

Rise in kidney disease

PETALING JAYA: The number of Malaysians suffering from kidney disease is rising at an alarming rate of 10-15% annually and this will continue if people refuse to change their unhealthy lifestyle.

National Kidney Foundation (NKF) vice-chairman Dr Thiruventhiran said National Renal Registry data showed a total of 5,000 new patients in 2012.

He said the data for 2013 would be released in May, and the percentage was expected to increase further.

“We are concerned about 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” organised by the foundation here yesterday.

He said there are more than 35,000 kidney patients in Malaysia and of the total, 58% are attributed to diabetes, while 8% is due to high blood pressure.

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

Bernama