

Urgent need to raise awareness especially on kidney diseases

PETALING JAYA: Free health screening and fitness dance were highlights of the National Kidney Foundation Malaysia (NKF) Open Day held yesterday, aimed at increasing public awareness over their personal health.

Organised in conjunction with World Kidney Day, the event was held at the NKF-Berjaya Resource Centre from 9am until 4pm.

The programme began with a Bollywood-themed fitness dance, with participants

dancing along to popular Bollywood tunes led by Bhangra dance master Kirenjit Singh.

A free health screening for blood pressure, blood sugar levels as well as glucose levels along with a free counselling session to assist the public in living a healthy life were prepared at the event and conducted by NKF's health professionals.

An organ donation campaign was also held at the open day to encourage the public

to pledge themselves as organ donors.

NKF chief executive officer Chua Hong Wee said the yearly programme would be followed by other similar events, in cooperation with the Health Ministry, in other locations throughout the country. Chua added there was an urgent need to increase public awareness on personal health, particularly on diseases related to kidney failure.

The trend of kidney-related problems has

seen an increase as of late, a factor mostly contributed by an unhealthy lifestyle.

While NKF had been going around the country trying to raise awareness on health, there were challenges in getting the message across to the public.

He also lamented on the low number of Malaysians stepping up to pledge themselves as organ donors, mainly because it is largely seen as a cultural taboo.