

# Watsons champions World Kidney Day awareness

**KUCHING:** In-conjunction with the recent World Kidney Day, Watsons Malaysia embarked on an awareness campaign aimed to create the awareness of chronic kidney disease and the importance of taking care of your kidneys by maintaining a healthy lifestyle.

Chronic kidney disease strikes nine out of every one hundred Malaysians and is a silent killer disease. The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases.

There are currently between two and three million Malaysians suffering from chronic kidney disease and the numbers are expected to rise.

“We take this opportunity to create the awareness of the deadly prevalence of chronic kidney disease in Malaysia, being the top seventh country with the highest dialysis treatment rate in the world,” it said in a statement.

“Lack of awareness in treating this disease can lead to end-

stage renal disease (ESRD), the most advanced stage of kidney disease, where dialysis or kidney transplantation is required to sustain life.

“In Malaysia, the growing number of ESRD places an enormous human, economic and social burden on the healthcare system. As a leading health and beauty retailer in the industry, Watsons Malaysia aims to create the awareness of leading a healthy lifestyle to prevent the on-set of chronic kidney disease (CKD) with through customer engagement as well as internal staff engagement.”

Watsons Malaysia head quarter staff also wore green in-support of World Kidney Day and had free health assessments, Nephrologist, Dr Sudhaharan Sivathanan was invited to give a health talk on kidney health and green apples were distributed to all internal staff to commemorate the campaign.

“Not forgetting our valued customers, we offered the privilege

of free health assessments at selected Watsons outlets nationwide. We also took the opportunity to educate the public by posting kidney health facts, and ways to care for our kidneys on the Watsons Facebook page.

“By educating the public on kidney health we hope to reduce the risk of contracting the disease amongst Malaysians.

“To promote continuity of healthy living, the Watsons #GetActive health initiatives are rolled out throughout the year, positioning Watsons as the ideal healthy and beauty shopping destination,” said Caryn Loh, General Manager and Country Head of Watsons Malaysia.

During the World Kidney Day, the management and CSR team of Watsons visited Tung Shin Hospital Kuala Lumpur and the National Kidney Foundation (NKF), bringing cheer to dialysis patients by presenting them with “Token of Love” personal care items goodies sponsored by Watsons and its retail partners.



Watsons Malaysia head quarter staff also wore green in-support of World Kidney Day and had free health assessments, Nephrologist, Dr Sudhaharan Sivathanan was invited to give a health talk on kidney health and green apples were distributed to all internal staff to commemorate the campaign.