

Obesity leading cause of kidney failure in Kedah

ALOR SETAR: Obesity has been identified as the main cause of kidney failure and the driving force for most disorders associated with diabetes and high blood pressure.

According to Kedah Health Director Datuk Dr Norhizan Ismail, the findings from a 2015 National Health Survey revealed that one in three people or 33.3 per cent of people in the state were obese and were likely to suffer kidney problems.

"The statistics show that the rate of kidney failure in Kedah is increasing at an alarming rate and everyone should take heed to adopt a healthy lifestyle and a more balanced diet," he said at a ceremony to celebrate 2017 World Kidney Day at Sultanah Bahiyah Hospital (HSB) here, yesterday.

In addition to obesity, he said, the incidences of diabetes and hypertension which could lead to other health complications was highest in Kedah so far. "We are concerned since the rate of diabetes is 25.4 per cent and high blood pressure rate is 37.4 per cent, the highest recorded in the country," he said.

He said renal care was vital

because it is the most important organ in the body, apart from the heart and lungs.

"The kidney will determine a person's health and if there is kidney failure the person would require live-long dialysis treatment or undergo organ transplant," he said.

Norhizan said attention should also be given to obesity among children as childhood obesity has an impact on children's physical and mental development.

"I would advise parents to avoid feeding their children with fast food and carbonated beverages as this diet can lead to obesity and put them at risk of chronic kidney disease," he said.

The event which included an exhibition to promote healthy lifestyle was organised by the Malaysian Society of Nephrology (MSN) in collaboration with the National Kidney Foundation (NKF) and HSB Nephrology Unit.

Also present were HSB hospital director, Dr Zaitun Udin and HSB Consultant Nephrologist Dr Ching Chen Hua. - Bernama



KEDAH Health Director Datuk Dr Norhizan Ismail (2nd left) showing to participants the contents of a balanced diet during the event yesterday. PHOTO: BERNAMA