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Kidney health screening for underserved communities

The Sun, Malaysia

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TO confront Malaysia's silent but escalating kidney health crisis among underserved communities, the Maaedicare Charitable Foundation, in partnership with the Rotary Club of Bukit Angkasa, recently launched community renal health screening at Pandan Indah, Ampang.

This initiative marks a step toward early detection and prevention by bringing vital kidney screening directly to those who need it most. The inaugural screening is the first in a series of proactive efforts to identify chronic kidney disease early and manage its risk factors comprehensively.

With a focus on preventive care, these community screenings aim to equip vulnerable populations with the knowledge and resources necessary to improve long-term kidney health outcomes and lessen the devastating impact of chronic kidney conditions.

The initiative targets 3,000 individuals from the B40 income bracket over the next two years, extending screenings across urban and suburban communities nationwide.

The inaugural screening attracted 102 participants, with 75.5% from the B40 group and an average age of 54 years. Alarming, 22% showed decreased renal function, underscoring the hidden burden of kidney disease in these communities. Females made up 55% of attendees, highlighting the inclusive reach of the programme.

Maaedicare Charitable Foundation CEO Anne Rajasaikaran emphasised the critical role of early detection, explaining that chronic kidney disease often develops silently, with symptoms only appearing when treatment becomes complex and costly.

"Preventive screenings empower



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individuals – especially those in the B40 group – to take control of their health, enabling timely intervention that can save lives and significantly reduce healthcare expenses," she said.

Anne shared that 70% of Maaedicare's dialysis patients come from households earning less than RM3,000 a month, often supporting an average of five family members. In

fact, 40% of these patients earn below RM900 monthly or are unemployed, highlighting the immense financial strain dialysis treatment places on already vulnerable families.



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SUMMARIES

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