

No kidding about **kidneys**

> **Watsons Malaysia raises awareness on kidney disease and encourages society to #GetActive**

WATSONS Malaysia has maintained its promise to encourage society to #GetActive, this time putting chronic kidney disease (CKD) into the spotlight.

Unbeknownst to many Malaysians, CKD is a silent killer reported to strike nine in every hundred Malaysians. Its two main causes in two-thirds of cases are diabetes and high blood pressure.

Currently, there are over two million Malaysians suffering from CKD and the numbers will only keep rising unless precautions are taken and lifestyles change.

On World Kidney Day, celebrated on March 8 this year, Watsons carried out a number of initiatives to raise awareness on chronic kidney disease.

Besides employees based at Watsons headquarters wearing green, free health assessments were carried out, green apples were presented and nephrologist Dr Sudhakaran Sivathanan was invited to give a talk on kidney health.

Watsons' customers, ever the priority for the brand, were offered



Tung Shin Hospital COO Teng Yu Yuet (standing sixth from left) with the Watsons CSR team during the presentation of personal care products from Watsons Malaysia and its retail partners to the hospital.

free health assessments at selected Watsons outlets nationwide.

Meanwhile, the Watsons Facebook page reached out to its

members by sharing information via posts on kidney health facts and ways to care for our kidneys.

Watsons management and its

CSR team headed to Tung Shin Hospital Kuala Lumpur and the National Kidney Foundation (NKF) to bring cheer to dialysis

patients, presenting them with "Token of Love" goodies of personal care items sponsored by Watsons and its retail partners.

"We take this opportunity to create the awareness of the deadly prevalence of CKD in Malaysia, which is among seven countries with the highest dialysis treatment rate in the world.

"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 transplant is required to sustain life," said Watsons Malaysia general manager and country head Caryn Loh.

"In Malaysia, the growing number of ESRD places an enormous human, economic and social burden on the healthcare system.

"By educating the public on kidney health, we hope to reduce the risks in contracting the disease among Malaysians," Loh added.

Visit Watsons Malaysia Facebook or website for more information on the event and its #GetActive campaign.