



Participants have fun at the photo booth at the World Kidney Day walkathon at Padang Kota Lama. — Picture by Sayuti Zainuddin

# Kidney cases on the rise

By Jennifer Tham

mmnews@mmail.com.my

**GEORGE TOWN** — The number of people suffering from kidney failure in the country has been on the rise over the years.

Describing the trend as worrying, Health Minister Datuk Seri Dr S. Subramaniam said the number of cases more than doubled over eight years with 28,822 dialysis patients in 2013

compared to 12,181 in 2005.

“Kidney failure can be prevented with a healthy lifestyle and precautionary measures,” he said after launching the World Kidney Day walkathon at the Esplanade yesterday.

The event was jointly organised by the Malaysian Society of Nephrology and National Kidney Foundation.

Dr Subramaniam said the rising number of kidney ailment cases among the young would have a strong impact on the economy.

“Productivity will be affected as it will cause more people to be disabled as a result of the illness.”

Dr Subramaniam said kidney ailment was a silent killer and early detection was better rather than diagnosing and treating at a later stage when it might be too late.

He said the ministry planned to open more health centres and organise programmes to educate the public on prevention of diseases as well as helping and assisting the diagnosed patients.

He said people must practise a healthy lifestyle to distance themselves from diseases.

“It’s simple, eat when you need to eat, but remember to not over-eat, do not smoke and drink alcohol, but exercise frequently to live a healthy life,” he said.

“These few simple steps can prevent health troubles.”

More than 200 participants attended the day-long event, which included cooking competitions, health screening and lucky draws.