INTRODUCTION

OUR ACTIVITIES ABOUT WORLD KIDNEY DAY

The Anatolia Kidney Foundation and Ufuk University celebrated the Third World Kidney Day at Ufuk University Conference Saloon in Turkey on 13 March 2008. The meeting organized by kidney health professionals and this year's theme was " Amazing Kidneys".

We gave place to calendar pages of Anatolia Kidney Foundation 2008 about World Kidney Day.

The main topic was " Every day our kidneys filter and clean 200 liters of blood. We prepare a calendar every year. At this year in our calendar World Kidney Day gave place to and introduce. We published Special Issue of Renaliz about Third World Kidney Day.

At the Special Issue of Renaliz of World Kidney Day's third page is Joel Kopple who created World Kidney Day. And his writing was placed to Renaliz which subject is in Kidney International: Looking Back and Thinking Forward.

Our Media Organs About World Kidney Day

We prepared a media meeting about World Kidney Day on 11 March 2008 before World Kidney Day at Ufuk University.

The President of Ufuk University of Nephrology Prof.Dr.Ayla SAN M.D gave information to the public about World Kidney Day importance, kidney diseases and kidney functions on Başkent TV News Programme. Also a lot of news about Anatolia Kidney Foundation and World Kidney Day Activities published on web sites.

Our Banners about World Kidney Day

Our Rozette, Meeting Programme and Brochure

Rozette

Meeting Programme

Brochure

PROGRAMME

The Importance of 13th March World Kidney Day

Summary: Today we celebrate third World Kidney Day. We are happy and proud of for this. This year the third World Kidney Day's subject is "Amazing Kidneys". Our main theme of World Kidney Day this year is that "Everyday our kidneys filters and cleans 200 liters of blood."

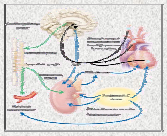
Prof.Dr.Ayla SAN M.D

The World Kidney Day mustn't be an ordinary day. For World Kidney Day everybody should become conscious about kidney disease and kidney functions.

- *After than at the opening dean of Ufuk University Prof. Dr. M. Emin TEKELİ M.D talked.*
- *At the beginning Opera singers and children singers sang a musical song about organ donation. It was very sensible.*
- *A photograph showing started at 10,30 a.m. which name is " Climbing the Prove Mountains' Hills ".*

Prof. Dr. Çetin TURGAN M.D " Kidney and Blood Pressure "

Neural and sympathetic influences. The neural reflexes serve as the principal mechanisms for the rapid regulation of arterial pressure. The neural reflexes also exert a long-term role by influencing sodium excretion.
The pathways and effectors of the arterial baroreflex and atrial pressure-volume reflex are depicted.



Renin-angiotensin system. The renin-angiotensin system serves as one of the most powerful regulators of arterial pressure and sodium balance. In response to various stimuli that compromise blood volume, extracellular fluid (ECF) volume, or arterial pressure—or those associated with stress and trauma—three major mechanisms are activated.

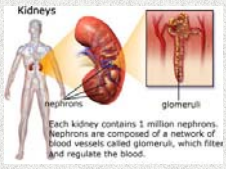
The Scientific Programme

Prof. Dr. Müjdat YENİCESU M.D " Unbelieved Specialist of Kidney Functions "

The kidneys are a pair of fist-size organs shaped like kidney beans that remove waste products from the blood. The kidneys are located below the rib cage on either side of the spine. They perform the following major functions:

- *Remove wastes and toxins from the blood.*
- *Regulate the level of electrolytes in the blood such as hydrogen, sodium, potassium and phosphate. The electrolytes are pumped out and returned to the blood.*
- *Balance the body's fluid content.*
- *Make hormones that regulate blood pressure and produce red blood cells.*
- *Activate vitamin D to maintain the health of bones.*

Every day, your kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water. The waste and extra water become urine, which flows to your bladder through tubes called ureters. Your bladder stores urine until you go to the bathroom.



Kidneys are effective that the bone health protected.

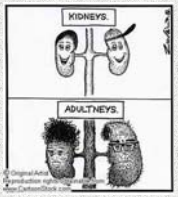
Prof.Dr.Sevcan BAKKALOĞLU M.D "Pediatric Basics of Renal Disease in Adults

A small kidney can occur for a number of reasons. It can be small because of a developmental defect present at birth or because the kidney has been injured, for instance through infection and has become scarred and stopped growing.

In humans, low birth weight (LBW) occurs more frequently in disadvantaged communities among whom there is often a disproportionately high incidence of adult cardiovascular disease, hypertension, diabetes mellitus, and kidney disease.

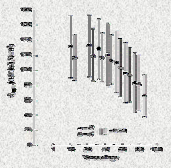
The suck is very important for kidneys. If babies feed with suck they won't be kidney disease.

With feding suck;
- Lower blood pressure
- Lower obesity
- Lower plasma glukoz are created.

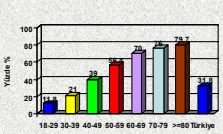


Doç.Dr. Kenan KEVEN "Old Age and Kidneys "

The accurate measurement of renal function in elderly subjects is often required, due to structural and functional changes resulting from age and diseases affecting the kidney. Structurally, with age there is progressive loss of renal mass, particularly in the cortex, leading to a decreased number of glomeruli and an increase in the proportion of sclerotic glomeruli.



A decline in the glomeruler filtration rate (GFR) has been observed in both cross-sectional and longitudinal studies. However, it has also been noted that about one third of subjects have stable renal function, implying that this decline is not universal, and may reflect the effects of age-associated diseases.



Prevalence studies of hypertension in Turkey

A PHOTOGRAPH EXHIBITION "A MEDICAL ARMY AT ÇANAKKALE WAR"

There was a photograph exhibition about a medical army at Çanakkale War from Gülhane Military Medical Academy Doç.Dr.Adnan ATAÇ and his friends after coctail. It was very crowded and brilliant.

ROUND TABLE OF ORGAN DONATION

- For organ donation we prepared a round table with organ Donation Coordinators, nurses, patients, students. In argument there were subjects about organ donation and suggestions of solutions.
- In Turkey there are 38 renal transplantation center and at last years organ donation and transplantation number is increased although it isn't enough.

- The waiting list wasn't created, the real list is lucky list. But solution will be changed with supports from organ donation coordinators, government, public, medical personals.
- First renal transplantation in 1975. First living transplantation was in 1975. First cadaveric transplantation was in 1979.
- Lots of disease stories and the importance of organ donation was told by everybody.