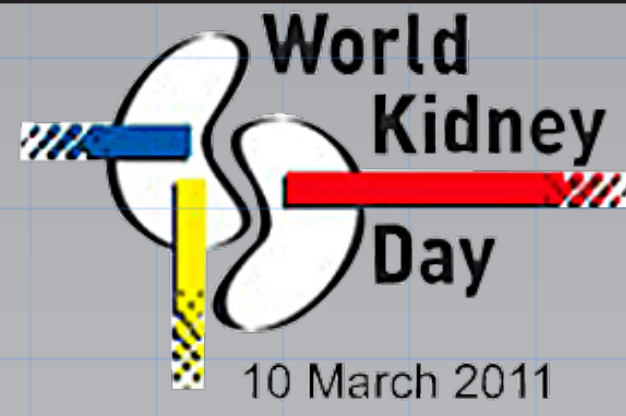


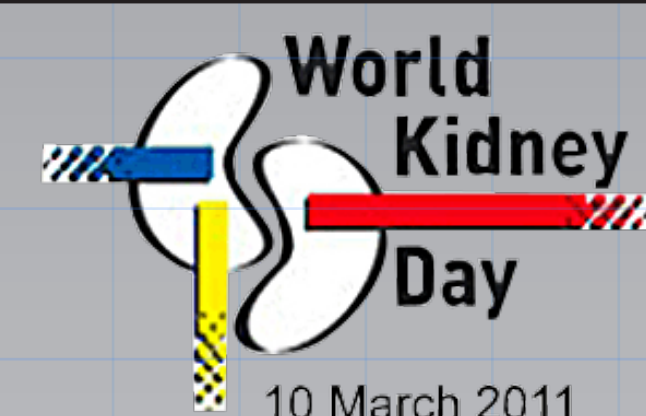


ERZURUM 2011 winteruniversiade



10 March 2011

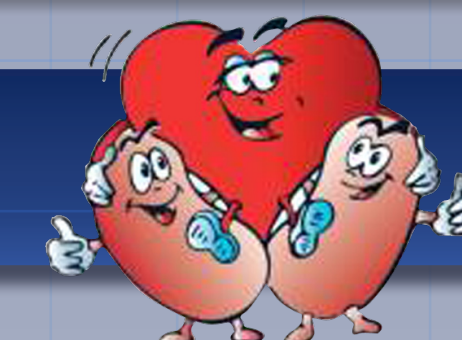
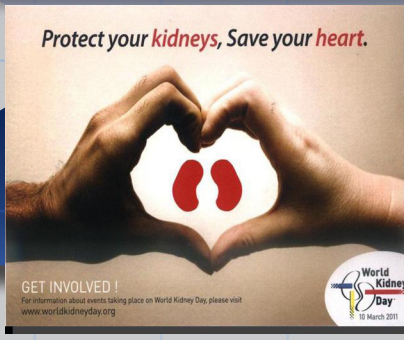
SIXTH WORLD KIDNEY DAY



10 March 2011



Protect your kidneys, Save your heart



Prof. Ayla SAN, M.D., President of Anatolia Kidney Foundation and Ufuk University, Department of Nephrology
Spec. Bahar GÜRLEK DEMİRCİ, M.D. Ufuk University, Department of Nephrology Assistant
The statistical analysis was prepared by Ashhan YILMAZ, M.D.

Each year public surveys have been arranged for World Kidney Day under the leadership of Prof. Ayla San MD in Ufuk University Medical School. The topic of the survey is in line with the theme of that year's World Kidney Day so each year has a different content. The theme of World Kidney Day 2011 was Protect your kidneys, Save your heart. We prepared a survey for the public about diabetes, hypertension and renal issues.



Questionnaires

The purpose of the survey:

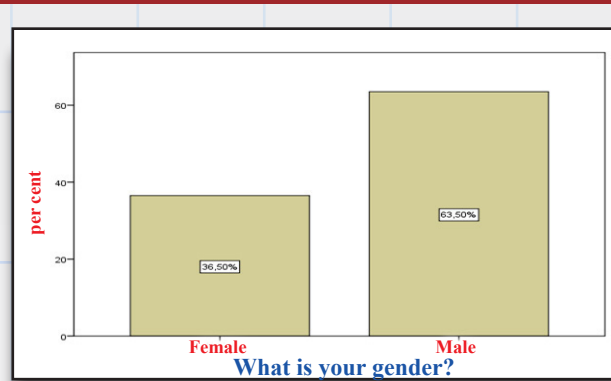
- To determine the level of information and awareness of this survey's participants about diabetes, hypertension and cardiovascular and renal diseases.
- To determine the level of knowledge about Nephrology science.
- To attract the attention of the people about diabetes, hypertension and kidney disease and emphasize the importance of the issue.

200 participants were randomly chosen from different regions of community. Their ages and educational levels are different from each other.

Personal Information:

1. What is your gender?

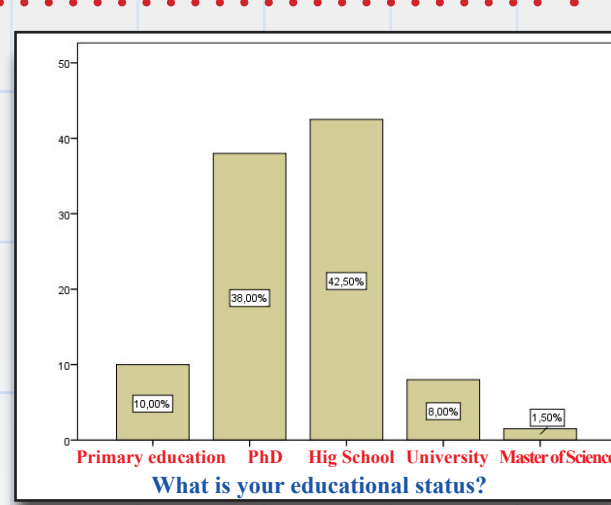
- Female (36,5%)
- Male (63,7%)



2. How old are you? 38,5±13,7

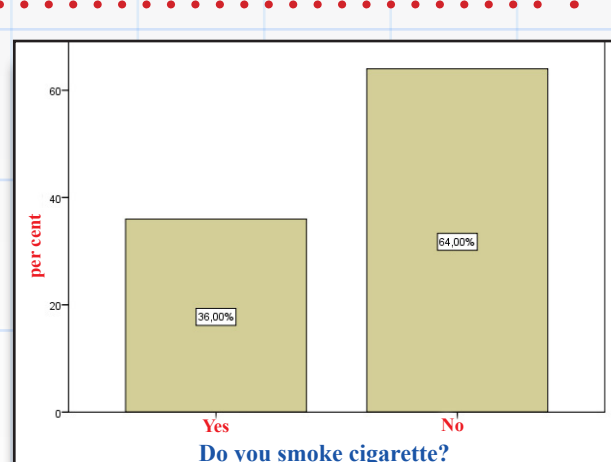
3. What is your educational status? (Please answer according to the latest graduate from the school)

- Primary education (10%)
- High School (38%)
- University (42,5%)
- Master of Science (8%)
- PhD (1,5%)



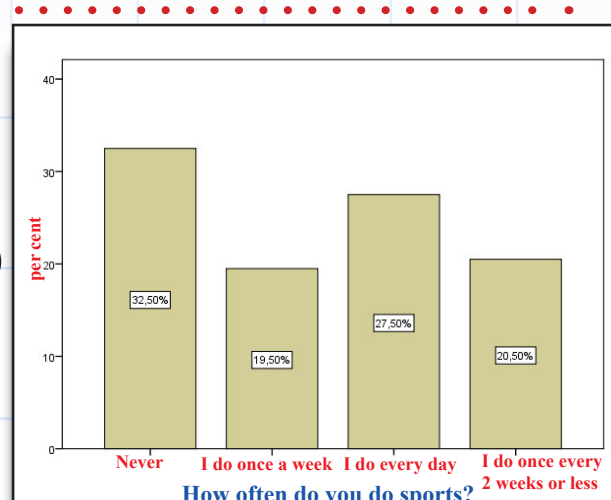
4. Do you smoke cigarette?

- Yes (36%)
- No (64%)



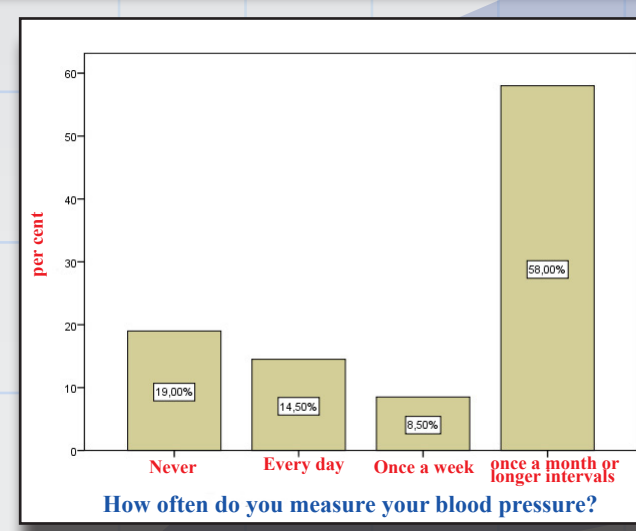
5. How often do you do sports?

- Never (32,5%)
- I do once a week (27,5%)
- I do every day (19,5%)
- I do once every 2 weeks or less (20,5%)



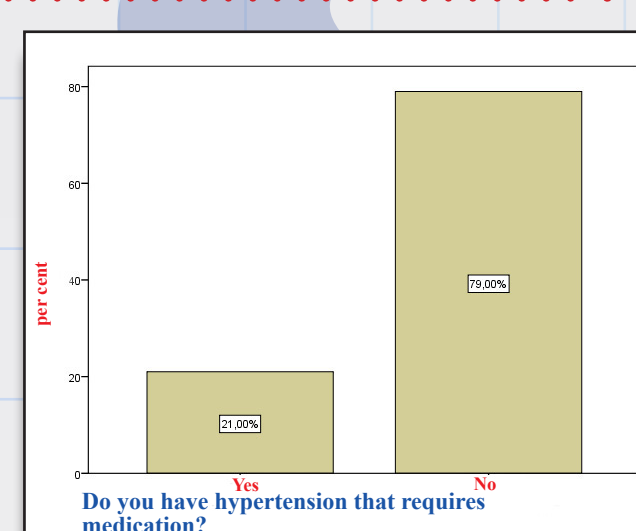
6. How often do you measure your blood pressure?

- Never (19%)
- Every day (8,5%)
- Once a week (14,5%)
- once a month or longer intervals (58%)



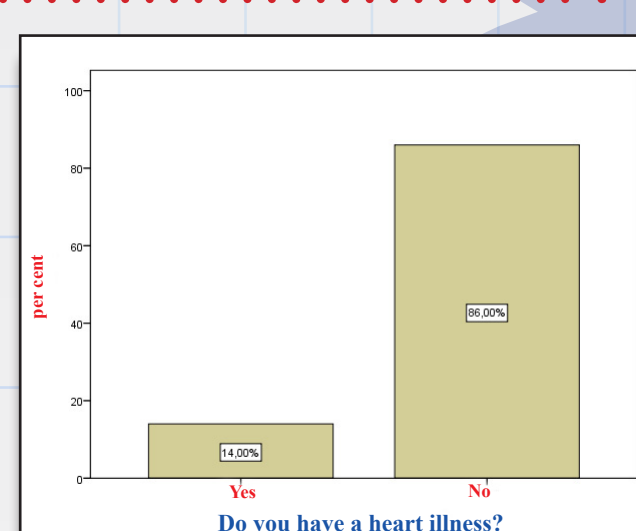
7. Do you have hypertension that requires medication?

- Yes (21%)
- No (79%)



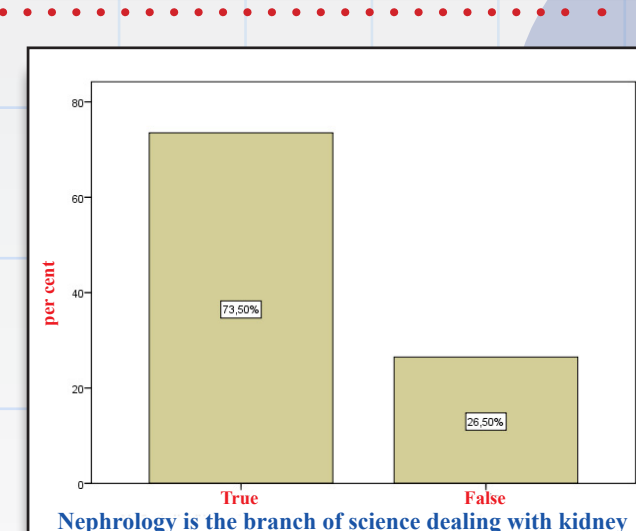
8. Do you have a heart illness?

- Yes (14%)
- No (86%)



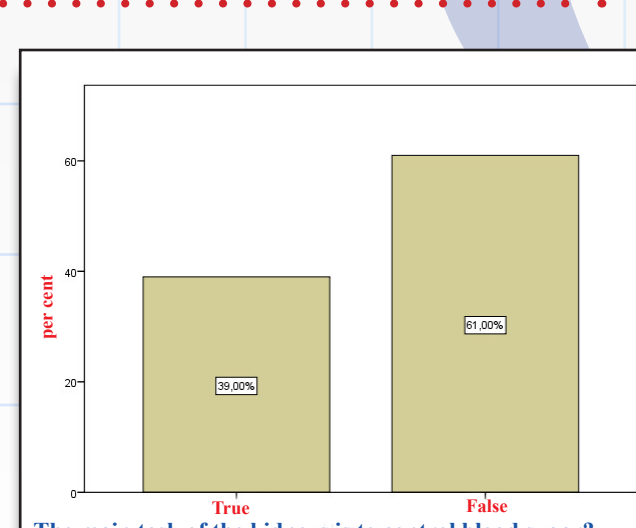
9. Nephrology is the branch of science dealing with kidney disease and hypertension.

- True (73,5%)
- False (26,5%)



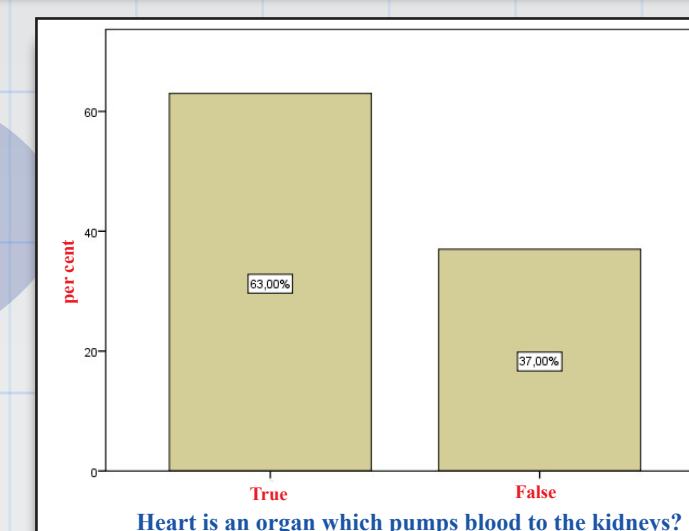
10. The main task of the kidneys is to control blood sugar?

- True (39%)
- False (61%)



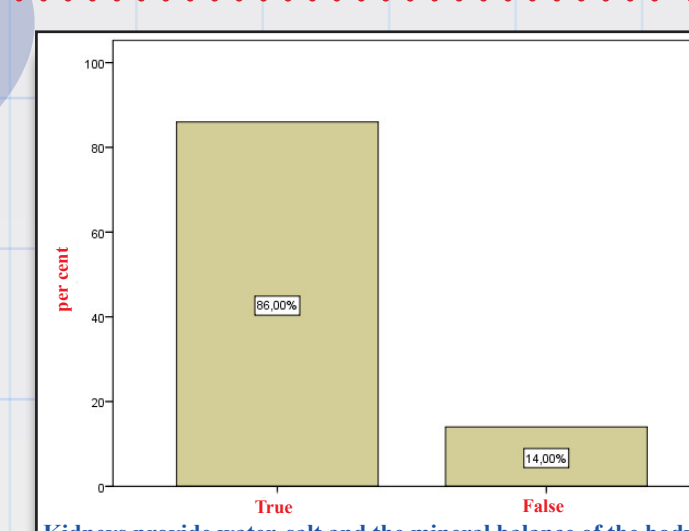
11. Heart is an organ which pumps blood to the kidneys?

- True (63%)
- False (37%)



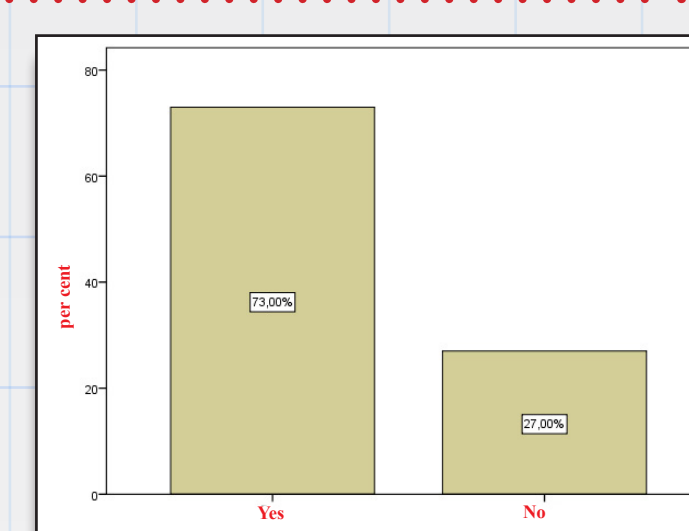
12. Kidneys provide water, salt and the mineral balance of the body?

- True (86%)
- False (14%)



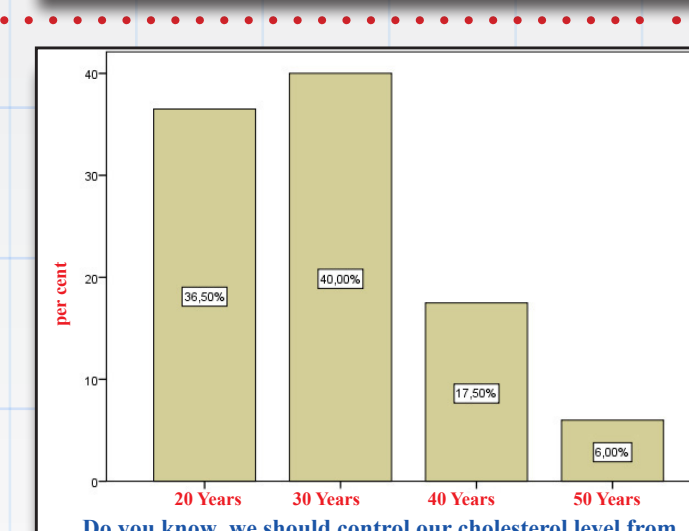
13. Do you know the harm of high cholesterol?

- Yes (73%)
- No (27%)



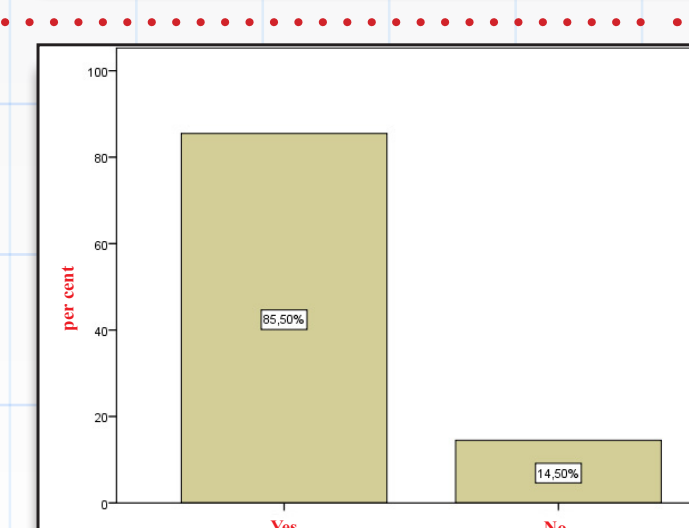
14. Do you know we should control our cholesterol level from how many years old?

- 20 (36,5%)
- 30 (40%)
- 40 (17,5%)
- 50 (6%)



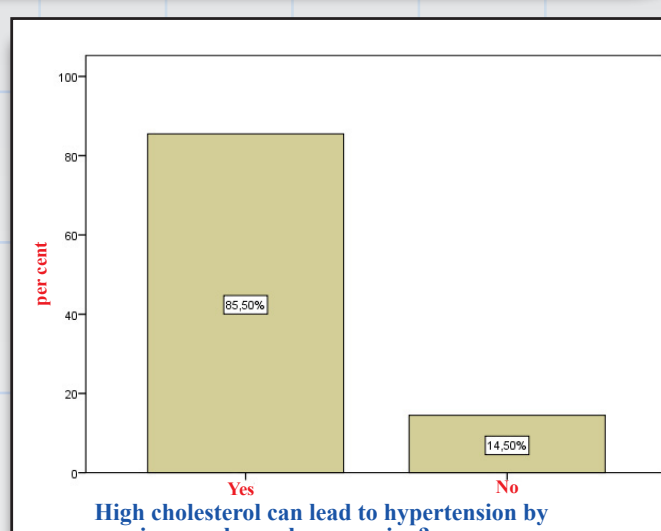
15. Do you know the consequences of obesity?

- Yes (85,5%)
- No (14,5%)



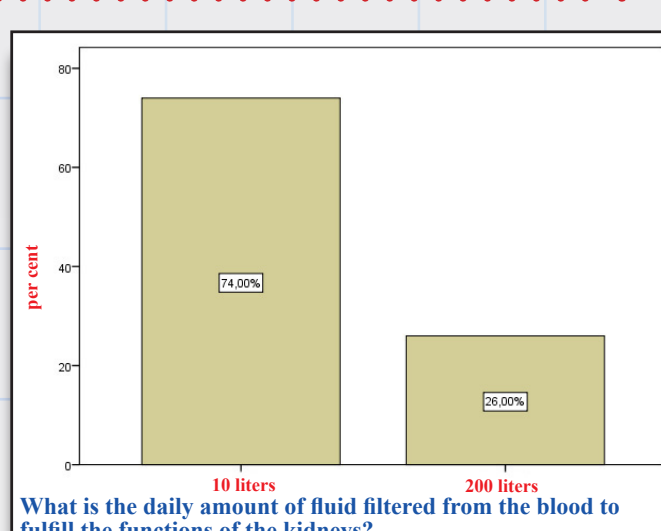
16. High cholesterol can lead to hypertension by causing the narrowing of renal vessels?

- Yes (85,5%)
- No (14,5%)



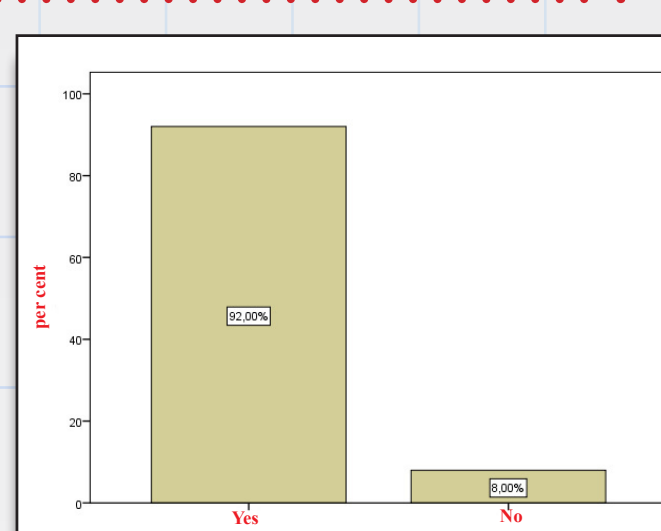
17. What is the daily amount of fluid filtered from the blood to fulfill the functions of the kidneys?

- 10 liters (74%)
- 200 liters (26%)



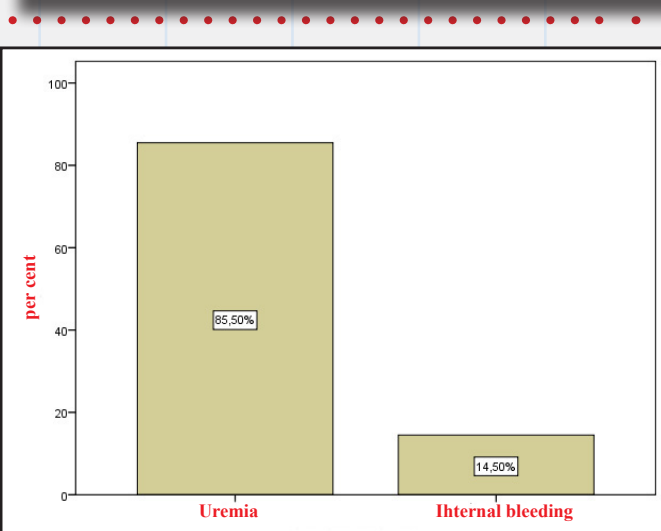
18. Obesity can lead to the development of diabetes?

- Yes (92%)
- No (8%)



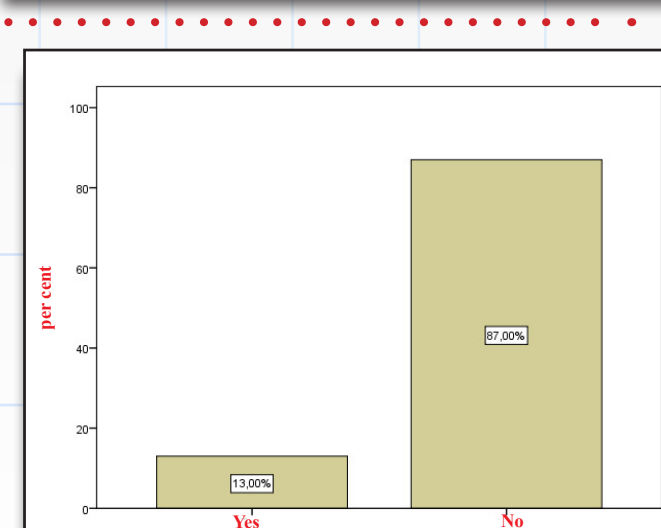
19. Which event can be experienced if kidneys fail to perform their functions?

- Uremia (blood, urine contamination) (85,5%)
- Internal bleeding (14,5%)



20. Will you donate your organs?

- Yes (13%)
- No (87%)



Conclusion

The education levels of the sample taken from the 200 people from Kentpark and Cepa were high. Most of the questions asked were answered correctly indicating that there was an awareness of the importance of the kidney. However many were not aware of the functions of the kidney. In addition, many people were reluctant to donate organs. Thus it is very clear that more work has to be done to raise awareness on the functions of the kidneys as well as organ donations to the public.