

Raising women's awareness of kidney health

NGO's upcoming event to feature talk, workshop and exhibition of organ donation

THE National Kidney Foundation (NKF) is supporting the World Kidney Day (WKD) 2018 theme by promoting affordable and equitable access to health education, health-care and prevention of kidney-related diseases for all women in the world.

The theme for WKD 2018 – an annual global awareness campaign aimed to raise awareness of the importance of kidney health – is “Kidneys and Women’s Health: Include, Value, Empower”.

“Chronic kidney disease is a worldwide health problem with adverse outcomes of kidney failure and premature death.

“It affects approximately 195 million women worldwide and is currently the eighth leading cause of death in women, with close to 600,000 deaths each year,” said the foundation’s board of directors chairman, Datuk Dr Zaki Morad.

“According to studies by the US National Library of Medicine, the number of women on dialysis is lower than that of men even though chronic kidney disease is more likely to develop in the former.

“While the reason is unclear as to why this illness affects men and women differ-

ently, it is something that has consistently been observed across the world,” he added.

The event to be held by the foundation on April 8 at Sunway Pyramid will stretch up to 12 hours, featuring fun yet educational activities including Zumba Fitness dance, health talk and cooking workshop. There will also be complimentary health screening and an educational exhibition of organ donation.

Also, a book with a collection of recipes specially created by celebrity chef Abang Brian for kidney failure patients will also be launched at the event.

The Malaysian Palm Oil Council will give out a total of 1,000 bottles of cooking oil for those participating in its survey.

“In general, it is well known that women have a lower mortality risk than men. However, studies showed that there is almost no such survival advantage for female dialysis patients. With that, we would like to take this opportunity to urge women to have higher awareness of chronic kidney disease,” Dr Zaki said.

For details, call 03-7954 9048 or visit www.nkf.org.my