

# KIDNEY HEALTH AWARENESS

*"Prevention is better than cure"*



## **Warning signs of kidney disease**

- Blood in the urine \***
- Protein in the urine \***
- Frequent urination \***  
**especially during night time**
- Body swelling \***
- High Blood pressure \***

**Each year, approximately**

# **2,400**

**Malaysians develop kidney failure,  
So **CARE FOR YOUR KIDNEYS****

**now!**

**Control blood sugar if you  
are diabetic**

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**Control blood pressure**

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**Live a Healthy Lifestyle**

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*For further information, please contact the Public Education  
Unit ( [edu@nkf.org.my](mailto:edu@nkf.org.my) ) National Kidney Foundation of Malaysia at:*

**No. 70, Jalan 14/29, 46100 Petaling Jaya,  
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