.
- ✓ 2013 - 14th Annual Meeting in Guadalajara, Jalisco- Mexico, 6-9 October 2013.
- ✓ 2014 - 15th Annual Meeting in Lyon, France, 3-6 October 2014.
- ✓ 2015 - 16th Annual Meeting in Tokyo, Japan, 9-12 July 2015.



(2006)(2015)

(2016)



2010- ISN Bulletin about AKF WORLD KIDNEY DAY STUDIES

- International Society of Nephrology & International Federation of Kidney Foundations celebrate every second Thursday in March as the “WORLD KIDNEY DAY” with different main topics.
- Every year Ayla San together with her colleagues, Ministry of Health, and universities has been organizing scientific meetings, educational programs and questionnaires and publish brochures, invitations, badges, banners and posters in order to raise awareness and inform the public of the topic of the year since 2016. These have been shared in social media. Moreover, the blood pressure, blood sugar, body mass index measurements of the public are taken and information is given to them. These can be found on their website.
- AKF has participated in The World Kidney Day activities which IFKF first started with several significant activities with the following topics in Ankara:
 - ✓ **2006** Are your kidneys OK?
 - ✓ **2007** CKD: Common, harmful and treatable
 - ✓ **2008** Your amazing kidneys!
 - ✓ **2009** Protect your kidneys: Keep your pressure down

- ✓ **2010** Protect your kidneys: Control diabetes
- ✓ **2011** Protect your kidneys: Save your heart
- ✓ **2012** Donate – Kidneys for Life – Receive
- ✓ **2013** Kidneys for Life – Stop Kidney Attack!
- ✓ **2014** Chronic Kidney Disease (CKD) and aging
- ✓ **2015** Kidney Health for All
- ✓ **2016** Kidney Diseases and Children: Act Early to Prevent It!

AWARDS RECEIVED



- The 2009 poster arranged by AKF was chosen the third, 2011 the second, 2012 the third. Materials of AKF took place in the bulletin of ISN in 2010.



- The WKD 2014 posters arranged by AKF were chosen WKD's the 3rd poster.

JOEL D. KOPPLE AWARD



- Prof Ayla San was presented the Joel D. Kopple Prize in the 16th IFKF annual meeting held in Tokyo, Japan, on 9-12 July 2015.

AWARDS AKF PRESENTED



- Ayla San awarded Prof. Dr. Haberal on behalf of AKF as the first renal transplantation performer in Turkey. (2005).



- AKF organized a congress to celebrate both the first WKD and Civilization Year together. Prof. Ridvan Ege was awarded due to his contributions as “the Best Founder” (2006).
- AKF has awarded special prizes for 15 years. Retired instructors, successful doctors and nurses are awarded each year with landscape photographs of Ayla San, who is also a professional photographer.



- The 1st and the 2nd National Kidney Diseases and Hypertension Congresses Awards: (26-30 May 1999, 26-30 April 2000, Antalya) Anatolian Kidney Foundation presented 1st, 2nd and 3rd awards.



- Anatolian Kidney Foundation has been presenting the best poster awards in the Turkish Society of Nephrology's National Nephrology, Hypertension, Dialysis and Transplantation Congresses' since 1999.

Other Activity:

- Nowadays, Ayla San is studying hard on Avicenna and Nephrology (Renal Diseases) and is preparing for the IFKF Congress to be held in October 2016.
- A study called “*Prevention and Control Scheme on Turkish KD and Strategies to prevent risk factors*” was organized by Turkish Ministry of Health with Ayla San's responsibility on behalf of AKF. (2014-2017)

LINKS

- 1- www.anadolubv.org.tr/index-ENG.html
- 2- <http://www.anadolubv.org.tr/iahn/IAHN.pdf>
- 3- http://www.anadolubv.org.tr/Pdf_2014/Anadolu_Bobrek_Vakfi.pdf
- 4- http://www.anadolubv.org.tr/Pdf_2014/Anadolu_Bobrek_Vakfi_2-b_2.pdf
- 5- http://www.anadolubv.org.tr/Pdf_2014/Ataturk_universitesi.pdf
- 6- http://ndt.oxfordjournals.org/content/30/suppl_3/iii379.3.full
- 7- <http://www.anadolubv.org.tr/renaliz>
- 8- <http://www.worldkidneyday.org/>
- 9- https://tr.wikipedia.org/wiki/Anadolu_B%C3%B6brek_Vakf%C4%B1