

Love life, love your kidneys



Some of the walkers participating in the World Kidney Day walkathon at the Taman Jaya recreational park yesterday.

PETALING JAYA: It's hard to believe Lee Chen Hoe once suffered a life-threatening illness and was saved by a kidney transplant. The 50-year-old man strode out early yesterday morning, the picture of health.

He was one of the first to arrive at Taman Jaya to take part in the 4km World Kidney Day walkathon. Joined by 230 members of the public and kidney patients, he completed the walk in 20 minutes.

He said his new lease of life made him cherish life more.

"I was given a second chance to live when I found a kidney donor in 1996.

"After the transplant, I became more aware of how I was leading my life. I went back to university and took a postgraduate course at Universiti Putra Malaysia," said the manager in a management consultant company.

The walkathon was organised by the National Kidney Foundation and Malaysian Society of Nephrology in conjunction with World Kidney Day on March 13.

K. Ramesh, 33, said he was diagnosed with kidney disease 10 years ago and had been on dialysis since.

After his diagnosis, he took up jogging and it became an

important part of his daily exercise routine.

"It's important to lead a healthy lifestyle," he said. "We can keep ourselves safe from kidney disease this way."

Lynn Kulasingam, the vice-president of the kidney foundation's board of governors, said more than 2,500 kidney patients a year were added to the existing listing, now numbering 15,000.

"Kidney disease is a silent killer. Many people are unaware they have the disease," he said. "I encourage people to go for regular health checks, and not be afraid to seek medical treatment."