

## Briefing

I wanted to share some ideas I have for programs we could run to help people with kidney issues. These focus on early detection, transplants, patient education, and working with companies for support. Here's the plan:

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### 1. Free Check-Up Camps

**Goal:** Catch kidney problems early and teach people about them.

- Screening camps in slums (to reach people who can't afford care).
  - Visit colleges and vocational schools (young adults often ignore health checks).
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### 2. Encourage More Kidney Transplants

**Goal:** Help dialysis patients switch to transplants and share success stories.

- Talk to dialysis centers to find patients ready for transplants.
  - Share stories of people who got transplants (to inspire others).
  - Give out free dialysis belts and protein powder (like Nephro Pro).
  - Counseling for patients/families before transplants.
  - Free health check-ups for dialysis patients in district dialysis centres.
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### 3. Teach Patients after Transplants

**Goal:** Help them stay healthy long-term.

- Explain which vaccines they need.
  - Teach them what to eat (kidney-friendly diets).
  - Encourage daily walks/exercise.
  - Warn them about side effects of medicines and how to cope.
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### 4. Partner with Companies for Support

**Goal:** Get funding and resources through CSR (Corporate Social Responsibility).

- Build night shelters for poor patients traveling for treatment.
  - Ask companies to pay for transplant surgeries and medicines.
  - Host "Transplant Games" (sports events) to promote organ donation.
  - Create an app for patients to connect with doctors and each other.
  - Use a mobile van to visit villages and spread awareness about organ donation.
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#### Why this matters:

- Early check-ups can save lives.
- Transplants are better than lifelong dialysis.
- Education keeps transplant patients healthy.
- Companies can help reduce costs for patients.

Let me know if this sounds good, and we can plan the next steps!

**Thanks for your time!**

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