



A visitor (kneeling, right) taking a photo with cosplayers at the event.



Cyclists cheering after reaching the finishing line at Botanical Garden, Putrajaya.

'Cyclethon' raises awareness on kidney disease

31 participants pedal 633km from Perlis to Putrajaya as part of global campaign

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TRAVELLING from Perlis to Putrajaya on a bicycle, Mohd Salim Ahmad has proven that age is not an issue when it comes to strenuous physical activities.

The 63-year-old was the oldest of the 31 participants who rode 633km to raise awareness on the issue of obesity and its correlation with kidney diseases for World Kidney Day.

"We started our journey at Hospital Tuanku Fauziah in Kangar, Perlis, and stopped at 16 hospitals," Mohd Salim said.

"The hardest part of the journey

for me was the uphill rides as they were more taxing. I am proud to have completed the race," he added.

As they approached the finishing line at the Botanical Garden Putrajaya, Mohd Salim and his convoy were joined by about 500 cyclist, marking the end of their part in the World Kidney Day Cyclethon.

Jointly organised by the Health Ministry, MySihat, Malaysian Society of Nephrology and National Kidney Foundation, the "cyclethon" is part of a global awareness campaign aimed at highlighting the importance of kidney health.

In line with this year's World Kidney Day's theme, Kidney Disease and Obesity, the event encouraged a healthy lifestyle among the populace as a way to prevent obesity and minimise kidney diseases.

Another cyclist, Muhammad Jazli Hassan, 30, had an inspiring story to share about how he went from 200kg to just 75kg.

"I started cycling when I realised I was obese and continue doing it every day.

"With my new body now, I am constantly pushing myself. There are a lot of things I am able to do now," he said.

Muhammad Jazli said his only

regret was that he was not able to complete the whole journey from the north of Malaysia to Putrajaya because he met with an accident and injured his shoulder while cycling through Kedah.

Malaysian Society of Nephrology senior council member Dr Lily Mashahar said the event had achieved its target of raising awareness on the importance of kidney health.

"I believe the cyclists have done their part and more than 1,000 people are aware of the cause," she added.

Deputy Health Minister Datuk Seri Dr Hilmi Yahaya, who officiated at the event, urged the public to

exercise more every day.

"One should include simple exercises such as brisk walking and climbing up the stairs in their daily routine.

"The number of kidney patients who require dialysis are increasing at a worrying rate, with 6,000 new cases each year.

"Should the situation persist, there will be more cases in the future," he said during a press conference held at the site.

There were also other activities and display booth at the Botanical Garden, including a Zumba session, free health checks, health exhibitions, CPR lessons and colouring contest for schoolchildren.



Dr Hilmi (standing, second from right) looking on as a visitor donates blood.