

Report of the Program “Know Your Kidney and Its Diseases”

The Quilon Management Association(QMA) organized an informative health awareness programme titled “Know Your Kidney and Its Diseases” on Sunday, 29 March 2026, at Quilon Beach Hotel. The session aimed to increase public awareness about kidney health, prevention of kidney diseases, and the importance of controlling lifestyle-related illnesses such as diabetes, which is a major contributor to kidney failure.



The talk was delivered by Dr. Joseph Vinu, Consultant Nephrologist and Medical Superintendent of Holy Cross Hospital. Dr. Vinu shared his clinical expertise and practical insights into kidney health, early detection of kidney diseases, and preventive healthcare practices.

The programme was organized with the following objectives: To educate the public about kidney functions and health. To create awareness about common kidney diseases, To emphasize prevention through lifestyle modification, To highlight the strong relationship between diabetes and kidney disease and To encourage regular health screening and early diagnosis.





Dr. Joseph Vinu explained that kidneys are vital organs responsible for: Filtering waste products from the blood, Maintaining fluid and electrolyte balance Regulating blood pressure, Producing hormones essential for red blood cell formation, Maintaining bone health through vitamin D regulation. He stressed that healthy kidneys are essential for overall well-being.

Humans have two kidneys, but only need one. You are born with two kidneys, and One healthy kidney can do about 70–80% of total work needed for survival. That's why people can donate one kidney and live normally survive after losing one kidney due to injury or surgery. So yes — compared to organs like the heart or brain, kidneys have a biological backup system.

During the talk, it was highlighted that: Approximately 10% of the population suffers from kidney disease. Many individuals remain unaware of their condition until it reaches advanced stages. Chronic Kidney Disease (CKD) is often called a “silent disease” because symptoms appear late.

The speaker identified key causes: Diabetes Mellitus (leading cause) - High blood pressure (Hypertension)- Obesity- Unhealthy lifestyle habits - Excessive use of painkillers - Smoking and alcohol abuse and Genetic predisposition.



A major focus of the session was diabetes control. Dr. Vinu emphasized: Diabetes damages small blood vessels in the kidneys. Poorly controlled blood sugar significantly increases the risk of kidney failure. Early control of diabetes can prevent or delay kidney disease. Regular blood sugar monitoring, Balanced diet, Physical activity and Periodic kidney function tests are to be done.



Participants were informed about symptoms such as: Swelling in legs and face
Fatigue and weakness, Changes in urine output, Loss of appetite, Persistent nausea
High blood pressure. However, he cautioned that early stages may show no symptoms, making screening essential.

Dr. Joseph Vinu outlined practical preventive measures: Maintain healthy blood sugar levels. Control blood pressure, Reduce salt intake, Drink adequate water, Maintain ideal body weight, Exercise regularly and Undergo annual health check-ups.

The speaker stressed that early diagnosis can: Slow disease progression, Reduce complications Avoid dialysis or transplantation Improve quality of life. To detect the diseases Blood creatinine test Urine examination Blood pressure monitoring has to be done.



The programme included an interactive question-and-answer session where participants clarified doubts regarding: Diet for kidney patients Role of hydration Effects of long-term diabetes Lifestyle changes for prevention. The session witnessed active participation and engagement from attendees.

The awareness programme successfully educated participants on the importance of kidney health and preventive healthcare. The talk reinforced the message that kidney disease is largely preventable through early diagnosis and effective control of diabetes and hypertension.



The initiative by QMA contributed significantly to public health awareness by encouraging individuals to adopt healthier lifestyles and undergo regular medical screening.

QMA expressed sincere gratitude to Dr. Joseph Vinu for delivering an enlightening and practical session and to all participants for their active involvement, making the programme informative and impactful.

Certificates to newly joined members were distributed. QMA president Dr. Madhusoodanan Pillai chaired the session and Mr. Appukuttan Pillai QMA Sec. General given welcome address. Mr. Jayakumar Tharamel QMA Program secretary introduced the chief guest and Mr. Prathap Chandran Pillai proposed vote of thanks.
