

GIFT OF LIFE

Idora Baharudin is donating one of her kidneys to her husband Rizal Razak Abdul Razak but they need to cover the expenses

→ PAGES 6/7



Have a heart for kidney patient Rizal

MEDICAL COSTS: Some RM50,000 is needed for kidney transplant expenses for Rizal Razak Abdul Razak, whose wife Idora Baharudin is donating a kidney to him

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A WOMAN will be giving the greatest gift one could give to another — the gift of life — when she donates one of her kidneys to her husband, Rizal Razak Abdul Razak, 34, soon.

Idora Baharudin's gesture of love will certainly be appreciated by Rizal, who was diagnosed with stage three kidney disease in 2010.

The couple, who were once neighbours, tied the knot in 2007.

Because of financial difficulties, they are seeking funds for the operation and other medical expenses.

They have three children aged 4, 2 and 10 months.

To raise funds, they recently organised A Walk, A Kidney, A Life at Padang Merbok, Jalan Parliament, here, which attract-

ed some 200 participants.

Rizal, a former telecommunications engineer, quit his job because of stress at work, only to discover later that he was suffering from kidney disease.

Homemaker Idora, 31, said the family needs at least RM50,000 to help pay for all the expenses before, during and after the transplant operation.

"I can't hold a full-time job because I need to take care of my children and be there for my husband in case of an emergency."

"When my husband and I go for the operation, I would need to hire someone to take care of the children. I would also need someone to drive my husband for his hospital visits," said Idora, who has a degree in accounting.

She set up a Facebook page in June to garner support from public.

"Many have been kind to us since then," said Idora, who makes dolls for a living.

"People may say there are others leading

hard lives with wo-

"But besides asking for help, I want to create awareness on kidney disease. I want people to learn how early detection can prevent kidney failure, and that it can happen to anyone."

In the early stages of the disease, Rizal said he often felt tired and fatigued, but he ignored the signs.

After quitting his related business, he decided to close it down when he learned his kidneys were failing.

Job-seeking has been a challenge since he quit his job. However, he managed to secure a job which allows him to take time off for his dialysis sessions, but with a pay cut.

Rizal discovered after a prolonged illness that he had kidney disease.

"I wish I had done a regular health check in the past. If a kidney patient is diagnosed at stage one, recovery can be faster."

"In most cases, doctors can even reverse disease with early detection," he said.

Rizal also suffered from stomach ulcers, rective surgery, due to rectal bleeding.

He almost died during the operation.

"I was vomiting blood as well," he said.

But he still has high hopes for full recovery after the kidney transplant.

Rizal said most of his time is spent on dialysis treatments, besides his new job for leisure. He also can't carry my children surgery for easy dialysis.

"My wish is to provide for my family once again," he said, adding that everyone should make his health a top priority.

"Health is wealth. An illness can take away all your joy and

Both young and old participated in the fundraising event.



Some 200 people took part in the fundraising event, A Walk, A Kidney, A Life, for Rizal Razak Abdul Razak.



Early screening is a wise investment in health.



The National Kidney Foundation also provided free health checks from its mobile bus.

"But besides asking for help, I want to create awareness on kidney disease. I want people to learn how early detection can prevent kidney failure, and that it can happen to anyone."

Idora Baharudin



A garage sale in progress. Pix by Syarafiq Abd Samad

replace it with misery," he added.

Rizal also urged the public to come forward and register as an organ donor in order to help those in need.

He said in some parts of Europe, people are more than eager to donate their organs once they are dead.

He also urged the government to provide some form of incentive to organ donors.

At A Walk, A Kidney, A Life, volunteers took the opportunity to set up a car boot sale, and sell homemade cookies and food. The National Kidney Founda-

tion also provided free health checks at its mobile bus.

Those who wish to contact the family for details can visit www.facebook.com/Kidney4Daddy. They can also email kidney4daddykl@gmail.com, or twitter [@Kidney4Daddy](https://twitter.com/Kidney4Daddy).

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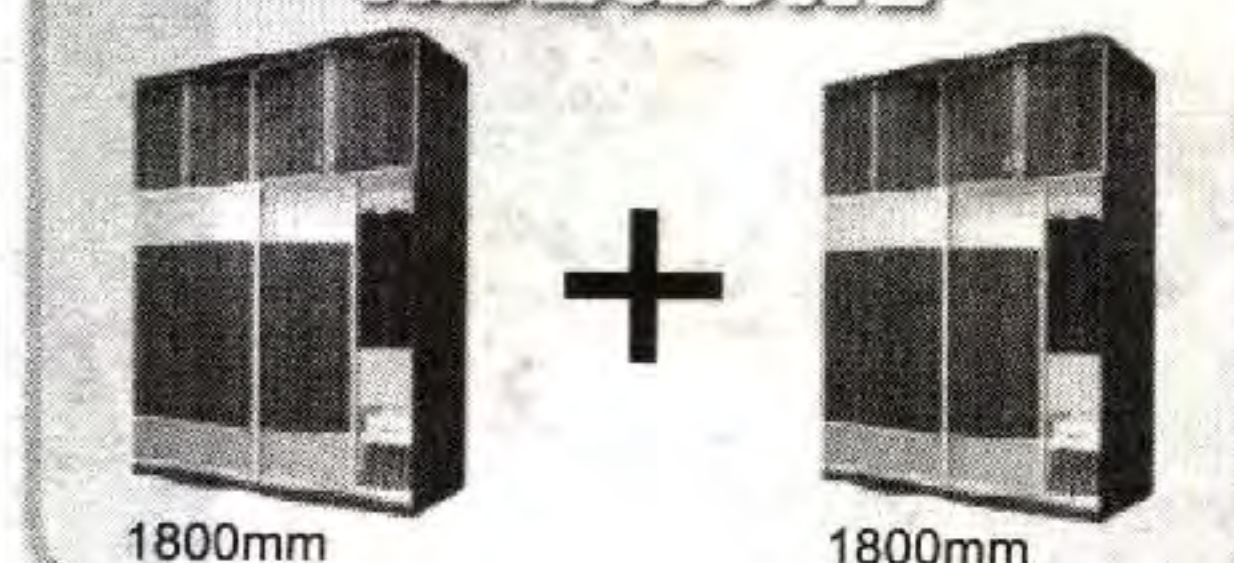
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