

Run to promote kidney donation

PUTRAJAYA: More than 4,000 people, including kidney patients and their family members, participated in the World Kidney Day Run and Carnival 2013 at Dataran Putrajaya recently.

The day-long event, held in conjunction with World Kidney Day 2013, was jointly organised by the Malaysian Society of Nephrology (MSN) and National Kidney Foundation of Malaysia (NKF) in collaboration with the Medical Development Division, Ministry of Health Malaysia.

Participants pledged their support for this year's campaign which carried the theme Kidneys For Life: Stop Acute Kidney Injury.

"World Kidney Day is a global campaign which begun in 2006 and has grown ever since.

"The focus for this year is on acute kidney injury to promote the importance of organ transplant.

"We are happy with the support from the public and have decided to include a fun ride for those who love to cycle," said NKF chairman Datuk Dr Zaki Morad.



Participants of the **World Kidney Day Run** waiting for the race to start.

All funds from the event were channelled to NKF's prevention and welfare activities.

The guest-of-honour Health Ministry director-general Datuk Dr Noor Hisham Abdullah flagged off for the 12km marathon before proceeding to visit the carnival with NKF's representatives and patients.

The participants started to arrive at the event venue as early as 5am to register for the run. The categories

included a 12km marathon for adults and senior veterans, a 5km marathon for young children aged 13 to 17 years and a 5km cyclethon for participants aged 7 and above.

Kidney transplant patients and organ donors of all age groups were allowed to participate free.

Winners received medals and prizes worth more than RM10,000.

The first prize winners in the adult categories received RM500 while

the first prize winners in the 13 to 17 years category got RM300.

At the event, the medical development division of the Ministry of Health presented videos on kidney transplant and organ donation to educate the kidney patients and public about transplant as the best option of treatment for end-stage organ failure.

Meanwhile, NKF launched its starter kit, a comprehensive guide for

new dialysis patients entitled *Kidney Failure: What is the Next Step*.

The guide contained detailed information on kidney function, treatment options, physical and emotional health to support systems for kidney failure patients.

Participants and guests were also treated to a special appearance from Darth Vader and the Stormtroopers who amazed the crowd with their antics at the Star Wars booth.

Before taking pictures with the Star Wars crew, guests gave a donation of RM10 to NKF.

Datuk Dr Noor Hisham said: "We have more than 26,000 kidney patients on dialysis."

He said the starter kit will assist newly diagnosed patients in understanding their medical condition.

"As half of the patients may benefit from kidney transplant, the ministry is working hard to disseminate information on the importance of organ transplant to improve the quality of life for the patients.

"As a result, we hope more people will come forward and pledge as organ donor," he said.