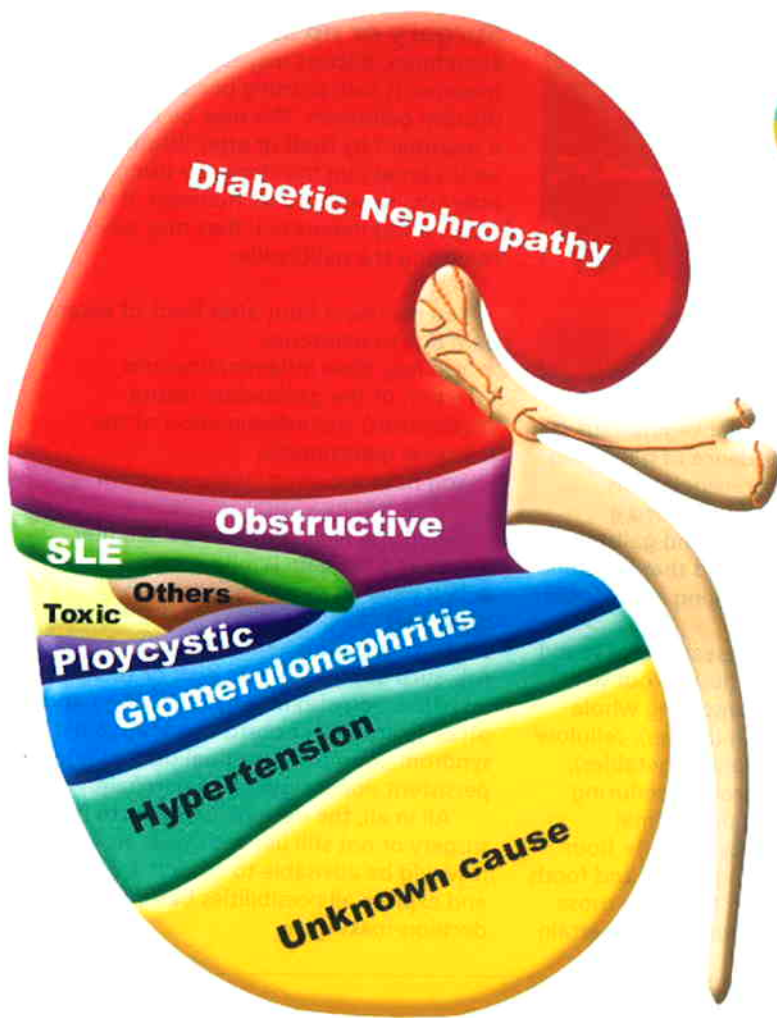
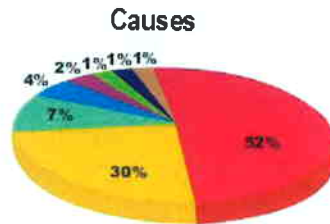


Amazing Kidneys

Are your kidneys OK? By Dharshini Ganeson



causes of kidney failure



- Diabetic Nephropathy
- Unknown cause
- Glomerulonephritis
- Obstructive Nephropathy
- SLE
- Ploycystic Kidney
- Toxic Nephropathy
- Hypertension
- Others

Malaysia will be acknowledging and celebrating the World Kidney Day on 13th March 2008. This day which is designated by WHO (World Health Organization) is celebrated for the third year successfully in more than 60 countries around the world. It mobilizes medical and patient groups to raise awareness about the vital role of our kidneys and to spread the message that Chronic Kidney Disease (CKD) is common, harmful and treatable.

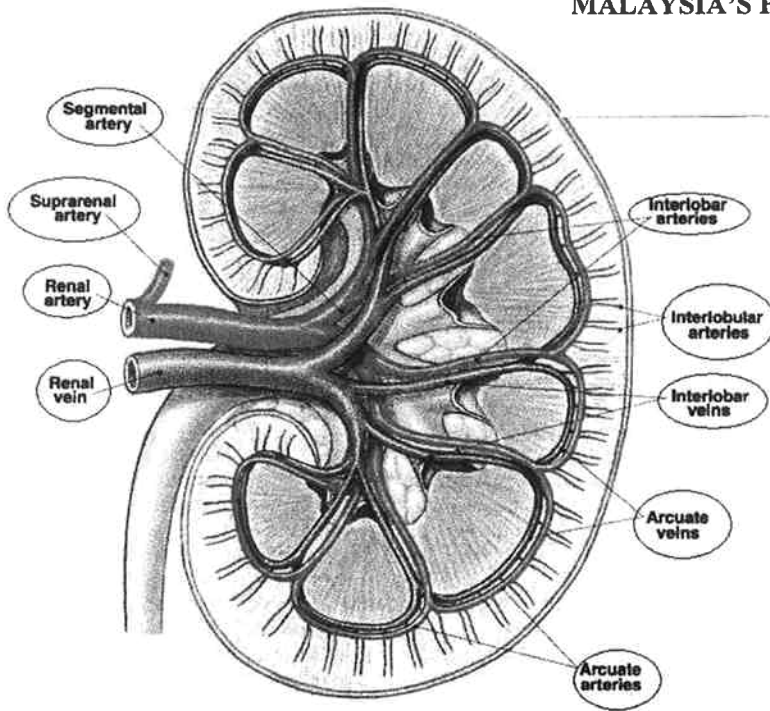
More than 500 million persons worldwide – or about one adult in ten – have some form of kidney damage, and every year millions die prematurely of heart attacks and strokes linked to chronic kidney disease.

These groups of medical personnel and patients are united and driven by the knowledge, that if we do not act now, the number of human lives we lose to kidney-related diseases will continue to rise. CKD is a major, global, public health issue affecting more than 500 million persons worldwide – 10% of the adult population already has some form of kidney damage.

The theme for 2008 is 'Amazing Kidneys', which underscores the important role played by the kidneys, which filter and clean 200 litres of blood daily. It also underscores the kidneys' roles as vital and sophisticated organs in many other ways. Thus, World Kidney Day 2008 offers a crucial, visible opportunity to inform and educate policy makers as well as members of the public on how to care for their kidneys.

It serves as an unifying and energizing event to bring together all health care providers, the general public and government bodies that formulate health care policy to improve early detection programs and optimize medical care for those millions worldwide who can benefit from improved awareness of CKD as a global health issue.





What are the main causes of CKD today?

High blood pressure and diabetes are the main causes today of CKD. If CKD worsens it can lead to kidney failure. In order to survive, people with severe kidney failure must either receive a transplanted kidney or be kept alive with dialysis – usually by a machine, which cleans their blood three times a day. Dialysis and transplants are successful treatments but in many countries they are not available, and even in developed countries these are scarce.

In conjunction with World Kidney Day 2008, the National Kidney Foundation of Malaysia, in partnership with the

Malaysian Society of Nephrology takes the opportunity to highlight the importance of early detection and prevention of kidney disease by organizing activities to celebrate WKD 2008.

Activities include:

- Amazing Kidneys Walk on Sunday, 16th March 2008 at Taman Jaya Recreational Park, opp. Amcorp Mall, PJ
- Children's Art Competition, Concourse Area, Amcorp Mall
- Kidney Care Health Exhibition & Health Talk
- NKF Health Screening via NKF LifeCheck Mobile Health Screening Unit or NKF

LifeCheck

- Launch of Kidney Care Programme

Prevention and early detection

Tan Sri Datuk Dr Ismail Merican, Director General, Ministry of Health, at the launch of NKF LifeCheck, a 40-seater customized bus, with seven workstations, for urine, blood pressure, random blood glucose, random blood total cholesterol, body mass index, waist circumference, and counseling, commented that health screening plays a vital role in alerting members of the public as to the state of their health so that the necessary action can be taken to arrest the decline.

With similar thoughts, Dr SS Gill, Chairman, Board of Managers, National Kidney Foundation of Malaysia said the way forward was to reduce the number of dialysis patients through early detection and prevention of kidney disease. He felt World Kidney Day represented an opportunity to highlight the importance of early detection in the long term.

To further reinforce the need for kidney care, the National Kidney Foundation of Malaysia will be launching the Kidney Care Programme, an integrated annual educational program, targeted at children, members of the public, high risk groups and dialysis patients, in conjunction with the World Kidney Day 2008, which will be celebrated on the 16th March 2008 at Amcorp Mall by the National Kidney Foundation and the Malaysian Society of Nephrology. ♥

(Source: The National Kidney Foundation of Malaysia).