

Control your sugar intake

> FROM PREVIOUS PAGE

paigns, Dr Zaki had noticed that people are generally more aware about kidney diseases and they are now going to hospitals for further screening when they feel they have problems.

However, as the number of patients requiring dialysis in Malaysia is growing by 5% to 7% every year, it is clear that there is more to be done. Dr Ghazali's list of remedial measures include efforts to prevent or reduce cases of diabetes, focus health intervention programmes on high risk groups and make available appropriate treatment for those who have kidney disease.

"These are monumental tasks to achieve. It will not be possible to achieve even a proportion of the target if efforts are disjoint-

ed, duplicated, half-hearted, and not monitored," he emphasised.

To new NKF ambassador Datuk Chef Wan, however, the first step towards good health – kidney health included – is through changing bad eating habits.

"In the end, life is about choices," he said. And making healthy ones – in our food and everything else in our daily lives – will not only spell a longer life for our kidneys, but for the rest of our body as well.

■ *If you are interested about the World Kidney Day 2010 or its activities, you can contact the NKF hotline at 1300-88-3110 or email them at edu@nkf.org.my. Otherwise, you could log on to www.nkf.org.my, www.msn.org.my or www.worldkidneyday.org for further details.*