



In a world of creativity: Children occupied with the drawing & colouring contest.

World Kidney Day a success

Kidney-related diseases to do with lifestyle and choice of food

WORLD Kidney Day 2011 was launched with a big bang at Sunway Pyramid by Datuk Chef Wan, the Ambassador for the National Kidney Foundation (NKF).

A collaborative effort by the Malaysian Society of Nephrology (MSN), National Kidney Foundation of Malaysia (NKF), and the Ministry of Health (MOH), this year's launch was a resounding success with over 1,000 shoppers participating in the activities lined up on the day. More than 500 shoppers were screened for the free health screening and there were 100 children who enthusiastically participated in the colouring and drawing contest.

Apart from the children, many adults took part in the tile art painting contest while others decided to try their luck at the "Sure Win" lucky draw.

There was lots of entertainment for the crowd, including celebrity chef, Wan.

Wan was with his brand of humour and kept the crowd entertained with his jokes and tips on healthy eating.

In his creative salad-making demonstration, shoppers were treated to his 2 creative salads that were simple yet healthy.

Wan also emphasised that his youthfulness was due to his discipline in the choice of food he consumed for his daily diet as well as his

healthy lifestyle.

"Malaysians have many choices when it comes to food but they often make the wrong choices resulting in many health problems, especially kidney and heart disease" said Wan.

National Kidney Foundation of Malaysia vice chairman Dr. Tan Chwee Choon, in his welcome address, said that kidney disease is on the rise.

He warned Malaysians to modify their lifestyle to avoid the rising heart and kidney-related diseases.

Wan also emphasised on the seven golden rules of preventing kidney disease with the audience.

The rules were to keep fit, control of blood sugar level, blood pressure, healthy eating habit, not smoking, no drugs and regular health checkup.

In conjunction with World Kidney Day 2011, NKF received a mock cheque from Gintell (M) Sdn Bhd, amounting to RM40,000, for the cost of a dialysis machine.

Later in the evening, Azizi Zakaria, NKF's Teen Ambassador, together with Zenny Salihuddin, winner of "Biggest Loser Asia", and Baki Zainal, 8TV celebrity host, put up a spectacular performance for the shoppers. It was a day to remember.

Healthy dish:

Wan's demo of a salad for healthy eating a hit with the crowd at the World Kidney Day launch. With him at the table is the Malaysian Society of Nephrology mascot.

