

## DR. NIRBHAI KUMAR: VACCINATION REDUCES THE RISK OF INFECTION EVEN IN TRANSPLANT PATIENTS

**A** Nephrologist with more than 26 years of experience in the treatment and management of Chronic Kidney Diseases and ESRD Patients, Dr. Nirbhai Kumar holds expertise in treating Chronic Kidney Diseases, Dialysis Management & Maintenance, Diabetic Nephropathy, Pre & Post Transplant Management & Acute Kidney Injury in Critical Care Unit.

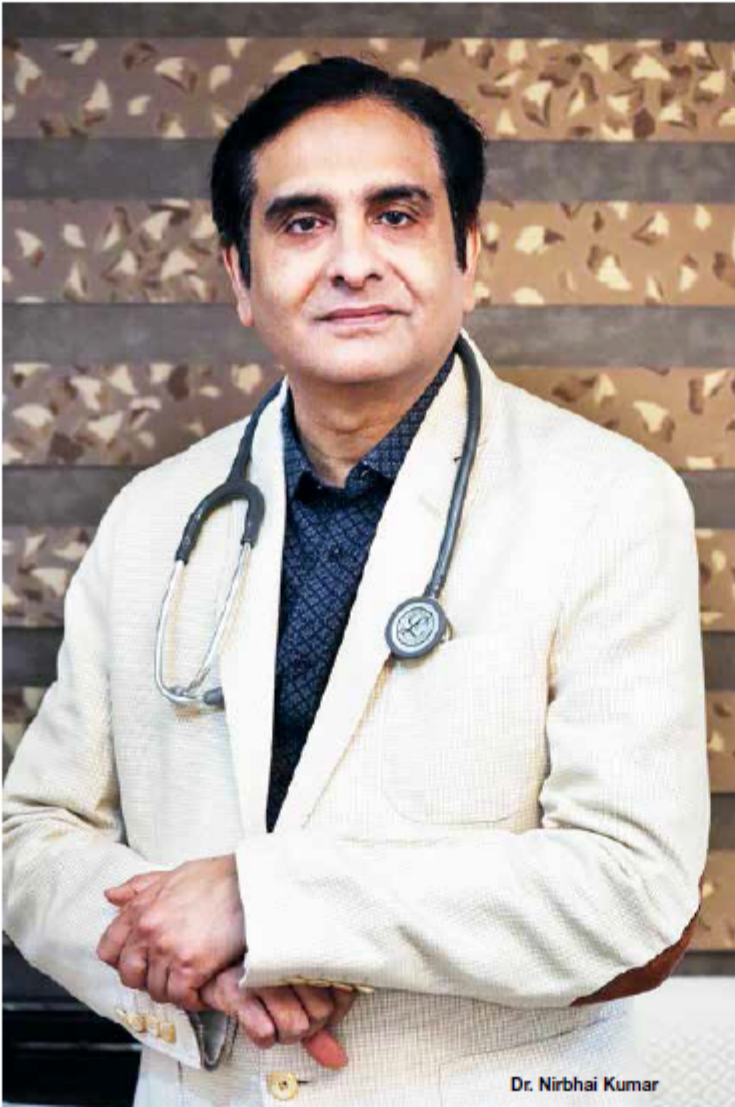
Dr. Nirbhai Kumar is the alumnus of M.L.B Medical College Jhansi. A talented doctor, he is MD Medicine and MBBS (Gold Medalist). Dr. Nirbhai Kumar completed his DNB Nephrology and MNAMS Nephrology from Sir Ganga Ram Hospital, Delhi. He has his research papers published in several national and international journals such as JAPI and Polish Journal among others.

Starting his professional career as Senior Resident Medicine at M.L.B Medical College, Jhansi, he later joined Sir Ganga Ram Hospital, Delhi as Senior Resident Nephrology. Moving up the career ladder he worked as Consultant Nephrologist at Regency Hospital, Kanpur prior to taking up the post of Director of Nephrology at Regency Renal Sciences Center, Swaroop Nagar, Kanpur.

Amid the ongoing pandemic, Dr. Nirbhai Kumar has been creating awareness on Covid-19 vaccination. A staunch supporter of immunization, Dr. Nirbhai Kumar says that transplant recipients are normally at a higher risk of infection from viruses such as cold or flu because they are given immunosuppressive drugs during the procedure. Their immune systems are suppressed through drugs to ensure that their transplants are successful and lasting, and the organ is not rejected to the body by a normal immune response. Hence getting the necessary vaccinations in their prescribed doses and schedule is important before transplant.

Speaking on the occasion of World Kidney Day, Dr. Nirbhai Kumar said, "While persons who have received an organ transplant are generally considered to be at increased risk of COVID-19, several studies and reports have suggested that people who were vaccinated before the transplant during the pandemic were at lesser risk of developing Covid-19 complications after the surgery."

Hence getting inoculated can therefore lower incidence of



Dr. Nirbhai Kumar

Covid-19 in kidney transplant patients. Raising awareness further he says such patients should wash their hands often with soap and water and use alcohol based hand sanitizer and moreover, they should avoid touching their eyes, nose or mouth with unwashed hands.

Dr. Nirbhai Kumar stresses for lifestyle modifications for maintaining healthy kidneys which include exercise, weight control, avoiding smoking and self-medication which are the leading cause of kidney diseases.

## DR. RAVI KUMAR SINGH - IN CRITICAL CARE NEPHROLOGY

**D**r. Ravi Kumar Singh is known for his expertise in Nephrology and Kidney Transplant. He has special interest in combined Liver and Kidney transplant. An accomplished Nephrologist, he is well-known for his proficiency in Kidney Transplant in highly sensitized patients. Dr. Ravi Kumar Singh has expertise in different nephrology procedures, kidney biopsy, permcath insertion and AV fistula creation and salvage.

Dr. Singh is currently working as a consultant with Jaypee Hospital, Noida as Nephrology and Renal Transplant consultant. He was earlier associated as Ex-Registrar with Institute of Renal Sciences, Sir Ganga Ram Hospital, New Delhi. He has cumulative experience of more than 800 Kidney Transplants. He has been the part of the team which performed more than 50 ABO - incompatible Kidney Transplants and more than 100 Kidney Transplant after desensitisation. He has created more than 150 radiocephalic AV fistula.

A reputed Nephrologist Dr. Ravi Kumar Singh said, "We celebrate World Kidney Day to create increased awareness about Kidney Care. We must all know that our kidneys are vital to our everyday health, and many health issues contribute to Chronic Kidney Disease. However, preventative measures help to reduce our risks, besides improving the outcomes."

Dr. Ravi Kumar Singh is the member of Indian Society of Nephrology, American Society of Nephrology as well as International Society of Nephrology. He has conducted more than 5000 dialysis sessions. He has special interests in Critical Care Nephrology, Peritoneal dialysis, SLED & CRRT. He is also an outstanding researcher in the areas of Nephrology and Kidney Transplant. Dr. Ravi Kumar Singh has presented papers in various national and international conferences and he has 5 research papers published in various national and international journals to his credit.

The good doctor completed his MBBS from Magadh University and then he was awarded the MD (Medicine) Degree by Patna University. Later he completed DNB (Nephrology) from Sir Ganga Ram Hospital, New Delhi. A keen participant in National and International conferences on Nephrology, Dr. Ravi Kumar Singh presented a poster on "The diagnosis of nocardiosis in renal transplant patients- 10 years of a single-center experience" at ERA-EDTA 2020. At ERA-EDTA 2019 as well he presented a poster on "To study the effect of arterial pulse enhancement technology (A-PET) therapy using vascupump for relief of symptoms in restless legs syndrome in patients on dialysis".

Earlier at AVATAR 2018, he presented a poster on "outcome of USG guided IJ catheter insertion in a tertiary care center over 1 year". At AVATAR 2019 he presented a poster on "Arteriovenous shunt for hemodialysis- a viable and cost-effective vascular access in hemodialysis patients" while he presented a poster on "Effect of de novo donor-specific antibodies on graft function in renal allograft recipients" at CAST 2019.

Dr. Ravi Kumar Singh has also delivered presenta-



Dr. Ravi Kumar Singh

tion on different topics in national and international platforms. He presented a paper on "The emerging role of MALDI-TOF in the diagnosis of Nocardiosis in renal transplant patients-a single-center experience" at CAST 2019 while in ISN 2018 he presented a paper on "Coinheritance of PKD1 and PKD2 mutation presenting as severe antenatal phenotype".

## DR. SUNIL PRAKASH: ONE OF THE LEADING VOICES IN NEPHROLOGY

**A** renowned Nephrologist, Dr. Sunil Prakash is credited for doing first renal transplant in the state of Haryana at Artemis Health Institute. He headed the Nephrology and Renal Transplant division at Artemis Health Institute from 2007 to Feb 2012. He also established department of Nephrology, Dialysis and Transplantation at apex Northern Railway Central Hospital at New Delhi. He joined BLK Superspeciality Hospital in Feb 2012 and started Kidney transplant services in this Hospital in February 2012.

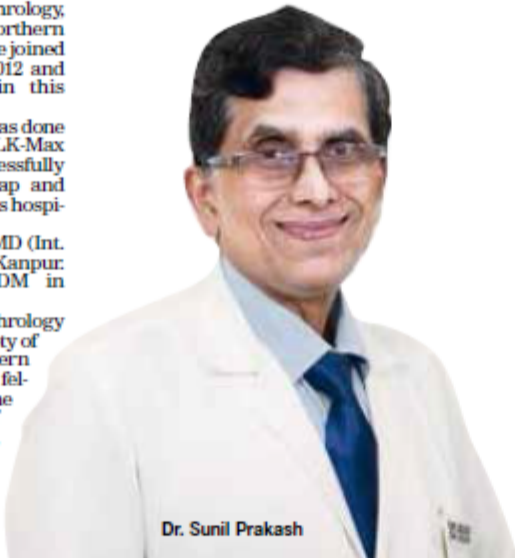
In the last 10 years, Dr. Sunil Prakash has done more than 750 kidney transplants at BLK-Max Super Speciality Hospital. He has successfully done highly antigenic transplants, swap and transplants in HIV positive patients at this hospital.

Dr. Sunil Prakash did his MBBS and MD (Int. Med) from GSVM Medical College, Kanpur. Subsequently, he has completed DM in Nephrology from AIIMS, New Delhi.

Later he did his fellowship in Nephrology under the auspices of International Society of Peritoneal Dialysis at Toronto Western Hospital, Toronto, Canada. He completed fellowship in Nephrology (FISN) under the auspices of International Society of Nephrology at University of Columbia, Missouri, USA. Later, he was awarded FICAM and Fellow of Indian College of Physicians (FICP) and Fellow Indian Society of Nephrology (FISN).

A competent and talented Nephrologist Dr. Sunil Prakash has won

several prestigious awards for his professional expertise. He was awarded General Manager's Award as Best Physician in 1996.



Dr. Sunil Prakash

Dr. Sunil Prakash has more than 50 publications in International and national journals. He has contributed to 5 textbooks and edited one book for Hemodialysis technicians. He is life member of many national and international Societies. He is an avid believer in slowing kidney disease progression.

Dr. Sunil Prakash believes that raising diabetes awareness regarding Kidney diseases is important for the people to recognize the symptoms of Kidney Diseases and ways to reduce the individual risk.

Speaking on World Kidney Day, Dr. Sunil Prakash said, "Spreading awareness can be the best way to help people with Kidney Diseases understand the best practices for daily management of their ailment. While Diabetes is one of the leading causes of kidney failure, high blood pressure is another threat that weakens the blood vessels, including the ones in the kidneys. High Cholesterol level also impacts how well the kidneys work. It is therefore, for the good health of Kidneys it is advisable to make physical activity part of your daily routine and maintain healthy weight."

Dr. Sunil Prakash is actively involved in running charitable organizations involved in health talks pertaining to diet, exercise and healthy lifestyles. He contributes his services in organising societal awareness activities pertaining to early diagnosis of high BP, diabetes and kidney diseases. Dr. Sunil Prakash also supports poor kidney patients in dialysis and kidney transplants.

## Dr. Vishal Saxena: Recognized for a professional approach

**A** specialized and experienced doctor in the area of Nephrology, Dr. Vishal Saxena has been associated with hospitals like Indraprastha Apollo Hospital, Fortis Hospital, Medanta Medicity and Batra Hospital and Medical Research Centre.

Reputed Nephrologist Dr. Vishal Saxena is currently associated as Director with BLK Max and Max Gurgaon. Earlier he served as Director of Nephrology & Renal Transplant, Fortis Hospital Gurgaon. He has also been a Consultant of Nephrology and Renal Transplant at Medanta Medicity, Gurgaon. He has also worked as Senior Consultant of Nephrology & Renal Transplant, Fortis Hospital, Gurgaon.

Dr. Vishal Saxena's unwavering commitment and dedication in the field of Nephrology has helped him gain expertise in various Nephrology procedures like Peritoneal Dialysis, Hemodialysis, Kidney Biopsy, Renal Transplant and Critical Care Nephrology.

An Alumnus of the prestigious Banaras Hindu University, Varanasi, Dr. Vishal Saxena completed his MBBS and MD from the Institute of Medical Sciences of this university. Later he was awarded DNB Nephrology degree at Indraprastha Apollo Hospitals, Sarita Vihar, Delhi.

Encouraging all to celebrate World Kidney Day, Dr. Vishal Saxena said, "We observe World Kidney Day to build awareness about the importance of understanding the health of our kidneys as well as to reduce the impact of kidney disease globally. Everyone needs to know about kidney diseases, especially those who have any risk factors such as high blood pressure, diabetes, obesity, heart disease, or any family history of kidney diseases. Knowing you're at risk is the first step towards living a healthier life."

In the last 15 years of his career as a Nephrologist, he has been honored with various esteemed awards and recognitions. For his excellent contribution to



Dr. Vishal Saxena

Nephrology and his administrative roles he has been acknowledged and recognized on esteemed national and international platforms.

Dr. Vishal Saxena is the member of Delhi Nephrology Society, North Zone Indian Society of Nephrology and Indian Society of Nephrology (ISN). He has also been the Member of European Dialysis & Transplant Association. He has many publications and chapters to his name. Dr. Vishal Saxena is also the External examiner for Dialysis training Program at CME Vellore Sponsored Exam at St Stephens Hospital.

Dr. Vishal Saxena was honoured for best paper presentation at APICON Jaipur in the year 2000 while he won an award for Best Paper Presentation at Indraprastha Apollo Hospitals in 2005. He was bestowed with Shining Nephrostar award by the Times of India Group. Dr. Vishal Saxena won Gold Medal for University Precaution - An answer to preventing HCV Transmission in HD units at Fortis Hospitals- ISN 2009 held in Guwahati. He was adjudged Star Doctor of the month at Fortis Hospital, Vasant Kunj.

## DR. MUNISH CHAUHAN: AWARENESS OF KIDNEY DISEASES IS VITAL

**A**n excellent Nephrologist Dr. Munish Chauhan is currently working as Consultant and Incharge in the Department of Nephrology, Max Superspeciality Hospital Phase VI, Mohali, Punjab. Dr. Munish Chauhan completed his schooling from Sainik School Sujapur Tira, Hamirpur, Himachal Pradesh. He completed MBBS and MD (Internal medicine) from prestigious Institute of Medical Sciences, Banaras Hindu University (IMS-BHU), Varanasi. After completing DM (Nephrology), he worked as Senior Registrar for 11 months in department of Nephrology at Dr. Ram Manohar Lohia Post Graduate Institute, New Delhi.

A meritorious candidate Dr. Munish Chauhan secured 1st rank in All India Nephrology Entrance Examination conducted by Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh. He completed 3 years of Nephrology training at PGIMER along with dissertation and cleared outgoing examination conducted by the institute.



Dr. Munish Chauhan

Sharing his views of World Kidney Day, Dr. Munish Chauhan said, "On the occasion of World Kidney Day, let us promise ourselves that we will be more careful and concerned about our kidneys as they are very important. We need to build awareness about the importance of understanding our kidney health, as well as reducing the impact of kidney disease globally. Let us abstain from everything that hampers the wellbeing of our kidneys to help them stay healthy."

Dr. Munish Chauhan is skilled in independently performing biopsies of native kidneys and allograft (blind and ultrasound guided). He has expertise in temporary vascular access establishment like Internal Jugular, Femoral and Subclavian Venous access. He is equally skilled in performing and supervising Continuous Renal Replacement Therapy (CRRT) in Intensive Care units, Performing the procedure of Plasmapheresis, Donor and Recipient Pre Transplant workup, Immediate Post Operative Care of the recipients and their long term management.