



















KIDNEY DISEASE AND CHILDREN – ACT EARLY TO PREVENT IT

World Kidney Day @ Hong Kong 2016 - Sunday 6 March 2016

World Kidney Day @ Hong Kong 2016 Sunday 6 March 2016 Attended by 800 renal patients (adults and kids) and healthcare professionals







Guest of Honor: **Dr. Ko Wing-man, BBS, JP** Secretary for Food & Health, Food & Health Bureau, HKSAR

Welcome by

Dr. Lui Siu-fai, MH, JP

Chairman, Hong Kong Kidney Foundation

Dr. Choi Koon Shing

Chairman, Hong Kong Society of Nephrology

Dr. Cheung Wai-lun, JP

D(CS), Hospital Authority

Dr. Ng Kwok Po

Centre for Health Protection, Department of Health, HKSAR

Address by

Dr. Leong Che-hung, GBM, JP

President, Hong Kong Kidney Foundation

Prof. Richard Yu, SBS,

Patron, HKKF

Prof. John Leong, SBS, JP

Chairman, Hospital Authority

Dr Constance Chan, JP

Director, Department of Health, HKSAR

Prof. Philip Li

Council member, ISN

Deliver health message

Mr. Royan LAM

Chairman, Children's Kidney Fund

Dr. Nico Tse

Consultant, Princess Margaret Hospital

Dr. Lai Wai Ming

Chairman, Hong Kong Paediatric Nephrology Society

Dr. Chiu Man CHun

Founder and Council member of Children's Kidney Fund

Ms. Maria Cordero, Ambassador of World Kidney Day @ Hong Kong



Kids and healthcare professionals sang "YOU RAISED ME UP"













The officiating guests and members of the organsiers with the kids and staff from Renal Unit, Princess Margaret Hospital

150 Kids and healthcare professionals dance to "MOVE YOUR FEET"



150 Kids and healthcare professionals dance to "MOVE YOUR FEET"





Move your feet https://youtu.be/lx1CYaQayPA





All attendees exercise to the music

https://youtu.be/1G1n2-Q6UqQ

"MOVE YOUR FEET"

with Dr. KO Wing Man, Secretary for Food and Health, Food and Health Bureau and Dr. Constance Chan, Director, Department of Health

150 Kids and healthcare professionals exercise to "MOVE YOUR FEET"





Move your feet (exercise) https://youtu.be/1G1n2-Q6UqQ











https://youtu.be/6KwqYLN28pA

Dance Conga https://youtu.be/t12RF0SP18M

Break dance by a kid with kidney transplantation



Singing "Based on love 憑著愛























You raised me up https://www.youtube.com/watch?v=4SigpMdA0Pk



We are the children of the world

https://www.youtube.com/watch?v=Yj3MaWpRVvQ





世界腎臟日在香港



Poster for hospital renal units

Poster for



腎小球炎

及早損**防**

持健康體重,避免自行用藥



先天異常

家族遺傳

腎小球炎≈30%

其他原因約20%



































嘉寶:食物及衞生局局長高永文醫生

著名藝人Maria Cordero (肥媽)



查詢: 2716 5773

















Common kidney disease in children

Urine tract infection Nephrotic syndrome Nephritis

Prevention of kidney disease

Less salt, sugar
Less fat
More exercise
Drink more water
Do not self-medication

8 rules on prevention of kidney disease

Frequent exercise / keep fit
Control blood sugar
Monitor blood pressure
Healthy diet /
normal body weight

Adequate fluid intake
Stop smoking
No over-counter drugs
High risk people should
have health check

第11屆世界腎臟日在香港 💬 🗓

並由此生期於,追到卷老時之有信。望杭河縣的 育業論事的第三、但然於輕弱應係化別數使作 項,並治療仍發育媒大天和後天在失調 大家論主章保持鎮部的機能或收益高進和 家論,如發強推測超過差得直,其對於數個展 所以,主持機將爭論企並,同為健康的裝備 一個一個一個一個一個一個一個一個 中毛利亞的轉進派發射、跨灣極限 少生用海的轉進派發射、跨灣極限 心地下度質難行,除了與稱實上轉等與新國













主要配金株: 岩冶安原本來製集有限公司 阿斯利森吉治有限公司 四件資源用品有限公司 貴森北市醫業音治有股公司 協名服務課款等為刊有限公司 手法大型製金管理公司 器長大乗納者法有限公司 最中級: ス価を取るの 福電等利用の設工 利度配かる終わるの可 総立等条準を参加の可 施工等等を目的 東京機能: 南外が原子等 と関係的な テルタにはてきる



Full page special published in 10 newspapers 10 March 2016 (circulation 3.2 million copies)

Message:

The 11th World Kidney Day is jointly organized by Hong Kong Society of Nephrology, Hong Kong Kidney Foundation, Hospital Authority and Department of Health, HKSAR, with the support of Hong Kong Paediatric Nephrology Society, Children's Kidney Fund and Hong Kong Association of Renal Nurses. This year the them is "KIDNEY DISEASE AND CHILDREN, ACT EARLY TO PREVENT IT".

With 10% of the population worldwide having some form of kidney damage, there is a long road ahead to raise awareness about the dangers of kidney disease. The latest numbers show that Chronic Kidney Disease (CKD) is predicted to increase by 17% over the next decade and is now recognized by WHO and other organizations as a global public health issue. Kidney diseases affect millions of people worldwide, including many children. Some children are born with kidney disease and others develop it when still very young. Additionally, kidney disease that becomes evident in adulthood may occur more often in persons with risk factors that can be detected in childhood.

It is therefore crucial that we encourage and facilitate education, early detection and a healthy life style in children, starting at birth and continuing through to old age, to combat the increase of preventable kidney damage including Acute Kidney Injury (AKI) and CKD and to treat children with inborn and acquired disorders of the kidney

On World Kidney Day, move your feet! – Keeping fit reduces high blood pressure and obesity, two of the leading causes of kidney disease.

Promotion of World Kidney Day on television and radio







[本解除] 家然如以為學家或學療媒兒發 港小兒製料學會主席、馬森烈蘭院兒童 數理如、即血尿、夜菜、持續無質口等 每年有近1,200 宗末類類資端新夜·有10 宗 紅斑琼藤症皆求難才確診・他書示・一般 **服要或領換聲 - 專家指小朋友的如麻實懷突** 人最容易因雖然病、高血壓、飲食失業、唯 未及早難治、有機會也致免性衰竭消费効果 **延续期待股份市、他可能是努力能有問題** 多品由先天因素引發、如腎臟發育不良、家 家長面幫助小朋友報助警戒请查自言 或會惡化成賢炎。不良飲食及生活習慣是兒 重製病元凶之一・宣長麻譲子女健康教会・

勿亂壓消炎止痛樂 並多价值數,均有助確整。 化省:于使氏 交集的後天警炎信 以不健康的飲食發售

後天感染質炎

经常生物信夕强勤

維持體重指標(BMI) (

切勿在未有醫生經示下數

是常生 - 少语助 保護腎臟健康活動。

可克斯克、開時百要多 - 至於實功能稱差的 4、更不應點用消炎額

或序程运等、义或 ■食養局局長高永文的出路宣播 止痛禁、疹先恐消發生 護達本月10日為「 · 新屬於引音等功能問題的高度 用背膜口J · 多個關注對例的組織作目學問 生活習慣,長遠可增加無上慢性 動宜排保護腎臟健康試息,並直得食物能 对我如何我综合位,另小动为炎 局局员高水文、整管局主席报告仁明出席

高水文表示・智管日金型量構度招格・ロ 類指、塩水锅來發展。 植物加维点化管脑体。其他付属增的流對 及整体天线企質炎的病 求。他又稱:糖胃固正探討新方式。例如: 例,在求設款均有明額 又與樹苗官、今與糠丁數上升、惟沙技倫 的生活習慣改 問題,亦其爭議也,助为將作途一步誘與

Fighting this silent disease

Bonnie Kwan

N HONG KONG, one in 10 people has chronic kidney disease of varying stages. Last year more than 1,200 kidney-failure patients needed to start dialysis.

Among them, nearly 50 percent had CKD due o diabetes mellitus. The next top two causes, hypertension and glomerulonephritis, lead to another 30 percent of dialysis patients.

Other causes include congenital anatomical nomalies, obstruction – eg kidney stones or reflux.

Kidney disease is a silent disease. Unlike heart attacks, its symptoms and signs are vague and insidious. These could include hypertension, protein or blood in the urine, ankle swelling and persistent

It is usually difficult to detect the onset of kidney disease. However, we can deter the progression of kidney impairment and prevent CKD.

Whatever the cause, it is much affected by general well-being, especially the control of diabetes and hypertension. Prevent CKD in eight simple steps: 1) Regular exercise to reduce high blood pressure and 2) Healthy diet and control body weight 3) Control blood alucose:

4) Monitor blood pressure;

5) Healthyfluid intake: 6) Avoid smoking:

7) Avoid kidney-toxic over-the-counter medications 8) Early checkup and regular monitoring for highrisk groups (ie, those with known diabetes or hypertension, or with a family history of kidney

Each year Hong Kong joins the worldwid community in World Kidney Day.

WKD, started in 2006, is a joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations.

WKD aims to increase public awareness of the importance of our kidneys and to promote early diagnosis, prevention and therapy to reduce the prevalence and impact of CKD.

The 11th WKD@Hong Kong is jointly organized by the Hong Kong Kidney Foundation, Hong Kong Society of Nephrology, Hospital Authority and Department of Health, and is supported by the Hong Kidney Fund and the Hong Kong Association of Renal

The theme for WKD 2016 is Kidney disease and children: act early to prevent it.

It focuses on kidney disease in childhood. reminds us that much adult renal disease is actually initiated in childhood, and that we should look after our kidneys from an early age.

In children, common kidney problems include urinary tract infection (especially if recurrent), reflux nephropathy, and nephrotic and nephritic syndrome. Top causes of kidney failure in children

are congenital anomalies (40 percent), glomerulonephritis (30 percent) and inherited diseases (10 percent).

Look out for ankle or eyelid swelling, or for urine which is always smelly, frothy or red. For more information: www worldkidneyday.org/

· Bonnie Kwan is a council member of the Hong Kong

患者生活多限制 移植或需等十幾年

腎·犧牲了愉快的童年生 活。香港小兒腎科學會 主席賴偉明表示,部分 腎臟出現先天性發育不健全的兒童, 出世即洗腎、等候腎移植需數年、有 人甚至等上十多年,「由小學等到大 學畢業」。現時全港有卅名腎衰竭兒 童要洗腎,每年平均六人可換腎。醫 ■接受洗血的腎衰竭兒童放學後至 生呼籲市民支持器官捐贈,免除病童 醫院洗血・不致製 長期受洗腎之苦。

查端兒童中,四成屬於先天性泌尿 鹹,可今血壓上升。高磷食物例如朱 系統或腎臟發育不健全、例如腎臟太小、只有一個腎 古力和奶類食品;高鉀食物、包括香蕉和果 艫和尿道阻塞等;慢性肾炎佔三成。包括原發性肾炎 汁,都要少吃,以免加重腎臟負擔。他們有時未 或由紅斑兼瘡引發;其餘屬遺傳性腎病和其他腎病。 必「聽話」,問中有兒童因吃得過鹹,引致血壓上升 病童一般需洗腎至四、五歳、體重建十五公斤才能輪 而入院。

整議会培填室長使用自動腹環域析構,每座為子女達 由。不過,要協助患者提治警查處,仍須集警核植 肚,翌日上午完成程序便可上學。曾接受腹腔手術或 曾患腹膜炎的兒童、需採用血液透析、即「洗血」。 他們放學後到醫院洗腎四小時,每周三至四次。

要戒口忌打波 不能游水

洗腎對兒童的生活有一定限制,賴醫生表示、身 體接駁了喉管,病童要避免參與接觸性運動,例如足 療,建立健康 球、籃球,也不能游水。若要外遊,要選擇水源清潔 生活。 的地方。出發前先聯絡目的地的洗腎中心作出安排。 日常飲食需要或口,是腎病兒童一大 挑戦。賴醫生說,兒童喜歡

香港腎科學會前會長馮加信表示。現時超過四千 名成年腎衰竭患者在公立醫院洗肚、洗血的成年患者 則超過一千七百人。他們的自理能力較高,每日可在 等候換腎期間,病產需洗腎清除體內毒素。賴偉 家中洗肚三至四次。若他們不能在工作期間多次洗 明稱,兒童主要透過腹膜透析洗腎,俗稱「洗肚」。 肚,可申請慈善基金資助,使用儀器在家中洗肚或洗

香港腎科學會及香港小兒腎科學會為響應2016年 世界腎臟日的主題「兒童腎病、及早預防」,與本版 合作推出關注腎臟健康系列,連續四個周六刊登,讓

公里深入認識



田。左為馮加德整生

【本報题】賢斉潔兒童芸幸運施成功換腎、仍需 副作用、對青春期的女病人限擾最大。不過、随

面對漫長的康復道路。香港小兒賢科學會主席賴偉明 着病情穩定,類固醇劑量可減輕,且有新藥可辨類固 斥等併發症,一般需要留醫兩星期,待情況穩定才能 飲水,定時小便及避免胡亂服藥,減低對腎臟傷害。 出院。出院後還要長期服抗排斥藥,克服類固醇藥物 香港腎科學會前會長馮加信補充,病人換腎後。

病情穩定後類固醇劑量減

斥。初期服藥劑量較高。但高劑量類固醇的副作用包 膚癌等癌症。他提醒病人要減少曬太陽和外出塗防曬 括面關、體毛增加,也會影響增高。這些影響儀容的 用品

6、病童年紀小,榛野後較易出現出血、感染和排 煎的服用劑量減少。他建議,兒童榛野後,日常演量

胃口大增,故他們須控制飲食,避免吃高脂食物,以 争遏重。此外, 拉提斥藥物會伸縮人抵抗力減弱, 窓 賴偉明指出,兒童換腎後「要肯食藥」,群免排 易受感染,也容易走腸癌、肺癌、乳癌、卵巢癌和皮



推荐由生活给







Promotion of World Kidney Day on television and radio



【本報訊】家長勿以為腎病或腎 衰竭只發生在成年人身上,原來



11歲的陳心悅3年半前患上先天性末期腎炎 幸獲屍腎移植,目前情況穩定。何頴賢攝

期腎衰竭,或需要長期接受透析





■ 1在香油 | 公布-項調查・發現港人對腎病認知不 · 300 名受訪者中丰数人不識智小妹疾是兒童常見智 高、大成人不知由原是病性。查證腎臟基金會上整個 永雄表示・毎個人均應該透過多運動、維持正常階重

育,大會更設計了「護智8式」

制直積、監察自壓、飲食健療

の数上腎臓疾病・但透過早期 **球炎是兒童常見智牌**、六歲人 人不知兒童飲食應減少脂肪維 炎。更不了解智術對兒童帶來的

新增差聲茲人。因分達華人的智納日小時報已建上 希望透過今年主題。可被點及促進學期診斷與教育於 童健康的生涯方式。高永文则表示、越來越多質鐵賣









在香港」擔任表演嘉賓,受訪時表示已

會繼續電子, 做慈秀水不言休。肥媽蔣 於1月中銀行告別個唱。她笑言可惜個

質叫短明孫上台。(唱時歌?) 包基要

, 但去完餐既照問說。照開會界意 ,請老人家食飯、講笑話唱歌、完全

"停器,略會景你知德但有病,作為

稿職。」此外。現居進門的藝人提頁的 晚出席活動,對於昔日EVT拍權廣大偉

心學·伦雅‧哈塔·羅gag·信在思熱療故

自进入身位指中下知道。请到月中的演唱會、肥胖表示要 海療遊人打氧以京揚子松屬。更某言取請特易屋影英線 縣·不通就不知何方會否到場。把碼達透露·深唱會將會 四代與軍大台唱,本只叫張仔孫女上台、更會其限年91歲 透到重大提出药款以、把新启安和进到方果保己头。(他 意志接際定。手想讓人知道也是第一点完對於都會開近上 室、開會。」而演職人協會將至力協助最大街程盧大ធ身後

忙碌、但為幾不甘後人・昨日以「兒童賢病基金」愛心大

把提表示参与這位對網組織的工作已进20年。地方

護智速報療機利是全世界最好、原用與品集家發收練才整

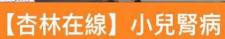
总纪45至水文藝生·康生等署至與美鐵醫生等。





Promotion of World Kidney Day on television and radio



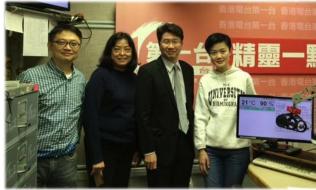


16小時前

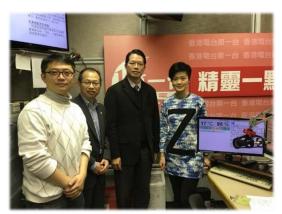
f 分享

【now新聞台】兒童腎病有很多種,有慢性及急 性,萬一處理不當,會出現嚴重併發症。今集 【杏林在線】請來香港腎科學會主席蔡冠誠醫生 為大家講解幾種常見的小兒腎病。

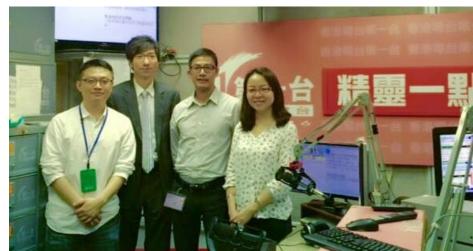














http://youtu.be/hAVi5GjUd2k

World Kidney Day 2016 @ HK on Roadshow (Media show on public bus)

A 100 seconds video clip of the highlights of the World Kidney Day @ HK 2016 wasshown on Roadshow (a video media on public bus) to promote the kidney health message.



World Kidney Day Website **English Version**

http://www.worldkidneyday.org/



Chinese Version hosted by HKSN, HKKF

http://zh-hant.worldkidneyday.org/

http://zh-hans.worldkidneyday.org



















Organisers, Supporter and Sponsors of the event



