KIDNEYS AND WOMEN’S HEALTH
World Kidney Day @ Hong Kong 2018 - Sunday 4 March 2018
Conducted a survey on awareness of kidney disease and provide education and health checkup at 11 housing estates (Dec 2017 – Feb 2018)
<table>
<thead>
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<th>Time</th>
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<tr>
<td>10:00</td>
<td>Opening by MC</td>
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| 10:02 | Welcome Address  
Dr. Lui Siu Fai, MH JP, Chairman, Hong Kong Kidney Foundation  
Prof Sydney Tang, Chairman, Hong Kong Society of Nephrology  
Dr. Tony Ko, Deputising Director (CS), Hospital Authority  
Dr. Eddy Ng, Principal Medical Officer (NCD), Department of Health  
Ms. Eva Ho, Chairman, Hong Kong Association of Renal Nurse |
| 10:10 | Speech by Guest of Honor:  
Prof Sophia Chan, JP, Secretary for Food and Health Bureau, HKSAR |
| 10:14 | Drama by Women Healthcare professionals                                          |
| 10:22 | Announcement of finding of survey conducted at housing estates                   |
| 10:26 | Guest sharing message on kidney health  
Prof TM Chan, Council member, ISN  
Dr. SF Lui, Council Member, IFKF  
Dr. CH Leong, Prof Richard Yu, Hong Kong Kidney Foundation  
Dr. Constance Chan, Director, Department of Health, HKSAR. |
| 10:34 | Singing by Ms Lau, WKD 2018 Ambassador                                             |
| 10:39 | Singing by Children Choir from PMH (Renal patients)                              |
| 10:45 | Line Dance to the music— Pretty Woman                                             |
| 10:50 | 10 minutes Exercise                                                              |
| 11:00 | Group Photo                                                                       |
Welcome by
Dr. Lui Siu-fai, MH, JP Chairman, Hong Kong Kidney Foundation
Dr. Sydney Tang Chairman, Hong Kong Society of Nephrology
Dr. Tony Ko Dep. D(CS), Hospital Authority
Dr. Eddy Ng Principal Medical Officer (NCD)
Ms. Eva Ho President, Hong Kong Association of Renal Nurses

Prof Sophia Chan, JP, Secretary for Food and Health Bureau, HKSAR

Guests sharing tips on Prevention of kidney disease and non-communicable disease
Prof. Richard Yu, SBS, Patron, HKKF
Dr. Leong Che-hung, GBM, JP, President, HKKF
Dr Constance Chan, JP Director, Department of Health, HKSAR
Prof TM Chan, Council Member, ISN
Dr. SF Lui, MH JP, Council Member, IFKF
Drama (on women renal diseases)

by Women Healthcare professionals
Dr. KF Chau, Dr. Bonnie Kwan, Dr. MY Mok, Ms KF Lee

Singing by Prof Sydney Tang

Script and Director: Dr. TH Kwan

https://youtu.be/DuOugRdmzPE
Singing by Children Choir
Princess Margaret Hospital (Renal patients)

https://youtu.be/npynmabC-ns
Singing by Ms Lydia Lau
WKD 2018 Ambassador
Line Dance – Pretty Woman

10 minutes exercise

Target: Exercise
150 minutes per week

Promotion of Exercise Games
Today is the 13th World Kidney Day - a day when everywhere around the world focuses on kidney disease, not only on treatment and replacement therapy but more importantly, on the prevention of renal disease. It is particularly appropriate that this year the WKD coincides with the International Women’s Day, as the theme for this year's WKD is Kidney and Women's Health. The renal community in Hong Kong strongly supports the event, with full participation by our healthcare professionals, organizations and patients and family members.

Chronic kidney disease (CKD) is a worldwide public health problem with adverse outcomes of kidney failure and premature death. CKD affects approximately 195 million women worldwide, and it is currently the 8th leading cause of death in women, with close to 600,000 deaths each year. The situation in Hong Kong is similar and concerning.

The risk of developing CKD is at least as high in women as in men, and may even be higher. Female as a different age group has different risks. The younger female may suffer from kidney tract infection, lupus nephropathy, and pregnancy-related diseases. For those over 40 years old, diabetes, hypertension, and obesity are the main risks.

During 2017, there were 1300 new patients reaching end-stage renal disease. Of great concern is that 54% of the new cases were due to diabetes.

It is important to prevent renal diseases which may progress to end-stage kidney failure, in particular, diabetes and hypertension. Early detection and better care and management. The recent Hong Kong Population Health Survey 2014-2015 revealed a very high incidence of obesity, hypertension, diabetes, and hypercholesterolaemia in the general population. More concerning is the high percentage (>50%) of those who are unaware of having diabetes, hypertension, and hypercholesterolaemia. A more concerted effort is required to prevent and slow down the progression of renal disease in Hong Kong.
女性患腎病成因
逾半受訪者無概念

【本報訊】慢性腎病是婦女的第八號殺手。香港腎臟基金會及香港腎臟會昨舉行「第13屆世界腎臟日在香港」活動，基金會主席雷兆輝指出，去年末期腎衰竭新症病人升至一千三百多名，其中五成三的病因是糖尿病。該會一項調查發現，逾半受訪市民不清楚女性患腎病的成因，又不知道超重、高血壓、糖尿病及高膽固醇等風險因素，憂慮公眾未能及早預防腎病。

末期腎衰竭多因糖尿病

香港腎臟基金會在全港十一個公共屋邨問卷訪問七百三十六名市民，四成半受訪市民不知道女性患腎病的風險因素，容易患尿道感染；五成八不清楚系統性紅斑狼瘡等多影響女士；僅兩成受訪市民知道導致末期腎衰竭的主要疾病為糖尿病。

香港腎科學會主席鄭智偉指出，女性患慢性腎病的風險較男性稍高。不同年齡層的婦女有不同的風險因素，包括尿道感染、系統性紅斑狼瘡、妊婦相關的急性腎病；四十歲或以上患糖尿病、高血壓及肥胖均是健康危機。
07/03/2018

相片集

(主持：沈達元、江卓儀)
年輕女士：腎臟感染、尿道炎及狼瘻腎炎 / 炎症性腸病
1300-1400

主題：年輕女士：腎臟感染、尿道炎及狼瘻腎炎
嘉賓：葉逸軒醫生（香港腎科學會會董）、葉樸韶醫生（香港腎科學會主任）