

WHAT LIFESTYLE CHANGES CAN I MAKE TO IMPROVE KIDNEY HEALTH BASED ON SCREENING RESULTS?

HEALTHY DIET



MANAGING BLOOD SUGAR

MANAGING BLOOD PRESSURE



QUIT SMOKING

MAINTAIN HEALTHY WEIGHT



PHYSICALLY ACTIVE

HOW CAN I ACCESS KIDNEY HEALTH SCREENING

Please go to your nearest health centre to consult with a doctor if there is any concerns and tests will be carried out appropriately

CONCLUSIONS

Regular kidney health screening is vital for early detection and prevention of kidney diseases. If you have further questions about kidney health screening, consult with a healthcare professional for personalized advice and recommendations.

REFERENCES

- Centers for Disease Control and Prevention. (2023). Chronic kidney disease initiative. U.S. Department of Health & Human Services. <https://www.cdc.gov/kidneydisease/index.html>
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- World Kidney Day. (2023). World Kidney Day campaign resources. <https://www.worldkidneyday.org>
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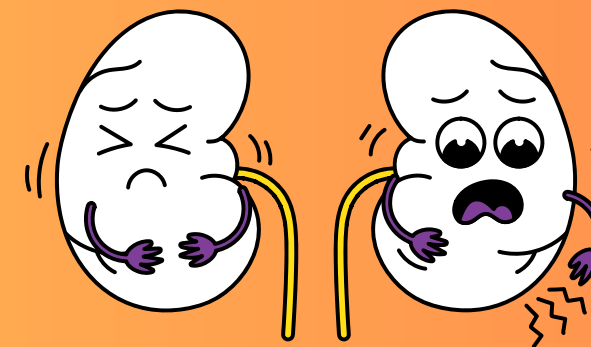


IF YOU HAVE FURTHER QUESTIONS PLEASE CONTACT:
EMAIL :
UPPK.RENALEDUCATION@MOH.GOV.BN



جابتن فرخدماتن رينل
JABATAN PERKHIDMATAN RENAL
KEMENTERIAN KESIHATAN

KIDNEY HEALTH SCREENING



**“ARE YOUR KIDNEYS OK? – DETECT EARLY, PROTECT KIDNEY HEALTH”
WORLD KIDNEY DAY 2025**

EDUCATION AND HEALTH PROMOTION UNIT
DEPARTMENT OF RENAL SERVICES

WHAT IS KIDNEY HEALTH SCREENING?

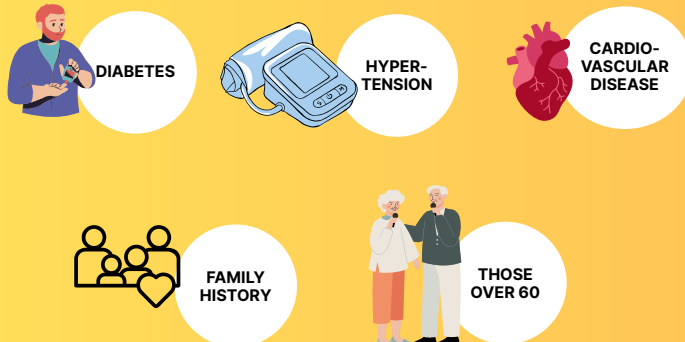
Kidney health screening involves tests and evaluations to assess kidney function and detect any signs of kidney disease, typically before symptoms appear

WHY IS KIDNEY HEALTH SCREENING IMPORTANT?

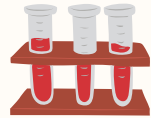
Early detection of kidney disease can help prevent progression to more severe stages and reduce the risk of complications, including cardiovascular disease, and the need for dialysis or transplantation.

WHO SHOULD GET SCREENED FOR KIDNEY DISEASE?

Individuals at higher risk for kidney disease, including those with:



WHAT TESTS ARE INVOLVED IN KIDNEY HEALTH SCREENING?



BLOOD TESTS

Measuring serum creatinine and calculating estimated glomerular filtration rate (eGFR).

URINE TESTS

Checking for protein (urinalysis) and measuring microalbumin levels

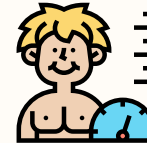


BLOOD PRESSURE & BLOOD GLUCOSE

To make sure both are in normal range

BODY-MASS INDEX

Measure weight and height and calculate the total BMI



HOW OFTEN SHOULD SCREENING BE DONE?

Adults with risk should have screening done at least **once a year**

Individuals found with healthy kidneys may not need further screening unless symptomatic or at risk due to personal or family medical history

WHAT ARE THE SYMPTOMS THAT INDICATE THE NEED FOR SCREENING?

Kidney disease may not cause symptoms in the early stages, but signs can include:



HOW CAN I PREPARE FOR KIDNEY SCREENING TEST?

Inform healthcare provider about any medications you are taking, as some might affect test result.

WHAT HAPPENS IF MY KIDNEY SCREENING RESULTS ARE ABNORMAL?



FURTHER TESTS



MONITORING



LIFESTYLE CHANGES

REFERRAL TO A SPECIALIST FOR MORE COMPREHENSIVE EVALUATION AND MANAGEMENT



APAKAH PERUBAHAN GAYA HIDUP YANG BOLEH SAYA LAKUKAN UNTUK MEMPERBAIKI KESIHATAN BUAH PINGGANG BERDASARKAN KEPUTUSAN PEPERIKSAAN?

PEMAKANAN SIHAT



MENGAWAL PARAS GULA DALAM DARAH

MENGAWAL TEKANAN DARAH



BERHENTI MEROKOK

MENJAGA BERAT BADAN YANG SIHAT



MELAKUKAN AKTIVITI FISIKAL

BAGAIMANA SAYA BOLEH MENJALANI PEMERIKSAAN KESIHATAN BUAH PINGGANG?

Sila pergi ke pusat kesihatan berhampiran untuk konsultasi dengan doktor sekiranya ada kebimbangan, dan ujian akan dijalankan jika perlu.

KESIMPULAN

Pemeriksaan kesihatan buah pinggang secara berkala adalah penting untuk pengesanan awal dan pencegahan penyakit buah pinggang. Jika awda mempunyai sebarang pertanyaan lanjut mengenai pemeriksaan kesihatan buah pinggang, sila dapatkan nasihat daripada pakar kesihatan untuk nasihat dan cadangan yang bersesuaian.

REFERENCES

- Centers for Disease Control and Prevention. (2023). Chronic kidney disease initiative. U.S. Department of Health & Human Services. <https://www.cdc.gov/kidneydisease/index.html>
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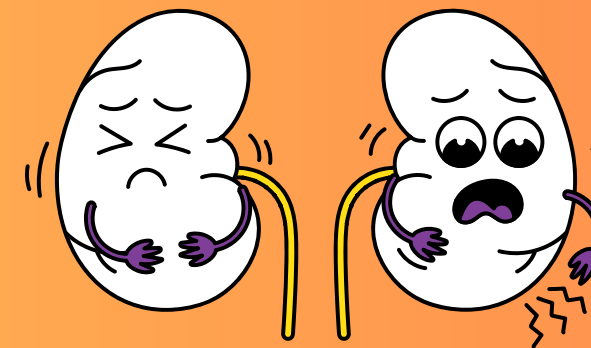


SEBARANG PERTANYAAN SILA HUBUNGI:
EMEL
UPPK.RENALEDUCATION@MOH.GOV.BN



جابتن فرخدماتن رينل
JABATAN PERKHIDMATAN RENAL
KEMENTERIAN KESIHATAN

PEMERIKSAAN BUAH PINGGANG



**"ADAKAH BUAH PINGGANG ANDA SIHAT? – KESAN AWAL, LINDUNGI KESIHATAN BUAH PINGGANG"
HARI BUAH PINGGANG SEDUNIA 2025**

EDUCATION AND HEALTH PROMOTION UNIT
DEPARTMENT OF RENAL SERVICES

APAKAH ITU PEMERIKSAAN KESIHATAN BUAH PINGGANG

Pemeriksaan kesihatan buah pinggang melibatkan ujian dan penilaian untuk menilai fungsi buah pinggang serta mengesan sebarang tanda penyakit buah pinggang, biasanya sebelum gejala muncul.

MENGAPA PEMERIKSAAN KESIHATAN BUAH PINGGANG ITU PENTING?

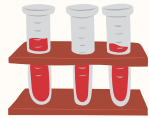
Pengesanan awal penyakit buah pinggang dapat membantu mencegah perkembangan kepada tahap yang lebih teruk dan mengurangkan risiko komplikasi, termasuk penyakit kardiovaskular, serta keperluan untuk dialisis atau pemindahan buah pinggang.

SIAPAKAH YANG PERLU MENJALANI PEMERIKSAAN PENYAKIT BUAH PINGGANG?

individu yang berisiko tinggi untuk penyakit buah pinggang, termasuk mereka yang mempunyai:



UJIAN APA YANG DILAKUKAN DALAM PEMERIKSAAN KESIHATAN BUAH PINGGANG?



UJIAN DARAH

Memeriksa kreatinin serum dan mengira anggaran kadar penapisan glomerular (eGFR).

PEMERIKSAAN AIR KENCING

Mengesan protein (urinalisis) dan tahap mikroalbumin



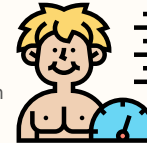
TEKANAN DARAH & PARAS GULA DALAM DARAH

Pastikan keduanya berada dalam tahap normal

INDEKS JISIM BADAN

BODY-MASS INDEX

Ukur berat dan tinggi badan serta kira jumlah Indeks Jisim Badan (IJB).



BERAPA KERAP PEMERIKSAAN PERLU DIBUAT?

Golongan dewasa yang berisiko perlu menjalani pemeriksaan sekurang-kurangnya **sekali dalam setahun**.

Individu dengan buah pinggang sihat mungkin tidak perlu pemeriksaan lagi kecuali ada gejala atau berisiko kerana sejarah perubahan diri atau keluarga.

APAKAH GEJALA YANG MENUNJUKKAN PERLUNYA SESEORANG MENJALANI PEPERIKSAAN?

Penyakit buah pinggang biasanya tiada gejala pada peringkat awal, tetapi tanda-tanda yang boleh dilihat termasuk:



- Kelesuan
- Bengkak di buku lali atau kaki
- Perubahan dalam kekerapan, warna atau konsistensi air kencing
- Air kencing berbusi
- Gatal-gatal berterusan



PERSEDIAAN UNTUK MENJALANI UJIAN SARINGAN BUAH PINGGANG

Maklumkan kepada petugas kesihatan tentang ubat-ubatan yang awda ambil, kerana ia mungkin mempengaruhi keputusan ujian.

APA YANG PERLU SAYA BUAT JIKA KEPUTUSAN PEPERIKSAAN BUAH PINGGANG TIDAK NORMAL?



UJIAN LANJUT



PEMANTAUAN



PERUBAHAN GAYA HIDUP

RUJUKAN KEPADA PAKAR UNTUK PENILAIAN DAN PENGURUSAN YANG LEBIH MENYELURUH

