

Various activities to mark World Kidney Day

WORLD Kidney Day 2011 (WKD) will be celebrated on March 10 to raise awareness of the importance of our kidneys to overall health and its associated health problems.

In its sixth year, the recognition of WKD continues to grow covering more than 100 countries. Today, it has transformed into a global awareness campaign to attract members of the public.

The theme for WKD this year is "Protect Your Kidneys, Save Your Heart". Statistics reveal that the main cause of death for those on dialysis remains to be cardiovascular disease.

In 2009, 34% of all dialysis deaths in Malaysia were attributed to cardiovascular disease.

The objectives of WKD 2011 is also to highlight that diabetes and high blood pressure are key risk factors for chronic kidney disease (CKD) and its link to cardiovascular diseases.

Malaysia has been at the forefront of celebrating WKD, with annual activities at various popular shopping malls, which includes free health screenings at various hospitals and shopping malls and a Walk Hunt last year.

A host of activities have been lined up this year to attract the public.

NKF ambassador Chef Wan will launch World Kidney Day 2011 on March 13 at the LG2 Orange Wing & Blue Entrance,

Sunway Pyramid.

from 10am to 9pm, as guest of honour followed by Creative Salad Making Demo also by Wan.

There are Amazing Kidneys Colouring & Drawing Contests and Tile Art Painting Contest for children and adults respectively, with prizes and goody bags to be given out.

Exhibitions will also be held for the education of the public. As an NGO, NKF hopes to raise funds from a Photo Opportunity Shoot and a Sure Win Lucky Draw with attractive prizes and funds raised will be used for the benefit of poor patients on dialysis at the 25 dialysis centres across Malaysia.

There will also be a World Kidney Day Run on March 20 from 7am to 12pm at Dataran Merdeka which will be launched by Health Minister Datuk Seri Liow Tiong Lai.

The distances of the WKD Run are 5km and 0.8km for 13 years and above and patients, including children. Registration is free for patients.

A lucky draw and other entertainment are lined up to keep members of the public entertained to make it a fun-filled and rewarding event.

For details, log on to www.nkf.org.my for the registration form or call NKF hotline at 1300 883110 / FTAA office 03-27152843 or email edu@nkf.org.my / sportftaa@hotmail.com.