

Fun run boosts knowledge on kidney health

BY RAIHANAH REDUAN

KUCHING: The World Kidney Day Charity Fun Run here on Saturday received overwhelming public support.

Held in conjunction with the first state-level celebration of World Kidney Day, it aimed to raise awareness on kidney health and the importance of early detection and prevention.

The run was organised by the National Kidney Foundation and UNIMAS Health Centre.

While covering the event, Sarawak Tribune interviewed some of the participants for their opinions on the matter.

An executive at the National Kidney Foundation, Nur Hafizah Syarina, 26, said the event's purpose was to raise awareness, particularly on chronic kidney disease, as it was often only detected when it was already at an advanced stage.

"Through this event, we provide mobile health screenings where we check Body Mass Index, conduct urine tests and also perform blood tests.

"From these tests, we will be able to identify the problems through symptoms such as obesity, kidney



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abnormalities or leakage, diabetes and also assess heart disease risks as heart conditions can indirectly affect kidney health as well," she said.

"If any problems are detected during the screening, patients will be referred to a clinic for further



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examination and treatment."

Hafizah further said that early signs of significant protein leakage in the urine could often be detected during screening.

However, some individuals only realised there was a problem when symptoms such as frequent urination or foamy urine became more apparent. She advised patients to avoid self-diagnosis by taking supplements blindly.

"It is later discovered that they had been consuming excessive amounts of herbal products or

supplements beyond the recommended dosage, which is why it is important to consult a pharmacist before taking supplements and to adhere to the recommended dosage," she said.

She added there were some common misconceptions regarding kidney problems that were circulating among the public.

"Drinking enough water is truly a necessity to maintain the body's balance and overall function, but we also have to be aware of our food intake by reducing salt intake, avoiding excessive mineral consumption and especially excessive protein intake.

"Some also believe egg consumption is unhealthy but in reality, it is fine as long as it is in moderation," she said.

Diana Echip, 42, a Dialysis Nurse from Pusat Dialisis Cahaya said, "From this event, the public gain insights into kidney function and care, and the importance of understanding and maintaining kidney health."

She also emphasised the importance of early preventions.

"Youngsters should avoid

overconsumption of salty foods to reduce the risk of high blood pressure as well as limit their intake of sweet food to prevent health complications," she added.

Meanwhile, Jeffrey Denis Ridu, 65, the general manager of Nesus Certification Sdn Bhd, explained that kidney disease was one of the most serious health conditions as it was difficult to cure once a person was affected.

"Nesus always prioritises employees in maintaining a healthy work-life balance and encourages them to stay active by participating in events like this.

"It is enjoyable to take part in the run while supporting the World Kidney Initiative 2026 today," he said.

"I have some friends and relatives who have kidney disease so I want to give my support to all those who have kidney disease because I understand that it is really tough to face it," he said.

The fun run also included a lucky draw session where Jeffrey unexpectedly won a microwave oven from Midea.

Nur Amalina Mohamad Said, 30, an Environmental Health officer from UNIMAS shared that she joined this fun run to keep healthy.

"I join because I want to achieve 10,000 steps a day and this is my first ever fun run. And since this fun run coincides with kidney awareness, it also allows participants to go for the health screening," she said.

The World Kidney Day Charity Fun Run, which attracted 250 participants, successfully raised awareness on kidney health, early detection and prevention while promoting a healthy lifestyle among participants.



HAFIZAH



NUR Amalina