

WORLD KIDNEY DAY

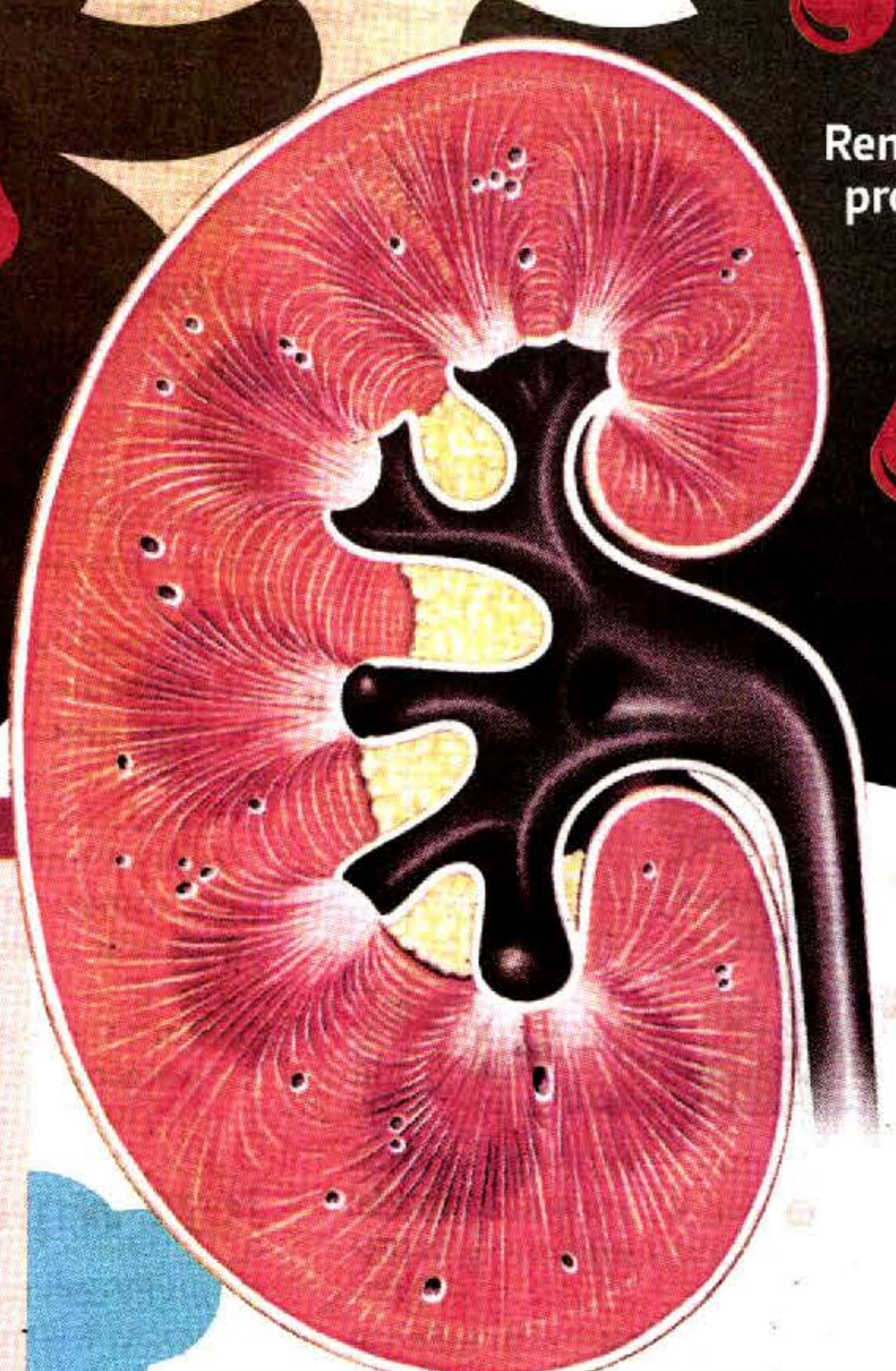
A global campaign aimed at raising awareness on kidney-related diseases and early detection, World Kidney Day is observed annually on the second Thursday of March.

This year, it is on March 10, and its theme is *Kidney Disease and Children: Act Early To Prevent It!* The theme aims to facilitate education and encourage a healthy lifestyle in children.



Kidney function

- Regulates blood pressure
- Filters 120-150 quarts of blood daily
- Activates vitamin D for healthy bones
- Removes waste products from the body
- Directs production of red blood cells
- Balances the body's fluids



Stages of chronic kidney disease

SIGNS OF MILD KIDNEY DISEASE WITH GREATER THAN 90 PER CENT KIDNEY FUNCTION

1

SIGNS OF MILD KIDNEY DISEASE WITH BETWEEN 60 AND 89 PER CENT KIDNEY FUNCTION

2

SIGNS OF MODERATE CHRONIC RENAL INSUFFICIENCY WITH 40 TO 59 PER CENT KIDNEY FUNCTION

3

SIGNS OF SEVERE CHRONIC RENAL INSUFFICIENCY WITH 15 TO 29 PER CENT KIDNEY FUNCTION

4

SIGNS OF END STAGE RENAL FAILURE WITH LESS THAN 15 PER CENT KIDNEY FUNCTION

5

Risk factors

DIABETES

HIGH BLOOD PRESSURE

AGE 60+

FAMILY HISTORY

Effects of kidney disease

- Cardiovascular disease
- Heart attack
- Stroke
- Kidney failure
- Weak bones
- Nerve damage
- High blood pressure
- Anaemia / low red blood cell count

Symptoms

- Swelling of face, hands, abdomen, ankles and feet
- Blood in urine or foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

Care for kidneys

- See your doctor for regular check ups
- Manage your diabetes
- Eat healthy
- Know your family's kidney health history
- Have a healthy blood pressure
- Take medication as prescribed
- Aim for a healthy weight
- Stop smoking
- Limit alcohol
- Be active

Kidney disease in Malaysia

- 4,000 Malaysians diagnosed with kidney failure yearly.
- Diabetic kidney disease is the major cause of chronic kidney disease.
- Cost of haemodialysis is RM2,500 per month.
- One in 10 adults are living with some form or level of chronic kidney disease.
- Currently 19,000 patients are on haemodialysis.