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Message To Support Kidney Patients.

On being asked to write short notes on my impression about problems related to kidneys I am venturing into this subject hoping that at least a few who would go through it will find beneficial.

In simple terms kidneys are the purifiers of blood and without healthy kidneys no man can live long. In order to function efficiently kidneys need to be in healthy condition. As such periodical checkup of functioning of kidneys is a must. When their condition reveals sign of illness what is required is treatment and proper conditioning of life style.

When I enquired with a Japanese friend years back as to what was the secret of their longevity. His reply was 'we take only small quantity of sugar and salt, and that could be the main reason'. I was very much impressed with his reply and I have been remembering that wisdom of Japanese every time I have to eat or drink; and as such I am still free from diabetes by the grace of God.

Dr.M.Anand Kumar, who himself is a kidney patient and a recipient of kidney from his wife, one who has gone through the pains caused by the deceased kidney has been championing the need to help the unfortunate patients who are in millions all over the world. He has formed accordingly a trust called "OMEGA Rehabilitation Trust" out of his own money and he is now appealing to people to extend their support for which I do join him in this appeal as most of the patients belong to the poorer section of society who can not afford the high cost of treatment. May we all join Dr. Anand in this noble rescue operation and restore normal health to the patients as many of them are the bread winners of their families. There will no 'Too Small' a help in this. Any kind of help will be most gladly accepted.

Yours in the service of the nation and the kidney patients.

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