

# Number of kidney disease cases rising at alarming rate

THE number of people suffering from kidney disease is rising annually at an alarming rate of 10 to 15 per cent and this rate will continue to rise if people refuse to change their unhealthy lifestyle.

Vice-chairman of the National Kidney Foundation Dr T. Thiruventhiran said that according to the National Renal Registry data, 5,000 new patients registered in 2012.

He said the data for 2013 would be released in May and

the percentage was expected to increase further.

"We are concerned at Malaysians who are ignoring good habits like eating healthy, maintaining a good diet and exercising regularly. This causes diabetes and

hypertension, and ultimately leads to kidney failure," he told reporters after attending a Dance Marathon event organised by the foundation yesterday.

There are more than 35,000 kidney patients in Malaysia

and of the total, 58 per cent are attributed to diabetes and eight per cent to high blood pressure.

The Dance Marathon event raised RM15,000 which will be used to provide dialysis treatment for the less fortunate.

— Bernama