

## *Early the detection, early the cure: Doc*

NT Bureau

Chennai, Mar 9:

The problem with kidney diseases in the country is that it is being detected at a later stage, wherein dialysis and transplant become necessary, according to nephrologist and director of MIOT Institute of Nephrology Dr Rajan Ravichandran.

He said this while speaking at the launch of an 'innovative home detection kit for kidney disease' by MIOT Hospital and Balaji Medical Education Trust in Chennai today.

He said the department lacks of nephrologists. Early the detection of the disease, soon it could be controlled from developing into an advanced stage, so, a tie-up has been forged with the TCS to distribute the kit to its employees.

Speaking about the kit, Ravichandran said, 'the test is easy to carry out at home. If this urine albumin test is done outside, it would cost around Rs 150. But here, the cost of production itself is as less as Rs 10 and even then it is distributed to the people free of cost. This kit is launched to mark the 'World Kidney Day' on 10 March.

Apart from the family history of diabetic kidney disease, hypertension, blood pressure and blood sugar control, excess salt-intake, lack of exercise and smoking can also become the risk factors for the disease, Ravichandran said.

The idea of such health days is to create awareness about the disease, thereby reducing the cases of chronic diseases. This year, the theme for the day is 'protect your kidneys, save your heart', he added.

Later, a documentary film explaining how to use the kit and about the seriousness of the disease was screened.

TCS vice-president, Jay Ramakrishnan and film director Jayendhran were also present on the occasion.



**Nephrologist and director of MIOT Institute of Nephrology Dr Rajan Ravichandran, TCS vice-president Jay Ramakrishnan and film director Jayendhran distributing the 'home detection kit for kidney disease' to college students in Chennai today.**