

Foundation's starter kit for kidney patients

THE National Kidney Foundation (NKF) Malaysia has introduced the Chronic Kidney Disease Starter Kit, aimed at educating kidney patients, their families and caregivers as well as the public on the dangers, symptoms and treatment of kidney disease.

National Kidney Foundation chairman Datuk Dr Zaki Morad Mohd Zaher said most people led sedentary lifestyles, consumed processed food and had little or no physical exercise.

"In the long run, this can take a toll on our health and increases the chance of obtaining chronic kidney disease (CKD).

"There are many risk factors associated with CKD, among which are diabetes, high blood pressure, a family history of kidney disease, obesity, kidney stones and advancing age in general."

Kidneys help our bodies remove harmful waste and excessive fluids as well as regulate blood pressure and red blood cell production.

CKD may progress slowly over a period of time and often goes undetected until the later stages of the disease.

"The good news is that CKD can be detected early and its progression to kidney failure prevented or delayed. It is for this reason that we introduced the CKD starter kit," he said.



Dr Zaki added that although the CKD starter kit was targeted at kidney patients and their caregivers, it should be read by everyone, in order to take preventive measures.

"Having CKD can be a burden, not only to patients, but to their families and caregivers as well. Trips to the clinic for dialysis treatment, medication options, doctors' visits become routine for

sufferers and their families.

"As the saying goes, prevention is better than cure. Part of our mission at NKF is to save lives through education on prevention and early detection of kidney disease while providing a second chance for those suffering from it.

"This led us to plan and come up with the idea of the CKD starter kit," he said.

The starter kit includes a book-

Useful info: NKF's starter kit for patients with chronic kidney disease includes a booklet on the disease, lists of financial resources available to kidney patients and their families and a list of dialysis centres around the country endorsed by the NKF.

let on CKD, its make-up and causes, as well as what can be done for patients just diagnosed with kidney disease.

It also lists financial resources available to kidney patients and their families and highlights a list of dialysis centres around the country endorsed by the NKF.

To obtain the starter kit, or find out more, go to www.nkf.org.my or call 1300-88-3100.