

# Shining a spotlight on organ transplant and donation



Dr Nor Fadhlina

**KUALA LUMPUR:** In conjunction with the recent National Organ Donation Awareness Week, the National Kidney Foundation of Malaysia (NKF) organised a community organ donation drive to raise awareness on the importance of organ transplant and donation.

The webinar featured nephrologists, Dr Nor Fadhlina Zakaria from Hospital Serdang and Dr Ruslinda Mustafar from Hospital Canselor Tuanku Muhriz, UKM as the keynote speakers who empowered webinar attendees with practical and relevant medical insights.

Speaking during her session on 'The Painful Reality and Best Options Available', Dr Nor Fadhlina mentioned said the number of kidney failure patients requiring dialysis treatment has been increasing rapidly over the years and was not showing any sign of decreasing.

Unfortunately, the number of kidney transplants - the best treatment option for these patients - remains low.

"Therefore, for those who have relatives or friends with kidney failure, please don't hesitate

to come forward and help them.

"It is a noble gift - giving patients a new and normal life," Dr Nor Fadhlina said.

Chronic Kidney Disease (CKD) remains a serious national health problem, primarily caused by either diabetes or high blood pressure.

And, the prevalence of CKD in Malaysia is 15.48% based on a study in 2018, with about 50,000 patients on dialysis nationwide.

There are five stages of CKD, ranging from minimal damage in stage 1 to complete kidney failure or end-stage kidney disease (ESKD) in stage 5.

Patients with CKD stage 5 or ESKD patients have no choice but to undergo dialysis or wait for a kidney transplant.

In her session, 'Share Your Spare: How to Give the Best Gift of Life', Dr Ruslinda said: "We want to see an increase in living donor transplantation - not only from blood relatives, but also from those with whom the patient has an emotional tie, such as a spouse, friend or co-worker".

She said compared to receiving kidney trans-

plants from deceased donors, those from living donors offered better outcomes and long-term survival for patients.

"So, donate your organs to those you love and give them a second chance - pledge to be an organ donor and help transform someone else's life."

Another highlight of this webinar was the heart-warming sharing session by Shah Zahid Razali, a 25-year-old kidney failure patient who was given a second chance at life by his older sister, Wardahanisah Razali - who also shared her experience as a living organ donor.

After undergoing surgery recently, both Shah Zahid and Wardahanisah were grateful they got the opportunity for the life-saving procedure and they encouraged others to consider being a living organ donor to help save more lives.

Members of the public who are interested in contributing towards this cause of helping patients with kidney failure can find out more through NKF's website at <http://www.nkf.org.my> or call 03-7954 9048.



Dr Ruslinda