

World Kidney Day celebrated



GETTING IN GEAR: Participants of the Amazing Kidneys Walk warming up

WORLD Kidney Day 2008 was officially kicked off in Malaysia with the third annual Amazing Kidneys Walk at the Taman Jaya Recreational Park recently. Open to both kidney patients and members of the public, it comprised a full day of activities in and around Amcorp Mall, Petaling Jaya.

Jointly organised by the Malaysian Society of Nephrology (MSN), the National Kidney Foundation of Malaysia (NKF) and the Health Ministry, the event was designed to raise awareness on the importance of one's kidneys and drive home the message that kidney disease can be prevented.

"Kidney disease is easily

preventable with effective management strategies," said vice-chairman, Board of Managers, National Kidney Foundation of Malaysia, Datuk Dr Zaki Morad Mohd Zaher, at the event.

Launched by vice-president, Board of Governors, National Kidney Foundation of Malaysia Lynn Kulasingham, it also saw a kidney health exhibition, health talks in multiple languages and health screenings carried out by the NKF LifeCheck.

"The sooner people become aware of kidney health issues, the better they will be able to care for their kidneys," said chairman, Board of Managers, National Kidney Foundation of Malaysia, Dr SS Gill.