

Shedding light on renal nutrition

Veteran in field shares insight with 200 experts on eating right for kidney management

THE National Kidney Foundation (NKF) brought together about 200 participants to develop a deeper understanding of kidney-related topics at the fourth Renal Nutrition Seminar.

Held at Bangsar South, Kuala Lumpur, the two-day seminar organised in collaboration with the International Federation of Kidney Foundation (IFKF) was open to both local and international registered dietitians, physicians and other medical experts from Malaysia, Indonesia, Brunei and Singapore.

Organising chairman Dr Thiruventhiran Thilaganathan said aside from educating the public and patients about renal health, NKF strived to take a holistic approach to broaden the knowledge of renal nutrition education of not only patients, but also medical practitioners.

“Based on a study published by the Health Ministry in June this year, the number of Malaysians with chronic kidney disease is projected to significantly increase due to the increasing prevalence of diabetes, hypertension and the ageing population.

“As such, shared decision-making and

close collaboration between different levels of healthcare is essential and could reduce the deterioration in kidney function by as much as 50%,” he said at the launch.

“We are very fortunate and thankful to have the support of the International Federation of Kidney Foundations for this seminar, which gives our attendees a chance to pick the brains of a renowned veteran in the field,” he added.

Among the notable speakers, Professor Joel D. Kopple who served as the chief of the Division of Nephrology at Harbor-UCLA Medical Centre from 1981 to 2007 was a special guest who shared with attendees his vast knowledge and experience in the field of renal nutrition.

Topics covered included Intradialytic Parenteral Nutrition, Nutraceuticals for Inflammation, Muscle Wasting in Protein Energy Wasting and Phosphate Management in line with Chronic Kidney Disease-Mineral and Bone Disorder (CKD-MBD) guidelines.

Local Malaysian data was also used during the delivery of the topics.



(From left) NKF chief executive officer Chua Hong Wee, nephrologist Wan Ahmad Hafiz Wan Md Adnan, Taylor's University's Professor Tilakavati Karupaiah, Prof Kopple, NKF Board of Director's vice-chairman Goh Seng Chuan and Universiti Putra Malaysia senior lecturer Dr Zulfitri Azian May Daud in a group photo after the seminar.