

# Win prizes in World Kidney Day roadshows

THE National Kidney Foundation (NKF) will celebrate World Kidney Day 2015 with a month-long health roadshow held over four weekends at four locations.

The roadshows will be launched on March 1 with the first one being held at Sunway Pyramid.

The roadshows are aimed at bringing the public to come together to pledge their support in the fight against kidney-related diseases.

The event will also provide complimentary health screening.

The other roadshows will be held at The Summit USJ on March 7 and 8; Paradigm Mall, Kelana Jaya on March 14 and 15; and the finale at Encorp Strand Mall, Kota Damansara on March 28 and 29.

One of the highlights of the roadshow will be the "Spot & Ride" game. For a nominal donation of RM10, participants are given 30 seconds to spot and search for tickets in a car. The

tickets can be traded into attractive prizes including goodie bags and discount vouchers.

Every participant will have the opportunity to win a prize on the spot and their names will be then entered into a lucky draw for the grand prize sponsored by Perodua, a brand new Perodua Axia worth RM45,000.

The winner of the Perodua Axia will be drawn live at the closing ceremony at Encorp Strand Mall on March 29.

The roadshow will also feature health exhibitions, performances by students from Limkokwing University of Creative Technology.

Early cases of Chronic Kidney Disease (CKD) have no symptoms so it is important for everyone to have regular health checks and be more proactive in detecting the disease.

It is possible to lose up to 90% of kidney function without experiencing any signs, highlighting the importance of early detection.