



A participant gets his blood pressure checked at NKF's 2017 carnival.

Free health screening for all

IN conjunction with World Kidney Day (WKD), National Kidney Foundation of Malaysia (NKF) is holding an open day at the NKF-Berjaya Resource Centre in Petaling Jaya on Thursday, between 9am and 4pm.

Aimed at educating the public on the importance of regular health screening and kidney health, the day's programme will kick off with a Bollywood fitness dance by former Celebrity Fitness manager and Bhangra dance master Kirenjit Singh.

This is followed by a free health screening for the public consisting of checking their blood pressure, blood glucose and blood cholesterol levels before they are given counselling by NKF's health professionals.

There will also be an organ donation drive to encourage the public to consider donating their organs, which would go a long way towards giving a new lease of life for those in dire need

of organ transplants, including kidney.

A health talk on the importance of annual medical check-up will also be conducted by Medi Diastika Sdn Bhd consultancy manager Nizam Yusof to encourage members of the public to take charge of their own health. Understanding one's body can help identify any abnormalities or diseases before they get worse and begin to pose a greater risk, noted Nizam.

In addition, this year's event, themed "Include, Value, Empower", will feature a talk by University Putra Malaysia Faculty of Medicine and Health Sciences medical lecturer Dr Nor Fadhlina Zakaria on the importance of women's health, specifically their kidney health.

WKD is observed globally every year on the second Thursday of March. This time around, it is promoting affordable and equitable access to health education, healthcare and



Dance performance by NKF staff and some of the participants at last year's carnival.

the prevention of kidney diseases in women and girls. It is also focused on raising awareness about the need for timely diagnosis and proper follow ups

for pregnant women who suffer from chronic kidney disease. For further information visit www.nkf.org.my or call 03-7954 9048.