



The transnational meeting in İstanbul and pandemic challenge

The 2nd transnational meeting of the Pro-CKD project was held in İstanbul in 9-11 January 2022. Participants came together again on the campus of İstanbul Gelişim University. The İstanbul meeting was unfortunately the activity most affected by the pandemic. However, the Participants did not hinder the progress of the project. While meeting a few partners face to face, other partners had the opportunity to follow the meeting online.

The meeting, which took place in the Tower of the İstanbul Gelişim University, received a lot of support from local partners. The meeting, which included special topics and speakers, focused on the psychological and social problems of kidney patients. Contributing from the psychology department of İstanbul Gelişim University, Dr. Aman Sado Elemo and from Turkish Kidney Foundation, Ayşe Onat specifically discussed the psychology of chronic kidney failure and its effects on the families and also currently situation of the kidney patients in Turkey.





PRO CKD NEWSLETTER

Issue 4, February 2022



First salt cellar found in Laodikeia, Turkey, 300 BC.

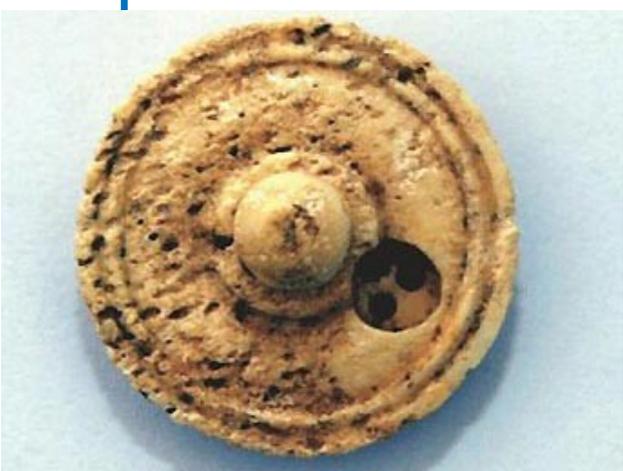
Salt, which is one of the most important minerals to be consumed regularly and in sufficient quantities in daily life, impairs health if consumed excessively.

One of the most important causes of chronic kidney failure is hypertension and diabetes due to excessive salt consumption. Excess salt consumption causes damage to the kidneys as it raises blood pressure. To prevent kidney failure, it is necessary to avoid excessive salt consumption.

According to the latest data, 15.7% of Turkey's population has Chronic kidney Disease. 7.307.315 patients were diagnosed at levels 1-5. Also, 2,369,059 of these patients are 3-5. level of disease. Unfortunately, 1 out of each 6 adults suffers CKD (World average: 10) and 1 out of each 20 adult suffers CKD at critical level.

In particular, as the incidence of risk factors hypertension, obesity and diabetes increases, it becomes more difficult to combat chronic kidney disease both at the health level and at the social-economic level. The partners of the Pro-CKD project are aware of these problems and are trying to develop various solutions.

The studies to be carried out in this field are encouraging to ensure integrity in the society.





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Partners continue to share their experiences and cultures

Istanbul is one of the most beautiful destinations in the world. Despite the pandemic, the participants had the chance to visit this beautiful city thanks to this meeting. It was the most enjoyable time for cultural exchange in the food and coffee conversations organized between the meetings.

Ethiopia's best coffee with Dr Aman, Greece's seafoods in he natural islands with Dr. Manos, and the rich cuisine of Istanbul, the city of civilizations, were the focus of conversations.

Despite the devastating impact of the pandemic, getting together gave everyone a positive vibe and we're sure it put a smile on everyone's face.

Let's meet again at the next meeting in beautiful Ledien !



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

