



Dr Zaki (left) and launching the cookbook, specially put together for dialysis patients. — Photos: MUHAMAD SHAHRIL ROSLI/The Star.

By SHIMA RANI  
metro@thestar.com.my

NATIONAL Kidney Foundation (NKF) Malaysia went all out to raise awareness on healthcare for women in its annual awareness campaign.

Held in conjunction with World Kidney Day, the event jointly organised with KPJ Hospital was packed with fun and educational activities.

Among the activities were a Zumba dance session, health talk by Universiti Putra Malaysia consultant nephrologist and internal medicine specialist Dr Nor Fadhlina Zakaria, cooking demonstration by Chef Brian Chen, free health screenings and an educational exhibition on organ donation.

NKF Malaysia board of directors chairman Datuk Dr Zaki Morad said chronic kidney disease (CKD) affected approximately 195 million women worldwide and it was currently the eighth leading cause of death in women, with close to 600,000 deaths each year.

“The onset CKD has no symptoms so it is important for everyone to have regular health checks.

“It is possible to lose up to 90% of kidney function without any warning signs,” he said, urging the public especially those with high risks of the disease to take advantage of the free health screening.

Aside from the demonstration on how to prepare scrumptious yet healthy dishes for kidney patients, Brian’s cookbook with a collection of recipes specially created for dialysis patients was officially launched at the event.

“I am pleased to be a part of the World Kidney Day celebration this year and to contribute in improving

# Shedding light on severity of kidney disease

Campaign aimed at raising awareness especially among women



The event featured many fun and educational activities

the quality of lives of kidney patients together with NKF.

“We hope to convey the message that it is possible to prepare meals that meet their nutritional needs without compromising on flavour,”

the chef said, adding that it took him six months to complete the cookbook.

The first ever cookbook for dialysis patients in Malaysia also features nutritional guidance, daily menu planning and tips by dietitians.



Guests taking part in the Zumba dance session.



Free health screening for visitors.