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Myth or Fact?

Myths are often what shapes our perception and directs our thoughts especially when they are left invalidated. This can sometimes come from the regular man on the street, or simply an old saying that has been passed on for generations.

The lack of understanding on topics can also lead to speculation and most of the time, could bring about the birth of such myths and untruths when they are not supported with evidence.

In this issue of K-Bytes, we bring to you 8 widespread myths about kidney-related diseases and dialysis, as well as the actual facts that will dispel those myths. Get ready and enjoy the myth-busting journey!

Myth	Fact
 <p>No one in my family has diabetes so my chance of getting it is small.</p>	<p>Although family history of diabetes is one of the risk factors, leading an unhealthy lifestyle and being overweight or obese can also increase your risk of getting diabetes.</p>
<p>Only fat people get diabetes.</p>	<p>Being overweight or obese increases your risk of developing Diabetes. Other factors like family history and unhealthy lifestyle practices also increases your risk.</p>
 <p>Diabetes can be cured.</p>	<p>Diabetes is a lifelong condition. It cannot be cured BUT through proper diet management and medication compliance, it can be well controlled.</p>
<p>I have Type 2 Diabetes, but it's not as serious as it's milder than Type 1 Diabetes.</p>	<p>All types of diabetes are serious conditions, if not well controlled. Some of the complications of high blood sugar levels in poorly controlled diabetes are: nerve damage, foot ulcers leading to amputation, kidney failure, heart disease, stroke and blindness.</p>



I was diagnosed with high blood pressure and I have been maintaining lower readings, so I can stop taking my medication.

High blood pressure can be a lifelong disease. Follow your healthcare professional's recommendations carefully, even if it means taking medication every day for the rest of your life.

Consult your doctor before you decide to stop taking your medication.

By partnering with your healthcare team, you can successfully reach your treatment goals and enjoy the benefits of better health.

Dialysis patients do not have the time or energy to work.

Dialysis treatment has helped many patients feel stronger indeed.

While haemodialysis patients need dialysis three times a week and about four hours each time, KDF still has dialysis patients that lead an active lifestyle and hold regular jobs as well.

Peritoneal dialysis patients may need to do about 4 exchanges manually with 4 – 6 hours interval in-between. Each exchange takes about 30 minutes. During the intervals in between patients are free to engage in other activities including working. They have to arrange a place at work to do an exchange.

Alternatively, the exchanges can be performed in an automated fashion by a machine at night while sleeping. Then work or leisure time can be uninterrupted during the day.

Patients on haemodialysis treatment cannot travel.

Haemodialysis patients can still travel and are encouraged to take a break, go for a holiday and spend time with their family and spouse.

However, before planning for a trip, the patient should be reasonably healthy and also certified fit by doctor for any trips. Planning for the trip should also start early. For more information, read our health brochure [here](#).



A limited 800ml to 1000ml fluid intake a day for haemodialysis patients does not include gravy, watermelon, porridge or soup.

These food items contain hidden fluid that count as part of the fluid allowance for haemodialysis patients. Hence, haemodialysis patients have to count them as part of their fluid intake.

For more information on fluid management for haemodialysis patients, read our health brochure [here](#).

Having debunked some of the myths that run the streets of Singapore today, we hope you pick up some of the tips to educate your family and friends on the facts of kidney-related diseases and dialysis!

If you have any myths and facts that you wish to share with us or any feedback that you wish to leave behind, do send them to feedback@kdf.org.sg today or leave a comment on our Facebook page at www.facebook.com/KDFsg.

Source:

- 1 - 4: "Myths & Facts" - [Chronic Diseases Articles, Health Promotion Board](#)
- 6: "Myths about High Blood Pressure", [American Heart Association, 4 April 2012](#)
- 7: Travel Guide for Haemodialysis Patients, KDF Health Guides, [Kidney Dialysis Foundation Limited](#)
- 8: Fluid Management, KDF Health Guides, [Kidney Dialysis Foundation Limited](#)