



30 Days to Happy Kidneys campaign organising chairperson Nadiah Wan (second from left) with SunMed acting chief executive officer Choo Voon Chee (centre), NKF vice-chairman and SunMed consultant nephrologist Dr Thiruventhiran Thilaganathan and NKF head of Branding and Communications Department S. Shobana (right).

30 Days to happy kidneys

SUNWAY Medical Centre (SunMed), in collaboration with the National Kidney Foundation of Malaysia (NKF), organised the 30 Days to Happy Kidneys campaign. It aims at getting Malaysians to commit to take better care of their kidneys by taking up the 30 Days to Happy Kidneys Challenge.

The challenge features a 30-day calendar with a different daily activity that prompts the public to learn about kidney health and adopt kidney-healthy practices. The calendars are also being sold to raise funds for the NKF. A donation of RM11 and above will get you one 30 Days to Happy Kidneys Challenge pledge card plus the calendar.

The fundraising campaign runs until Jan 17. At the end of the fundraising period, SunMed will make a donation to NKF, matching the amount of funds raised from the public.

Also, look out for the 30 Days to Happy Kidneys Challenge, where participants will have to perform the activity indicated on the calendar and take a creative picture showing this, then upload it on Instagram with a positive message.

Don't forget to include the pledge card's serial number and tag #30daystohappykidneys and @sunwaymedical. Five mystery prizes are to be won every week.

The pledge cards are available for donors at SunMed and during SunMed's upcoming World Diabetes Day roadshows at Blue Concourse in Sunway Pyramid from Nov 13 to 15.