World Kidney Day 2014: kidneys age, just like you

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Advancing Nephrology Around the World
A World Kidney Day resolution

The start of a new year is a good opportunity to make important resolutions. If you are a member of ISN, it is time to raise more awareness about kidney health. So, there is no better reason to dedicate this issue to the upcoming World Kidney Day Campaign focusing on Chronic Kidney Disease (CKD) in aging populations worldwide.

The prevalence of CKD is higher in elderly people. About one in five men and one in four women between the ages of 65 and 74, and half of people aged 75 or more have CKD. Prevention is the most effective cure especially in developing countries.

World Kidney Day has always shown tremendous success over the years and 2014 will be no exception. There are so many ways to show your support from organizing a run or a rally, to handing out information or helping to screen members of the public for symptoms of kidney disease. We hope this issue of ISN News inspires you to support this special campaign and find your own way of shouting about it.

The ISN Team
News in brief

Saving Young Lives project funds practical course in Cape Town on PD for AKI

In November 2013, a group of 13 doctors and nurses from across Africa travelled to Cape Town to attend a surgical skills course on peritoneal dialysis (PD).

Herman Ayesiga from the Kilimanjaro Christian Medical Centre (KCMC) in Tanzania said: “the course was compiled with a lot of good and useful information on the latest techniques.”

The KCMC in Moshi is a Saving Young Lives (SYL) supported site. About the SYL project, Ayesiga continued: “Some institutions may not have significant data on the prevalence of the acute stage of renal disease due to lack of awareness, leading to late referrals in chronic state. Creating awareness in terms of knowledge on management and diagnostic facilities is important.” The ability to diagnose and manage acute kidney injuries will reduce the prevalence of chronic kidney disease and associated mortality.

For more information on the Saving Young Lives Project, visit: www.theisn.org/syl

You can also see more photos from the training course on the ISN Facebook page.

ISN-ANIO Committee raises 30,000 USD for India

The ISN-ANIO Committee was recently raised 30,000 USD for nephrologists in India. Thank you to everyone who generously donated to this cause during the ISN-ANIO Committee dinner in Atlanta, Georgia.

The ISN-ANIO India Committee was established in 2010 and is a partnership between ISN and American Nephrologists of Indian Origin (ANIO). The overall goals are to develop innovative and transformative projects which complement existing nephrology programs in India. The Committee also raises funds to pay for its projects.

For more information: www.theisn.org/isn-information/isn-anio-india-committee/itemid-589

Deadlines ISN Programs

• **Clinical Research & Prevention Program:** April 1, 2014
• **Educational Ambassadors Program:** May 1, 2014 (centers)
• **Fellowship Program:** June 15, 2014
• **Sister Renal Centers Program:** September 15, 2014

Applications are all year long for volunteers to become ISN Educational Ambassadors and to join the Continuing Medical Education Programs.

Membership

ISN connects science and humanitarian efforts. Through education, ISN is reaching out to global medical communities, giving them the knowledge and support to reduce the impact of kidney disease worldwide. Membership to ISN supports these activities and provides specific benefits including exclusive eligibility for ISN capacity building programs, online and print subscriptions to *Kidney International* and access to *Nature Reviews Nephrology* online and reduced registration fees to ISN events. Not yet a member? Visit: www.theisn.org/join

Update your membership and profile

To ensure you receive all your benefits, please keep your profile up to date and renew your membership in a timely manner. Access or update your profile at: www.theisn.org/memberlogin
This year World Kidney Day will focus on Chronic Kidney Disease (CKD) in aging populations. The prevalence of CKD is higher in elderly people. “The older you get the more likely you are to have some form of kidney disease,” says John Feehally, ISN Programs Chair. “It is also a major risk multiplier in patients with diabetes, hypertension, heart disease and stroke. All of which are key causes of disability and death in older people,” he adds.

In the United States, there was a 57% increase between 1996 and 2003 in the number of octogenarians and nonagenarians alone. The prevalence of CKD in Chinese women increased from 7.4% among those aged 18-39 years to 18% and 24.2% among those aged 60-70 years.

World Kidney Day has become the most successful effort to raise awareness among policymakers and the general public about the impact of kidney disease. On the website you can download everything to organize your activity: posters, leaflets and logos. www.worldkidneyday.org/materials/

“We are relying on everybody to spread the word amongst the doctors, patients, friends and family,” says WKD steering committee chair Guillermo Garcia Garcia.

There are many easy ways to support the campaign, you can head to the WKD world map to see what others are planning. If you are active on social media, post a group photo of your activity. The list is endless and the more we shout about it, the more we will spread the word about the importance of prevention.

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Take care of them

World Kidney Day is a joint initiative

13 March 2014

TALK TO YOUR DOCTOR ABOUT YOUR KIDNEYS IF YOU:

• Have diabetes
• Have high blood pressure
• Are obese
• Smoke
• Are over 50 years of age
• Have a family history of kidney disease, diabetes or high blood pressure

www.worldkidneyday.org
Get creative and shout about it!

Every year our supporters get more creative in finding ways to engage people and raise awareness on this important cause. This year is no exception. Marathons, walkathons, street demonstrations, charity dinners, lectures or cooking competitions, there are so many ways to show support for the cause.

Morocco started celebrating early, with a session of lectures and an awareness walk in January. The National Kidney Foundation of Malaysia is organizing a Dance Marathon to keep everybody healthy. In Sri Lanka, the national hospital will hold an education exhibition with posters, leaflets, and demonstrations. We value every action, big or small, and we want to know everything about it.

If you would like to find out whether an event has already been planned in your area, take a look at the list of ISN and IFKF local organizations at www.worldkidneyday.org/events/top-tips/.

We encourage you to connect with them to join forces and get even more from the campaign. You can also pick the best tips to make your activity as fun as possible. We have all you need to get inspired.

“We are relying on everybody to spread the word amongst the doctors, patients, friends and family.”

Guillermo Garcia Garcia
ISN Nexus Symposium
Hypertension and the Kidney
September 25-28, 2014
Brisbane, Australia

www.isnnexus.org/brisbane
ISN Joint Fellowships
Nephrology training for all

Partnerships are what count when trying to build a career in nephrology and get the best fellowship training.

ISN has partnered with some 13 organizations, societies and universities - offering a little something for everyone.

- **The Kidneys for Life Fellowship** offers training at The Manchester Royal Infirmary Hospital.
- **Amgen Fellowship** supports training in Egypt, South Africa, Turkey or Russia in clinical nephrology, in educational methods or research.
- **ANIO Fellowship** is for candidates of Indian origin wishing to train in renal pathology, transplantation and CKD epidemiology.
- **APSN Fellowship** offers training opportunities to be hosted within the Asian Pacific region.
- **CREED Fellowship** targets young physicians from South East Asia wishing to train in Oceania and South East Asia only.
- **ERA-EDTA Fellowship** targets young physicians from Northern Africa, Middle East or Eastern Europe to be hosted in a European unit.
- **IPNA Fellowship** offers a fellowship to applicants who wish to train in pediatric nephrology.
- **Kidney Research UK Fellowship** targets applicants who want to carry out a 12-month training within a UK institution.
- **Hong Kong Visiting Fellowship** is designed to enable Chinese Fellows to train in selected host centers in Hong Kong.
- **SLANH Fellowship** sets out to advance nephrology within Latin America.
- **University of Michigan Fellowship** helps advance nephrology in the English speaking Caribbean area and Sub-Saharan African Region.
- **British Renal Association Fellowship** is a 12-month training program within a UK institution. The fellowship should include both clinical nephrology and research.
- **Turkish Society of Nephrology Fellowship** offers a special opportunity for young nephrologists from Turkey.

To acknowledge great contributions from Otsuka, the Salmasi and Schrier families, ISN has established special fellowships that also bear their name. To recognize Saulo Klahr’s great contributions to ISN and nephrology, each year the ISN Fellowship program awards a fellowship in his name to the best candidate from Latin America.

For further information, visit: [www.theisn.org/isn-information/joint-fellowships/itemid-496](http://www.theisn.org/isn-information/joint-fellowships/itemid-496)
ISN TTS Sister Transplant Program success story

Collaboration leads to transplant hope for kidney patients in Palestine.

Until recently, there were no transplant services available in Gaza. About 500 adult patients and 20 children were on chronic hemodialysis and only those who could afford to travel away could benefit from this treatment.

Change is on the horizon now thanks to the ISN-TTS Sister Transplant Center Program. A partnership between the Al Shifa Hospital in Gaza, Palestine and the Royal Liverpool University Hospital in the UK led to the first kidney transplant in the region in January 2013 - giving the Liverpool team the credibility to influence decision makers regarding transplantation in Gaza.

The team just returned from Gaza where three kidney transplants were carried out, including one on a child. This has increased the total to eight transplants, three of them being pediatric. Abdul Hammad from the supporting center in the UK explains that a plasma exchange technician also helped train staff: “We started a Renal IT system, and hopefully once these are installed in every nephrology center in Gaza we can start a Renal Registry, a national transplant waiting list for kidney transplantation.”

“The Clinical Director at the Liverpool Transplant Unit has already initiated direct engagement with the Gaza Ministry of Health, Critical Care Specialty, and Members of the Legislative Council, to build the framework for organ donation,” say ISN-TTS Sister Transplant Center Program Chairs Paul Harden and Jeremy Chapman.

Previously there were high rates of mortality for dialysis patients in Gaza, especially during the war. “These patients may receive what is in many westernized countries a ‘life enhancing operation’, but in Gaza it will undoubtedly be a ‘life-saving operation,’” says Hammad whose next trip will be in April 2014.

The ISN-TTS Sister Transplant Center Program is a recent joint partnership between ISN and The Transplantation Society (TTS) to create new kidney transplant centers and develop existing kidney transplant programs in emerging countries. Following the success of the ISN Sister Renal Center Program, this initiative encourages transplant centers to increase opportunities for kidney transplant patients in developing countries. For more information: www.theisn.org/GO/isn-tts

Photos courtesy of Craig Stennet.
Online training course strengthens nephrology practice in Latin America.

The Sociedad Latinoamericana de Nefrología e Hipertensión and Sociedad de Transplante de América Latina y El Caribe came together for an online course about immunopathology and immunointervention, gathering some 600 participants from Latin America, Europe and the United States. The course was supported by ISN.

ISN President Giuseppe Remuzzi gave a closing lecture and actively joined discussions. The course took place over two months and every week focused on a new issue within transplantation and glomerular disease.

“It definitely widened the scope of participants, reaching nephrologists from far-away areas who do not otherwise have the chance or the finances to take part,” explains Francisco González-Martínez, Vice President of the Sociedad de Transplante de América Latina y el Caribe.

This course was coordinated from Montevideo, Uruguay by members of the Centro de Nefrología del Hospital de Clínicas and Universidad de la República with the participation from all the reference centers in the region. The Uruguayan Center has a successful seven-year Sister Center Program with the Hospital Bellvitge Barcelona. The partnership helped Montevideo make progress in transplantation and clinical nephrology.

“The Hospital de Clínica is the only center responsible for the formation of postgraduates in Nephrology in Uruguay. Continuous education has a great influence on the future of nephrology and has really brought the region together,” explains Oscar Noboa, Secretary of the Sociedad Latinoamericana de Nefrología e Hipertensión.

Building equal relations across Latin America and making nephrology centers self-sufficient play an important role in developing nephrology in the region. There is a great inequity in the access to renal replacement therapy (RRT) - dialysis and transplantation - in Latin America. The median RRT prevalence is 600 patients per million population (pmp). There is also a considerable lack of nephrologists across Latin America where the average number is 14 nephrologists pmp.

For more information about the ISN Continuing Medical Education Program, visit: [www.theisn.org/cme](http://www.theisn.org/cme).
2013 was an exciting year for our Society. Some of the faces of ISN share with us their favorite moments in words and images.

**World Kidney Day 2013 – raising awareness about AKI**
“Our objective is to get a better idea of the prevalence of Acute Kidney Injury around the world and gain more data to provide information for strategic purposes and raise awareness. Etiology and presentations are varied but the consequences are similar worldwide,” Ravindra Mehta on the theme of the 2013 campaign.

**Saving Young Lives projects in Africa**
“The workshop was a mix of theoretical lectures and practical training around peritoneal dialysis, helping physicians to understand the practical challenges of inserting PD catheters in children,” Mignon McCulloch on the success of the first training course in Cape Town.

**Acute Kidney Failure: 0 by 25 initiative**
“It is the duty of the international nephrology community to support the development of strategies in low-income countries that permit the timely diagnosis of acute kidney failure and promote access to renal replacement therapy,” ISN President Giuseppe Remuzzi on ISN’s human right initiative statement that 0 people should die of untreated acute kidney failure in the poorest parts of Africa, Asia and South America by 2025.

**ISN Programs – still going strong**
“The ISN Programs Committee Chairs devote remarkable amounts of time to making their individual programs work and evolve. I can point with pride to young physicians who have returned after ISN fellowships to become the first nephrologists in their countries” former ISN GO Chair William Couser on his years as Chair of the ISN Programs.

**WCN 2013: a world-class meeting in nephrology**
“With an amazing opening ceremony, WCN 2013 started off with a special message from World Health Organization Director General Margaret Chan. We welcomed 5,900 participants, representing 124 countries. 1,755 abstracts were accepted and more than 95 moderators were there to discuss,” WCN Organizing Committee Chair Philip Li on a great congress.
2013 was an exciting year for ISN and it would not have been possible without your valuable membership support: 122 Educational Ambassadors volunteered, 48 CME meetings received support, 37 Fellows received training, 35 Sister Renal Centers worked together and two new Sister Renal Center pairs graduated. But we still need your help, you can make a donation at www.theisn.org/isn-information/donate/itemid-456
After a productive year, we catch up with ISN Education editor Tushar Vachharajani to run through the benefits of this educational tool and find out what is planned for 2014.

What is the aim of ISN Education?
The global epidemic of chronic kidney disease and shortage of nephrology workforce has clearly stretched the traditional training programs. In this era of internet-based learning, I envision ISN Education portal as becoming a leader, by providing excellent self-learning resources. Web-based interactive learning in various formats can enhance the learning experience and often make abstract concepts easy to understand. ISN Education portal makes learning nephrology from the world experts a simple task for everyone in any corner of the world.

Having trained in multiple continents, it was easy for me to understand the educational needs of both developing and developed countries. The age of the internet has created a world where every physician needs to be aware of the diseases and pathology existing in every corner of the world. I see the ISN Education portal providing a true global learning experience with various branches of nephrology such as general nephrology, tropical diseases, interventional nephrology, advanced translational research, transplantation, etc.

How important is ISN Education in ISN’s mission of advancing nephrology worldwide?
ISN Education plays a key role in supporting ISN’s mission by providing easy access to learning nephrology and helping connect professionals interested in kidney and related diseases worldwide.

It promotes programs such as Global Outreach Postings by providing an avenue for professionals from developing countries to publish and interact with mentors from developed countries. The wider collaboration with international organizations like DOPPS, KDIGO, The Cochrane Collaboration, help with distributing guidelines, disseminate recent advances in nephrology and ultimately achieve optimal standards of care, globally.

What do you enjoy most about the portal?
I feel the most liked feature is the easy access to audio-visual presentations from various national and international meetings. Besides, it also provides a one-stop-shop for guidelines and relevant commentaries from the experts. Interactive video presentations and histopathology images add tremendous learning experience. The “Ask the expert” section offers the opportunity to get answers from experts on problems faced in daily clinical practice. These unique learning resources provide a phenomenal opportunity for on-demand learning.

Are there any new projects on the horizon for the portal?
The traffic to the ISN Education website has been steadily increasing as evident by the number of daily hits on the website from all over the world. The ISN Education Committee spearheaded by David Harris and supported by the ISN Education Editorial Committee and various experts in the team, intend to advance the knowledge across all geographic and economic conditions.

In the future, the current momentum of the website will be maintained with live webinars that will encourage the audience to interact with the speakers and participate in live polls; create e-learning modules and also bring more live streaming webcasts from major scientific meetings.

Tushar Vachharajani is Chief of Nephrology at W. G. (Bill) Hefner Veterans Affairs Medical Center, Salisbury, and Clinical Assoc. Prof. at VCOM, North Carolina. He has trained in internal medicine and nephrology in India, UK and USA. His main research interest is in dialysis vascular access and clinical outcomes of endovascular interventions.

An active member of the ISN Education Committee, he also serves on the Education Committee of American Society of Diagnostic and Interventional Nephrology. Chair of the International Committee of ASDIN and member of the Interventional Committee of ISN, he is actively involved in promoting global education and spearheading collaborations between various international organizations.
Transplantation and organ donation lead discussions at first YNC workshop in China.

Recently the ISN YNC hosted a young nephrology workshop in Shenzhen, China on December 14, 2013. The workshop was organized by Qiquan Sun, our ISN Young Nephrologist Committee (YNC) member from China.

“The main objective of the workshop was to bring together young leaders in transplant nephrology across China to discuss issues relating to deceased kidney donation and long and short-term graft survival," says Jeffrey Perl, ISN YNC Chair.

Qiquan Sun explains that Perl gave a talk on dialysis and transplantation. Guest lecturers from the United States included Dicken Ko who spoke about the kidney transplantation program at Harvard Medical School, Massachusetts General Hospital as well as Xian Li from Houston Methodist Hospital who spoke about the novel understanding of immune mediated tolerance of the kidney allograft.

A group of local speakers also took part in this meeting, giving lectures on deceased donor kidney transplantation – presenting several interactive challenging cases for discussion.

Perl adds: “We hope that the ISN YNC has provided the foundation for more collaborations to help educate young transplant nephrologists so they become leaders in future clinical and research activities in kidney transplantation in China.”

The forum was highly successful and was well attended by over 70 transplant nephrologists from across China. There were several opportunities for discussion and interaction and it is our hope that this event will lead to ongoing and continued advances in kidney transplantation in China and beyond.
Unraveling the role of the kidney in hypertension will lead discussions at the second ISN Nexus Symposium on the Kidney and Hypertension, taking place from September 25 to 28, 2014 in Brisbane, Australia.

“Hypertension is one of the most common chronic diseases in humankind, affecting more than 1 billion people worldwide. This meeting is organized around the premise that abnormal handling of sodium by the kidney is a common pathway for developing hypertension of diverse causes,” explains Thomas Coffman, Chair of the Scientific Committee for this meeting.

He adds: “The topic of the kidney and hypertension has not been addressed recently, and there have been many recent advances in the field that will be of great interest to clinicians and researchers.”

Coffman says that he is looking forward to the sessions focused on renal nerve ablation - an intriguing new approach for treating patients with refractory hypertension. Experts in the field will be reviewing the basic pathophysiology of renal nerves in hypertension, along with the results of the latest clinical studies.

Rob Walker adds: “the exciting sessions relate to the increasing importance of salt and the epithelial sodium channel in the vasculature contributing to vascular stiffness, as well as the role of the extracellular matrix as a buffer for sodium and how these concepts are widening our understanding of long-term blood pressure control.”

For the latest information about this event, visit: www.isnnexus.org/brisbane/

Mark your calendar!

ISN Nexus: Hypertension and the kidney from September 25 to 28, 2014 in Brisbane, Australia.

- Registration Now Open
- Abstract Submission Deadline: June 20, 2014
- Early Registration Fee Deadline: July 4, 2014
ISN upcoming events

ISN Events connect global medical communities, giving them the knowledge and support to reduce the impact of kidney disease worldwide.

Regulatory science session announced for Nexus Bergamo 2014

A regulatory science session is set to take place at the upcoming ISN Nexus Symposium in Bergamo, Italy. “We are especially pleased to announce that all three major regulatory agencies – the FDA, the EMA and the PMDA – will be represented at the symposium, with speakers from all three giving what promises to be fascinating talks,” say symposium co-chairs Giuseppe Remuzzi and Toshio Miyata.

They will chair the regulatory science session, organized on Friday April 4. Aliza Thompson will cover regulatory issues and strategies by FDA. Tsuyoshi Ando will talk about current regulatory issues and strategies by PMDA and Romaldas Maciulaitis will speak about regulatory issues and strategies by EMA.

Taking place from April 3 to 6, 2014, this symposium brings together scientists in academia and the pharmaceutical sector, clinicians and regulators, to define new frameworks towards efficient drug discovery and clinical trials in kidney disease. You can find the most up-to-date information on sessions and speakers at www.isnnexus.org/bergamo

Regular Registration Deadline: March 10, 2014
KIDNEYS AGE, JUST LIKE YOU.
Take care of them

13 March 2014

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• Have diabetes
• Have high blood pressure
• Are obese
• Smoke
• Are over 50 years of age
• Have a family history of kidney disease, diabetes or high blood pressure

www.worldkidneyday.org