

PATH TO HEALTHY KIDNEYS

ParkwayHealth provides specialist care and integrated facilities to kidney patients in Singapore and across Asia.

Peak performance rests on a person's abilities as much as his general well-being. Improving one's game often requires attaining a physical and mental state that predisposes a person to perform beyond expectation. It is not surprising that corporate warriors spend an inordinate amount of time and resources on acquiring optimum physical health.

A common focus among them is symptoms of life-threatening diseases as well preventive measures that translate into a combination of exercise, proper diet and relaxation. But the aging body is susceptible to health problems that may remain undetected until they reach advanced stages.

Among these is kidney disorder, which includes health problems ranging from incontinence, nephritis, to acute and chronic kidney failure. The last is typically defined as a breakdown of the kidneys' ability to remove waste products from the blood and is caused by insufficient blood flow to the kidneys, obstructed urine flow, and injuries within the kidneys.

Its symptoms such as tiredness, nausea and inability to concentrate are non-specific and may indicate other health problems. Physical manifestations such as swelling of the legs, fluid retention or protein in the urine indicated by bubbles, show up only during the moderate to late stages of the disease.

According to Dr Roger Tan, a renal physician practicing at ParkwayHealth's Gleneagles Hospital, if kidney disease is detected early, the chances of reversing the condition range from 50 to 60 per cent. Ironically, it only takes a basic and affordable blood test for kidney function, and a urine test for protein or red blood cells to determine your kidneys' health.

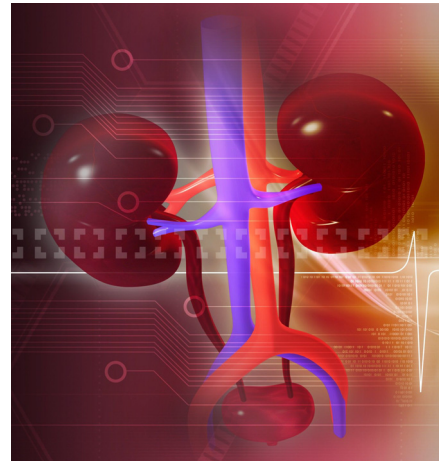
ParkwayHealth has a multi-disciplinary team of specialists and integrated facilities to deliver high-quality renal

care. New advances in medication, technology and procedures have raised the safety of and recovery from kidney transplants at ParkwayHealth. These advancements have allowed successful living donor kidney transplants to be performed for even blood group incompatible and emotionally related patients. The private healthcare group also has renal replacement therapy facility offering both hemodialysis and peritoneal dialysis – a form of intervention that is inevitable for patients with advanced kidney failure.

Another way of treating kidney disease is through organ transplant. Kidney transplant provides long-term cost-savings, better quality of life and higher chances of survival. Dr Tan shares that in five years post-transplant, about 90 to 95 per cent of patients who have had kidney transplant lead normal lives. In comparison, nearly 40 per cent of patients who rely on dialysis for survival die within five years.

ParkwayHealth complies with stringent measures to eradicate organ trading and ensure that organs for transplantation come from qualified donors. The screening of a living donor and recipient is a rigorous process involving a team of professionals (called the transplant ethics committee) who represent medical, psychiatric, legal and ethical viewpoints to ensure fitness for operation and that no coercion or financial inducement is involved. Persons who are emotionally related to the patient may donate a kidney if they satisfy requirements. Dr Tan shares that many emotionally related living donor kidney transplants have been carried out successfully at ParkwayHealth for Singaporeans as well as foreign patients from various countries such as Vietnam, Indonesia, India, Malaysia, Bangladesh and Sri Lanka.

With 16 hospitals across Asia under



its care and over 1,200 accredited specialists covering 40 fields of specialization, ParkwayHealth is well-positioned as one of the leading private healthcare groups in the region. Based in Singapore, it has a network that spans across Asia, Europe and the Middle East, and reaches out to patients through ParkwayHealth Patient Assistance Centres in Bangladesh, Brunei, Cambodia, China, India, Indonesia, Lao PDR, Malaysia, Myanmar, Nepal, Pakistan, the Philippines, Russia, Saudi Arabia, Sri Lanka, Ukraine, United Arab Emirates and Vietnam.

ParkwayHealth is committed to its vision to be a global leader in value-based integrated healthcare. ■

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