



الجمهورية اللبنانية
وزارة الصحة العامة



“Protect your kidneys as your family”
The Ministry of Public Health launches National Awareness campaign on
Kidneys & Women’s health

Beirut, Lebanon - March 5th, 2018 – The Ministry of Public Health (MOPH) with the Lebanese Society of Nephrology & Hypertension and in collaboration with Sanofi, launched today, the 2018 national awareness campaign on Kidneys & Women’s health entitled: “Protect your kidneys as your family”. The press conference was held with the support of the Lebanese Society of Obstetrics and Gynecology, Lebanese Order of Physicians, Ministry of Telecommunications, Lebanese Order of Midwives, Lebanese Syndicate of Hospitals, Faculty of Fine Arts - Lebanese University, National Commission for Lebanese Women and was attended by members of scientific societies and the press.

This year, World Kidney Day falls on the same week of the International Women’s Day 2018 highlighting the importance of women’s health and particularly their kidneys.

“Kidney preventive precautions are crucially recommended for Lebanese women throughout their lives, especially during pregnancy. This is achieved through regular follow-ups with their gynecologist and full coordination with their nephrologist in case of high blood pressure or kidney failure,” said Dr. Robert Najem, President of the Lebanese Society of Nephrology & Hypertension. *“We encourage women to play a vital role in endorsing a healthy lifestyle when raising their families to prevent kidney diseases”*, he added.

Chronic kidney disease (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 [1]. The risk of developing CKD is more likely to develop in women compared with men, with an average 14% prevalence in women and 12% in men [2].

“Recent studies showed that women who have CKD are at increased risk of negative outcomes for the mother and the baby; pregnancies in women with advanced CKD are most challenging with high rates of hypertensive disorders and preterm births [3]. CKD is also considered a risk factor for adverse pregnancy outcome and reduced fertility”, said Dr. Rana Skaff, Chairperson of OBGYN Department at St. George Hospital University Medical Center and board member of the Lebanese Society of Obstetrics and Gynecology (LSOG). *“There is a clear need for higher awareness, timely diagnosis and proper follow up of CKD in pregnancy. In turn, pregnancy may be also a valuable occasion for early diagnosis of CKD, allowing planning of therapeutic interventions.”*

“Through this campaign, we will organize seminars on the prevention of kidney diseases in women and some tests like blood pressure measurement, glucose and cholesterol levels at the municipal centers of the National Commission”, said Mrs. Sossi Boladian, head of the Health Committee at the National Commission for Lebanese Women.

“The MOPH is glad to support the National Awareness Campaign on kidney diseases as a firm believer that the health of a society is a pillar that needs to be elevated to a national cause.” said Dr. Bahij Arbid, the representative of the Minister of Public Health. *“In line with this year’s theme, we highly encourage women, the beating heart of our society, to protect their kidneys as they would their families.”* he concluded.



On its 13th anniversary, World Kidney Day promotes affordable and equitable access to health education, healthcare and prevention for all women and girls in the world. In Lebanon, the Lebanese Society of Nephrology & Hypertension is organizing a series of on-ground activities to expand the outreach of the awareness message, in collaboration with the National Commission for Lebanese Women (NCLW) and the campaign stakeholders, including medical booths in over 75 hospitals across Lebanon, providing information and distributing awareness brochures. An SMS campaign was also launched with Ministry of Telecommunications and with the support of Alfa Telecom to deliver awareness messages reaching out to over 5 million subscribers.

The campaign will also be promoted through various media outlets with a TVC on all leading Lebanese TV channels, press, radio, online portals and news sites to help deliver and spread awareness across Lebanon.

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