

Caring for the community

MELOMED HOSPITALS ran an awareness campaign on World Kidney Day to raise awareness of kidney diseases.

Launched in 2006, World Kidney Day is a joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations (IFKF).

"The purpose is to create awareness about the importance of the kidneys, which play a crucial role in keeping people alive and well. One in 10 people has some form of kidney disease," says Carmen Loots, spokesperson for Melomed Hospital in Mitchell's Plain.

This year the focus was on diabetes and how it affects the kidneys. The hospital offered free blood pressure, blood glucose and

kidney function tests to the community.

People were encouraged to make positive changes in their behaviour and lifestyle to reduce the incidence of kidney failure.

Many patients with high blood pressure were noted during the free screenings, most of whom were known hypertensive patients who had not taken their blood pressure medication.

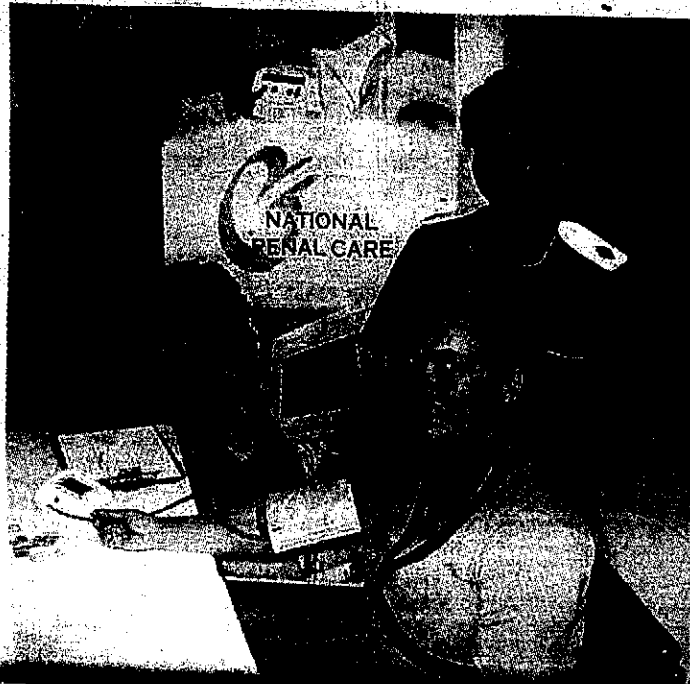
According to a well-known Cape Town nephrologist (kidney specialist), an astronomical sum of money is wasted annually on prescribed medication that is not taken by patients.

"This is a sad situation as there is not sufficient capital in the government health sector to treat patients with kidney failure," he says.



TEAM EFFORT: Staff and patrons at the World Kidney Day screenings.

Photos: Supplied



TAKING CARE: A staff member at the Melomed Hospital in Mitchell's Plain encourages a resident to regularly check her blood pressure.

