



Kirenjit (centre, in white shirt) together with the participants at the NKF Open Day.

Bhangra fun at World Kidney Day event

THE National Kidney Foundation (NKF) organised the NKF Open Day to mark World Kidney Day 2019 which promoted “Kidney Health for Everyone Everywhere”.

The day’s programme commenced with a one-hour Bollywood fitness dance instructed by Kirenjit Singh, the “Bhangra dance master”, to unleash the participants’ adrenalin rush and showcase a fun and easy way to stay active.

Free health screening was pro-

vided to the public, to keep track of their blood pressure, blood glucose and blood cholesterol level along with counselling given by NKF’s health professionals.

NKF chief executive officer Chua Hong Wee said, “Chronic kidney disease (CKD) is an irreversible illness which strikes nine out of every 100 Malaysians.

“As the signs are not obvious in the beginning, CKD is often called the silent killer. Currently, there are more than 50,000 dialysis

patients in Malaysia with 7,000 new patients every year.

“Meanwhile, 20,665 patients are still on the waiting list for organ transplants as of December 2018. The numbers paint a staggering and frightening picture,” said Chua.

“In conjunction with World Kidney Day, we would like to raise awareness of preventive measures in avoiding kidney disease by maintaining kidney health,” Chua said.