



# K-Bytes

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## A New Take on Kidney Disease

Creating awareness and educating the masses on kidney disease has all along been one of KDF's mission and commitments. In this month's issue of K-Bytes, we share with you 3 educative facts which you might not know about your kidneys or kidney disease to help you gain a new perspective.

### Your kidneys are positioned....

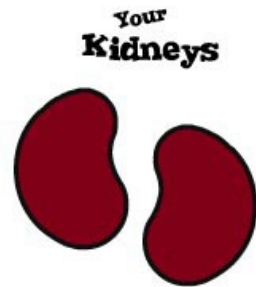
More often than not, you might have thought that the position of your kidneys is adjacent to each other. But is that really so? Being only partially protected by the rib cage, your right kidney, being located underneath your liver, is typically positioned slightly lower as compared to the left.

### Severe and irreversible....

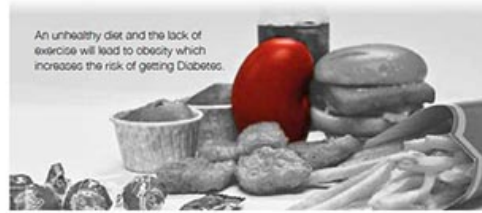
Like other diseases, the onset and the development of kidney disease differs in varying degrees. Early stages of kidney disease can usually be controlled by medication and a strict diet. Once it progresses to its most advanced stage or end stage kidney failure, there will be a need to seek an alternative in the form of dialysis treatment or kidney transplant in order to survive.

### Diabetes and Hypertension....

These are medical conditions that are no stranger to anyone! They are also the two major causes of kidney failure in Singapore. About 11.3% of the Singapore population has Diabetes Mellitus while approximately 1 in 5 Singaporeans between 18 to 69 years old are diagnosed with Hypertension! These alarming statistics are an indication that both Diabetes and Hypertension are getting more common and may strike anyone. So remember to stay active, eat healthily and go for regular health checks to keep these illnesses at bay!



This year, KDF continues to bring to you our themed calendar for 2014 – "Love Your Kidneys, Protect Your Life". Exclusive to KDF, this calendar is specially designed with the goal of drawing your attention to the severity of kidney and kidney-related diseases combined. Through monthly bite-sized information accompanied with a series of artfully-captured photographs to provoke your thoughts, the functional and informative 2014 calendar definitely deserves a spot on your work desk or at home!



Take charge of your health. Know your kidneys and kidney-related diseases to start taking measures to "Love Your Kidneys" and "Protect Your Life".

To purchase "Love Your Kidneys, Protect Your Life", please click [here](#) to be directed to our website. For more information on corporate and bulk purchases, please contact Ms Jillian Lim at 6559 2652 or email [jillian.lim@kdf.org.sg](mailto:jillian.lim@kdf.org.sg)

**Source:**

[Institute for Integrative Healthcare, 27 Feb 2006](#)

[SingHealth Group – Kidney Failure](#)

[KDF Brochure – Your Kidneys](#)