

# SHARE



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NKF NEWSLETTER 2008 Issue 1

Permit no PP1505(9314)/08/2008(006680)

Website: [www.nkf.org.my](http://www.nkf.org.my) • Hotline: 1-300-88-3110



## LifeCheck

NATIONAL KIDNEY FOUNDATION  
OF MALAYSIA



# Launch of NKF LifeCheck



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**Message from the ex-CEO**

When I first joined the National Kidney Foundation as its Chief Executive Officer in September 2002, there were 14 dialysis centres with a patient population of 655. Today NKF with 20 dialysis centres and 956 patients is the largest NGO and a leading provider of dialysis care in Malaysia.

Over the years, NKF has undergone a metamorphosis, from a provider of dialysis treatment to the role of an educator for members of the public on the leading causes of end stage kidney disease. It has been our emphasis that early detection and prevention of kidney disease is the key to reducing the numbers of dialysis patients and as a result of several months of meticulous planning and designing, the inaugural launch of the NKF LifeCheck Mobile Health Screening Unit, the first customized 40-seater bus designed specifically to carry out health screening in Malaysia will be launched in January 2008.

Since statistics have shown an increasing number of diabetics and hypertensive cases, the NKF LifeCheck would provide an early warning system for those with suspected kidney disease. This project has been made possible by the generosity of the Sunway Group who successfully raised the funds in 2006. In overseeing the daily operations nationwide, NKF employs 240 full-time staff, mainly paramedics. The staff are assisted by 15 locum nephrologists from the government hospitals who ensure the medical needs of NKF dialysis patients are attended to. This special arrangement, the NKF-affiliated nephrologist program is also extended to other NGOs nationwide. The Training Unit, begun in August 2003, has successfully trained 172 dialysis assistants and 53 post basic staff, comprised of registered staff nurses and medical assistants. As a national body, NKF works hard to maintain the standard and quality of dialysis care by ensuring dialysis staff in private and NGO dialysis centres have an opportunity to upgrade their skills by attending the training courses.

Our primary concern has always been the welfare of our dialysis patients and the Welfare Unit was set up with the aim of not only providing financial assistance in the form of subsidy but also to look after the psychological and emotional needs of those on dialysis.

Today all these aims have been successfully achieved and NKF grows from strength to strength. I take this opportunity to thank all those who supported us over the past years and continue to support us in our endeavours to provide dialysis to poor and needy dialysis patients.

Thank You.  
Goh Seng Chuan

**Directory of 20 NKF Dialysis Centres**

• Tuanku Syed Putra – NKF Dialysis Centre, Kangar, Tel:04-9777411 • Lions Club – NKF Dialysis Centre, Alor Star, Tel:04-7352190 • Superkids Trinity – NKF Dialysis Centre, Alor Star, Tel:04-7340215 • FoYi – NKF Dialysis Centre (Unit 1), Penang, Tel:04-2824952 • FoYi – NKF Dialysis Centre (Unit 2), Penang, Tel:04-2825367 • Moral Uplifting Society – NKF Dialysis Centre, Ipoh, Tel:05-3215921 • Moral Uplifting Society – NKF Dialysis Centre, Taiping, Tel:05-8041633 • NKF Dialysis Centre Jalan Hang Lekiu, Kuala Lumpur, Tel:03-20312437 • Rotary Club Damansara – NKF Dialysis Centre, Kepong, Tel:03-62517460 • Nanyang – NKF Dialysis Centre, Setapak, Tel:03-40217704 • Charis – NKF Dialysis Centre, Cheras, Tel:03-91328193 • NKF Dialysis Centre, Petaling Jaya, Tel:03-79542359 • Ping Rong – NKF Dialysis Centre, Petaling Jaya, Tel:03-7874 6707 • Bakti – NKF Dialysis Centre, Klang, Tel:03-33239424 • Apex Club – NKF Dialysis Centre, Klang, Tel:03-33418009 • Che Luan Khor – NKF Dialysis Centre, Kluang, Tel:07-7765313 • Family Development Foundation – NKF Dialysis Centre, Johor Bahru, Tel:07-3866164 • NKF Dialysis Centre, Kota Bharu, Tel:09-7475834 • Terengganu – NKF Dialysis Centre, K. Terengganu, Tel:09-6249423 • KAS/Rotary – NKF Dialysis Centre, Kuching, Tel:082-240927

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# LAUNCH OF NKF LIFE CHECK AT SUNWAY PYRAMID



The interior of the NKF LifeCheck

The National Kidney Foundation of Malaysia (NKF) marked a significant milestone in its history on 7th January 2008 with the successful launch of its NKF LifeCheck Mobile Health Screening Unit, a 40-seater bus, customized for health screening, by the Director-General, Ministry of Health Malaysia Tan Sri Datuk Dr. Haji Mohd. Ismail B. Merican at Inner Driveway, Sunway Pyramid.

It was indeed a historic moment and it had been made possible by the Sunway Group, who had raised funds for the project in 2006, through a fundraising dinner. The customized bus, the first in Malaysia, is built to suit the health screening needs for urine, blood pressure, random blood glucose, random blood total cholesterol, body mass index, waist circumference, as well as counselling. With seven work stations built within the mobile unit for the various health screening tests, there would be a minimal cost of RM2 charged for the health screening.

At the official launch, Dr S. S. Gill, Chairman, Board of Managers, spoke on the alarming increase in the number of kidney failure patients and the efforts of NKF to build awareness on early detection and prevention of kidney disease. One of the major outreach programmes, The Nationwide Health Screening Campaign, covering all 18 dialysis centres in early 2006 and selected dialysis centres in 2007, had successfully screened 7,000 members of the public up to December 2007 and many were referred to government hospitals and clinics for follow up.

"To further increase the impact of the campaign to cover outlying areas, not only urban but suburban areas, a 40 seater bus was built specifically to carry out preventive kidney care rather than opening up new dialysis centres," said Dr Gill. This message was echoed by the Director-General, Ministry of Health, Dr Ismail Merican who said, "Health screening is a wonderful way to know how fit you are. It is also a self help check up where you are checking yourself for diseases. It represents a modern way of conducting health services. Moreover, kidney disease is something that can be prevented, most people know this but some are not aware and so this initiative of NKF is welcome and complements our efforts."

Tan Sri Dato' Seri Dr Jeffrey Cheah, the Founder and Chairman of the Sunway Group, said Sunway was proud to have been part of this initiative and apart from Corporate Social Responsibility programmes that supported Education, Socio Economy, Environmental Conservation, they also championed the cause of Healthcare. Dr Ismail also congratulated the Sunway group for its initiative in providing health screening and said he hoped more corporate leaders would follow the example, especially in other areas of health such as lungs and liver.

A member of the NKF Board of Managers, Goh Seng Chuan said the total cost of the NKF Life Check mobile unit amounted to RM440,000 while manpower together with operational costs would amount to RM 420,000 annually to run the NKF LifeCheck. Currently, NKF LifeCheck would only be available in the Klang Valley, lower Perak and northern Negri Sembilan.

For those wishing to conduct health screening on their premises for their employees, clubs, or any other organisations for their members, can contact Zai, at 03-79549048 ext 225 from the Public Education Department, NKF or log on to [www.nkf.org.my](http://www.nkf.org.my) for the calendar of activities for the NKF LifeCheck.





# 5th NKF ANNUAL DIALYSIS MEETING -

3rd – 4th November 2007 • Hotel Istana Kuala Lumpur

Towards ensuring the continuous upgrading of information for those involved in the care and management of dialysis patients, The National Kidney Foundation, with nearly 1000 dialysis patients, organized its 5th NKF Annual Dialysis Meeting, attracting more than 500 delegates to attend the 2 day event in Kuala Lumpur.

The topic this year, "Clinical Practice Guidelines In Dialysis", seen as an important aspect in the day to day running of dialysis centres proved to be of great interest as a large number of delegates attended the scientific meeting, some from as far away as Vietnam.

In his message in the programme booklet, Tan Sri Dato' Dr Abu Bakar Suleiman, President, Board of Governors, National Kidney Foundation of Malaysia said CPGs were formulated to set a benchmark for those working in dialysis centres whereby it would lead to a standardization of procedures and better management of dialysis patients in the long term.

According to Dato' Dr Zaki Morad Mohd Zaher, Consultant Nephrologist, Professor, International Medical University, Kuala Lumpur and a speaker at the 2 day forum, CPGs as defined by the Institute of Medicine are "systematically developed statements to assist practitioner and patient decisions about appropriate healthcare for specific clinical circumstances". Dr Zaki believes they are essential tools to improve patient care.

As the Organising Chairperson, Annual Dialysis Meeting 2007, Dr T. Thiruvethiran, felt CPGs had been around for some time but their use had been suboptimal, ie not universally applied, there were still various areas in dialysis care which would benefit from CPGs, like anaemia management, cardiovascular disease, nutrition, bone disease, vascular access, dialysis adequacy. Currently, CPGs had proved useful in guiding health care professionals in their daily practice. However, Dr Thiruvethiran felt there were also variations in the use of the CPGs throughout dialysis centres in the country and this could affect patient management in the long-term.

Dr S.S. Gill, Chairman, Board of Managers, National Kidney Foundation of Malaysia, said compared to the early years when dialysis patients had few options available and death seemed inevitable, dialysis care and management had undergone many breakthroughs and CPGs were now an important aspect in the management of dialysis patients throughout the country.

As a platform not only for doctors but paramedics, such as nurses, medical assistants and dialysis assistants to meet, discuss and resolve the daily challenges of applying clinical practice guidelines (CPGs) for the better management of dialysis patients in the long-term, this meeting also provided those involved in the daily care of dialysis patients with the latest on CPGs.

As far as Malaysia was concerned, Dr Zaki Morad highlighted the existence of CPG guidelines on 'Renal Replacement Therapy' developed by the Ministry of Health, Malaysia more than 10 years ago and now in its second edition. This has proven to be a useful guideline as in an example Dr Zaki quoted the use of recombinant human erythropoietin (rHuEpo), discovered twenty years ago, which when used for dialysis patients had a tremendous impact in the way anaemia was managed. Thus, Dr Zaki felt this was an ideal situation where a CPG would be needed.

The various speakers and facilitators invited to present papers were health care professionals from various government and teaching hospitals throughout the country. The facilitators, well-experienced in haemodialysis units throughout the country shared their experiences in dealing in areas such as nutrition. Dr Winnie Chee Siew Swee and Dr Tilakavati Karupiah, experienced dieticians from Universiti Kebangsaan Malaysia spoke on malnutrition in dialysis patients, which according to both is a common problem in dialysis patients with advanced chronic kidney failure.

Another speaker, Dr Abdul Halim bin Abdul Gafor, Consultant Nephrologist, Department of Medicine, Hospital Universiti Kebangsaan Malaysia (HUKM), Kuala Lumpur, said cardiovascular disease (CVD) accounts for 40-50% of deaths in dialysis population.



▲ Participants registering for the ADM 2007, some came from as far away as Vietnam



# PRACTICE GUIDELINES IN DIALYSIS'

In his presentation, Dr Abdul Halim stressed the importance of CPGs for CVD and their long term implications. Before undergoing dialysis all patients require assessment for CVD and screening for both traditional and non-traditional risk factors. CPGs allow for the monitoring of patients with CVD and the extent of the CVD can then be assessed regularly.

Staff Nurse Victoria Agnes Mary, currently attached to the Haemodialysis Unit, Kuala Lumpur Hospital, considered the difficulties of vascular access (temporary access) for those dialysis patients who need insertion of haemodialysis catheters while awaiting permanent access and the current practice guidelines currently in use at the HKL HD unit. Other facilitators Wong Bee Bee from Miri Hospital, presented her findings on "Practice points in bone metabolism and disease" on how to achieve good phosphate control in dialysis patients, through control of diet and adhering strictly to guidelines set by health care professionals. Thus, as a national body, the National Kidney Foundation is committed not only to overseeing the needs of its more than 1000 dialysis patients but to continuous professional development of those involved in dialysis care and management.

Thus, in view of the rising numbers, the National Kidney Foundation of Malaysia hopes this scientific meeting would further improve the care and management of the 15,000 patients on dialysis nationwide.



▲ Dr Abdul Halim bin Abdul Gafor Speaker for Cardiovascular Disease



▲ Participants exchanging views on CPGs



▲ The large numbers of participants showed the keen interest in CPGs



▲ A large turnout for the 5th NKF Annual Dialysis Meeting

◀ (L to R) Na Lai Chun in a discussion with staff nurse Ranee



# DIALISIS BAHAGIAN PERITONEUM – SATU KAEDAH RAWATAN PERITONEAL

Imej pesakit yang dihubungkan kepada mesin dialisis untuk jangka masa 3-4 jam sering terbayang di minda kebanyakan orang apabila memikirkan topik dialisis. Walau bagaimanapun, terdapat satu kaedah alternatif yang bukan sahaja lebih mudah malah meletakkan lebih banyak kawalan di tangan pesakit. Daripada 15,000 pesakit dialisis di Malaysia, hanya 1,300-1,500 pesakit yang menggunakan rawatan PD. Ini menunjukkan bahawa kaedah ini masih tidak mendapat sambutan yang baik. PD sebenarnya satu proses di mana satu kateter dipasang secara tetap di bahagian perut pesakit dan kateter ini disambung kepada beg-beg cecair.

Untuk ramai pesakit, PD merupakan satu pilihan cara hidup. Sesetengah pesakit menginginkan kehidupan yang tidak bergantung kepada mesin dialisis manakala yang lain pula tidak ingin terus tetap di satu tempat. Mereka ini rela membawa beg-beg cecair ke bilik hotel serta menyambungkan kateter di bahagian perut kepada beg-beg cecair tersebut buat jangka masa setengah jam. Ini bertujuan menyingkirkan bahan buangan dari badan yang tidak dapat ditapis oleh ginjal yang rosak. Proses ini diulangi 4 kali sehari dan dapat dilakukan walaupun di atas puncak gunung atau semasa mengembara di kawasan Himalaya. Keadaan ini jauh lebih bermanfaat berbanding dengan dihubungkan kepada mesin untuk 4 jam.



▲ Automated Peritoneal Dialysis memberi faedah serta keluturan menjalankan dialisis di rumah.

Haji Mohd. Abas, 66 telah memilih PD di Malaysia kerana kaedah ini membolehkannya berada di rumah setiap hari di sisi isteri dan cucu-cucunya.

"Saya mempunyai bilik yang khas di rumah saya. Bilik ini dibersihkan setiap hari oleh isteri saya, yang sangat prihatin terhadap isu-isu kebersihan disebabkan kaedah dialisis ini yang lebih mudah terkena jangkitan. Oleh itu, kami lebih berhati-hati," kata Abas.

Menurut Pakar Nefrologi, Dato' Dr. Zaki Morad Mohd Zaher, Naib Pengerusi, Lembaga Pengurus, Yayasan Buah Pinggang Kebangsaan Malaysia, terdapat hanya 12 pesakit yang menjalani PD pada tahun 1984. Pada masa itu, PD hanya ditawarkan di Hospital Kuala Lumpur.

Kini terdapat kira-kira 22 pusat PD. Dalam jumlah ini 18 pusat berada di bawah pengurusan Kementerian Kesihatan. Walau bagaimanapun, Dr Zaki berpendapat bahawa masih terdapat



▲ Abas mempunyai lebih masa berkualiti bersama cucunya sejak melakukan CAPD di rumah.



▲ Dengan rawatan PD Abas bebas melakukan aktiviti di laman rumahnya.

jurang yang besar antara 2 kaedah dialisis yang diperkatakan. Menurut beliau, ini berpunca daripada sejarah dialisis di Malaysia. "Pada masa itu, hanya kaedah hemodialisis diperkenalkan. Oleh itu, ramai orang sering mengaitkan 'dialisis' dengan hemodialisis."

"Namun demikian, kesedaran orang ramai pada masa kini terhadap PD telah meningkat dan semakin banyak pesakit memilih kaedah PD kerana kemudahan yang diperolehi dan mereka ini rela menyediakan bilik khas untuk PD," kata Dr Zaki.



# DIALYSIS (PD)

Walaupun penjimatan kos sering diperkatakan sebagai perbezaan utama, kos untuk kedua-dua kaedah ini adalah sama menurut Dr Zaki. Beliau mengatakan bahawa perbezaan besar antara dua kaedah ini adalah kualiti hidup yang lebih tinggi yang dinikmati pesakit PD berbanding pesakit hemodialisis.

## Dialisis bahagian peritoneum- proses

Terdapat ruangan di dalam perut kita di mana terletaknya organ-organ abdomen seperti hati, perut dan usus. Ruang ini, yang juga dikenali sebagai ruang bahagian peritoneum, dilapik oleh membran peritoneum yang nipis.

Membran peritoneum ini dipenuhi saluran-saluran kecil darah dan mempunyai liang-liang kecil. Melalui liang-liang tersebut, bahan-bahan buangan seperti urea, kreatinin natrium dan kalium dibawa ke ruangan bahagian peritoneum. Selain itu air juga akan disingkirkan dalam proses ini.

Dalam dialisis ruangan peritoneum, satu cecair dialisis disalurkan ke dalam ruangan peritoneum. Bahan-bahan buangan serta air berlebihan akan merentasi membran peritoneum ke dalam cecair dialisis yang kemudiannya disalurkan keluar ke beg saliran. "Pertukaran cecair PD haruslah dijalankan 3-5 kali sehari. Pada setiap kali, kira-kira 2 liter cecair disalurkan ke dalam badan," kata Dr Zaki.

Jenis PD yang berterusan, iaitu CAPD telah terbukti sesuai untuk mereka yang bekerja sepenuh masa atau yang mempunyai kanak-kanak yang bersekolah.

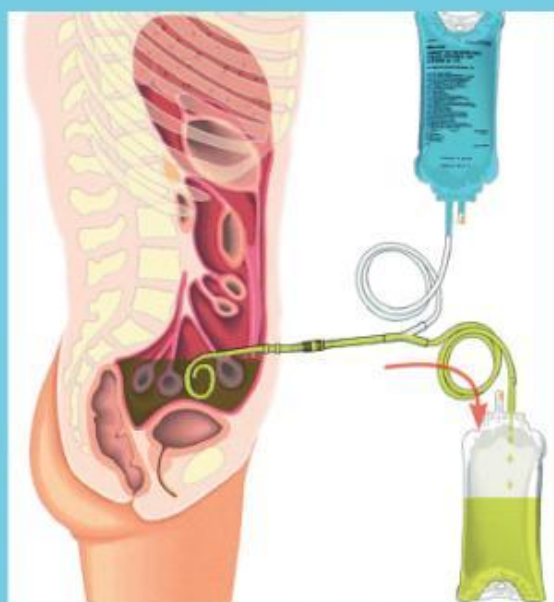
Apabila Puan Chong\*,35, mendapat tahu bahawa beliau menghadapi kegagalan buah pinggang, beliau telah memilih kaedah PD kerana mempunyai kanak-kanak bersekolah. Beliau tidak dapat menghabiskan masa 3-4 jam sehari selama 3 kali seminggu dihubungkan kepada mesin dialisis.

"Pada mula-mulanya keadaan amat susah kerana saya terpaksa terus bekerja untuk menampung anak-anak saya. Salah satu anak saya berada di sekolah rendah manakala satu lagi di sekolah menengah. Saya membuat kek dan roti dan menjualnya di pasar malam tempatan setiap malam. Pada pagi keesokan harinya, saya terpaksa bangun awal untuk menghantar anak-anak saya ke sekolah," beritahu Puan Chong.

Oleh yang demikian, mereka yang paling mendapat manfaat daripada kaedah PD ialah kanak-kanak dan orang dewasa yang bekerja. Ini kerana mereka tidak perlu mengambil masa dari kerja atau sekolah untuk menjalani rawatan dialisis. Menurut Dr Zaki juga, manfaat lain yang dapat diperoleh ialah para pesakit tidak memerlukan fistula dan tidak perlu dicucuk jarum pada setiap sesi dialisis.

## Dialisis Ruangan Peritoneum- Senario Masa Kini

Pandangan orang ramai terhadap PD telah bertukar, kata Dr Zaki. "Apabila PD mula-mula diperkenalkan 30 tahun dahulu, kaedah tersebut dianggap sebagai rawatan berkualiti rendah



*Proses CAPD menunjukkan kotoran cecair dialisis keluar daripada rongga peritoneal ke dalam beg penyaliran yang kosong yang di letakkan di bawah paras perut.*

kerana teknologi pada masa itu masih lagi mundur. Pada masa sekarang, teknologi yang digunakan telah meningkat maju. Pengurangan salah satu komplikasi yang bahaya, iaitu jangkitan membran peritoneum (peritonitis) merupakan pencapaian besar. Para pesakit hanyalah perlu memastikan kawasan kateter serta tiub sentiasa bersih dan bebas dari kuman."

Namun demikian, langkah bijak yang diketahui ramai tetapi tidak diikuti adalah pencegahan kegagalan ginjal. Untuk Dr Zaki yang mempunyai pengalaman 30 tahun dalam bidang nefrologi, kegagalan ginjal bukanlah sesuatu yang tidak dapat dielak. Jika anda mengambil langkah-langkah seperti pengesanan awal dan rawatan penyakit ginjal, diabetes dan tekanan darah tinggi, anda boleh melambatkan atau menghentikan penularan penyakit ginjal.

## Peritoneal Dialysis

### Kebaikan

- Fleksibel — mengatur sendiri jadual dialisis anda
- Berterusan mengeluarkan kotoran dan lebihan air
- Tidak menggunakan jarum
- Kurang sekatan makanan dan minuman
- Kawalan tekanan darah yang lebih baik
- Rawatan berterusan lebih selesa dan boleh berfungsi seperti ginjal biasa
- Kebebasan untuk membawa rawatan anda bersama apabila anda ke luar negeri

### Kekurangan

- Memerlukan ruang untuk menyimpan barang-barang keperluan dialisis
- Kawasan yang bersih diperlukan untuk dialisis anda setiap hari
- Risiko jangkitan kuman
- Tiub silikon (kateter) yang kekal di pasang



# DIABETES: A RISING TREND

Interview with Consultant Nephrologist, Dr. Sunita Bavanandan

While the Ministry of Health has recently highlighted the rising incidence of diabetes in Malaysia, statistics from the 14th Report of the Malaysian Dialysis & Transplant Registry 2006 confirmed this disturbing trend as the proportion of new end stage kidney patients due to diabetes mellitus increased further to 57% in 2006. Also, the same report recorded that older patients and diabetic patients had poorer rates of survival when on dialysis.

## As a start, what are the main types of diabetes?

There are two major types of diabetes, known as Type 1 and Type 2. Type 1 diabetes, also known as insulin dependant diabetes mellitus or juvenile onset diabetes mellitus, is where the pancreas undergoes an autoimmune attack by the body itself, and is then rendered incapable of making insulin. It can affect people of any age but tends to be more common in young adults and children. In Type 2, body cells are unable to use insulin properly and efficiently. This results in elevated blood sugar levels in the body.

She said the phenomena of the rising incidence of diabetes was occurring worldwide, with Malaysia high on the list. As a consultant working in Hospital Kuala Lumpur for the past seven years, she felt the number of new dialysis patients was increasing every year, and the two largest groups of new dialysis patients were those with diabetes and older age groups.

## Reasons for the increase in diabetes

Diabetes being on the increase in Malaysia could be attributed to modernization and the adoption of less healthy lifestyles. There is a close association between the rise in diabetes incidence and the increase in magnitude and frequency of obesity in the community.

As citizens of a fast developing country, traditional eating habits and physical activities have been discarded because of pressured lifestyles that leave little room for exercise and proper meals. Strong marketing of fastfoods has also influenced people's choices. There is a tendency to rely more on fastfoods, food bought at stalls etc which is more convenient. Unfortunately, healthy options for meals are not always easily available, - eg. in canteens, choices are also limited to "nasi lemak", "nasi goreng", "roti canai", which, are not suitable foods to be taken on a long-term basis.

## Educating the young

Dr. Sunita explained that most of the increase in diabetes cases is seen in Type 2 diabetes which mainly affects adults. However, there is also an increased incidence in type 2 diabetes being seen in children and adolescents. Even for Type 1 diabetes, statistics indicate there has been a worldwide increase. Research has shown that weight gain in the lifetime of an individual tends to occur at an early age, and that women are also more prone to weight gain compared to males. She explained that efforts to prevent diabetes should start with individuals from a young age, by encouraging them to adopt healthy lifestyle behaviours rather than trying to change individuals' habits after they have already developed diseases. Children tend to learn from the example of adults and their peers, so teachers, parents or other role models play a vital role in influencing their behaviour. Unfortunately, there is also a tendency for our schooling system and parents alike to place more emphasis on academic performance in school. In the end, other activities like Sports/Physical education are not frequent enough. The slow dying out of 'green spots' within the city due to fast paced development also translates to children having less space for recreation and exercise. Thus, Dr Sunita feels more should be done to preserve green spots for the purpose of outdoor activities rather than children spending their time in shopping malls and in front of TV or computer screens.

## Public Education programme

In Malaysia, since 2003 the Ministry of Health has been working with nephrologists in the Malaysian Society of Nephrology to conduct regular workshops on kidney disease all over Malaysia be it large towns such as Penang, Kuala Lumpur, and Kuching to smaller ones such as Kepala Batas, Kluang and Miri. The main aim of these workshops is to educate health professionals such as doctors, nurses and dieticians on kidney disease and the effect of hypertension and diabetes on kidney health.

Since 2005, a public education arm has been added into the program and the National Kidney Foundation of Malaysia has been a partner in this campaign. Patient education workshops, websites, pamphlets and brochures have been created, as well as health-screening carried out at selected NKF dialysis centres nationwide.



Dr. Sunita counselling a diabetic patient while Diabetic Nurse, Staff Nurse Aishah Nordin records down information.



# DIALYSIS PATIENTS

Another successful joint effort, the celebration of World Kidney Day, since 2006 is part of a world-wide effort to combat the rising incidence of kidney disease, which has resulted in greater awareness on early detection and prevention of kidney disease. The theme for World Kidney Day 2007 was, "Are your kidneys OK?" which again highlighted the importance of early detection and prevention of the disease as one of the ways to combat the disease.

One of the greatest challenges being faced by health professionals is trying to help members of the public to adopt and then persevere with a healthy lifestyle.

"Public education needs to increase, but also there have to be more initiatives to help people maintain their healthy lifestyles. As I see patients with diabetes and kidney disease, I realize one of the biggest challenges is getting them to adopt and persevere with healthy lifestyles. Many honestly desire to change but, may have practical difficulties such as limited meal choices at work, limited time and opportunities for exercise," said Dr Sunita.

It has been pointed out many times, by many other people before, that we probably stand the best chance of halting the rising tide of diabetes and kidney disease through the combined efforts of government and non-government parties, for example the Ministry of Health, Ministry of Education, Ministry of Transport, local urban planning bodies and councils, etc . However, last but not least, it will be the individual's will-power and motivation that matters most."

*One of the complications of poorly controlled diabetes, frequent skin infections and recurring scar tissue.*



*Fastfoods have led to a rise in obesity among Malaysians, leading to diabetes and high blood pressure.*

*The ready availability of sweets, chocolates etc has resulted in the early onset of diabetes for Malaysians*



The National Diabetes Institute (NADI) in its fight against diabetes gives some tips for better diabetes management.

## Be E. A. R. N. E. S. T Over your Health

### Eat well.

A healthy diet and good eating habits are essential to managing diabetes.

### Activate your body.

Get moving! You'll feel better than ever before.

### Reduce excessive body weight.

The nearer you are to your ideal body weight, the better your health.

### Never neglect your medication.

If your doctor gives it, take it ....., as prescribed!

### Earnestly monitor your diabetes

Make it a point to keep track of your blood glucose, blood pressure, body weight and blood fats values.

### See your doctor regularly.

Are you overdue for a medical check-up.

### Take time to learn more about diabetes.

The more you know, the easier it is to manage your diabetes.



Reproduced from the booklet by the National Diabetes Institute (NADI)

"Practical Diabetes Vol, 1 Your simple guide to Optimum Control of Type 2 Diabetes



## Parent & Child Look-Alike Competition

**RM 10,465.00**

8th July 2007 (Sun) at South City Plaza, Seri Kembangan, Selangor



Our Appreciation goes to Venue Sponsor SCP Management Sdn Bhd. The main sponsor New Hoong Fatt Holdings Berhad for sponsorship of RM10,000.00 Supported by Lions Club of P.J.Metro who organized the contest and entertainment for the event. The Cheer Leading performance for the opening was led by the Vibrant team.

Thanks to **Public Education & Communications Department Executive, NKF, Shim Ying Ying** for conducting the Q & A session on kidney related questions and exhibition booth set up. Total of 8 teams of finalists came dressed in their best outfit. The declared **Champion was Santhy (34) and daughter Girthana 11.**

## Kempen "Masih Ada Yang Sayang"

**RM 11,397.00**

Mostwei Sdn Bhd made this possible! A fantastic opportunity to learn how to make a handicraft item with a voucher purchased at RM19.

A total of RM 11,397.00 was raised.



## Clean & Protect To Save Lives

**RM 8,045.72**

The project begun on the 13th March 2007 ended on 30th September 2007. We thank the great effort made by MySofa Cleaning services. Also, the professionalism of their team in the services rendered. Do contact MySofa - Alex Soon at 012-878 8007 for their excellent services when you want to clean your leather/fabric car seats and sofas respectively.



## Gift of Love Touches Lives

**RM 30,105.00**

A charity campaign jointly organised by National Kidney Foundation (NKF) and Sheraton Subang Hotel & Towers to spread the Yuletide cheer to the needy kidney patients during the Christmas season.

With every RM10, donors were invited to pen down wishes to their loved ones on a specially-designed Christmas Stocking Card. The card would then be hung up on the Christmas tree at the hotel lobby. Donors also stand a chance to win fabulous lucky draw prizes consisting of accommodation and meal vouchers from various Starwood Hotels & Resorts properties, as well as hampers and souvenirs from National Kidney Foundation.

All contributions are channeled to the foundation to help the poor kidney patients acquire a dialysis machine. The event ends on 15/1/2008.



## RM1 To Save a Life

**RM 9,360.00**

How much can RM1 helps? If everyone can drop RM1 into the donation box, much can be done. We have this project **RM1 To Save a Life** initiated by University College Sedaya International (UCSI) to meet 60% of the annual dialysis treatment fee for 2 patients - Yap Kok Rong and Murali a/l Arumugam. Well done to all the lecturers and students of UCSI. Thank you!



## 2nd Collaboration with the Boy's Brigade in Malaysia (Reachout 2007)

**RM 181,000.00**

6,000 members of the Boy's Brigade of Malaysia (BBM) were participants in a meaningful mission of raising funds to give HOPE to kidney patients.

These youth aged 6 - 20 reached out to provide opportunity and awareness to the public to help those who are less fortunate than them. An excellent effort made possible through donation cards and boxes.



## Malaysia Revival Songwriting Competition 2007

**RM 25,000.00**

2nd December 2007 at Matrade Hall, Jalan Duta, Kuala Lumpur

Star Maker organized the 3rd Malaysia Revival Songwriting Competition. This event promoted the music industry through building relationships among musicians and artistes.



MRSC aimed to nurture and instruct by stimulating and directing young talents towards the positive force of creativity, integrating the art of songwriting and its talents into main stream of music industry.

## Wedding gift collection at Janice Fong and Sim Chun Hooi's wedding on 20/8/07 at Ritz Carlton K.L.

**RM 19,020.00**

The couple sent out their wedding invitation with a note and a form informing relatives and friends that wedding 'gifts' in cash would be contributed to NKF 'gifts' section.

This is the first time such a gesture has been made! How wonderful and thoughtful of this couple. Usually the 'Ang Pow' will help to settle the bill for the dinner, but they chose instead to contribute to charity!! This kind-hearted couple with their caring attitude will be blessed with happiness and long life.



## Sekolah Tinggi Melaka Photography Club - Charity Movie Screening

**RM10,000.00**



We appreciate all the efforts by the members of the Melaka Photography Club, students of Sekolah Tinggi Melaka and all donors and sponsors.

## Shruthi "Sing for Charity"

**RM140.00**



Shruthi Jayashankar, an Indian classical singer, 12 years of age, will be contributing her VCD sales proceeds to NKF. Her songs are based on her views of life, children are her focus. Through the Deepavali invitation by RT Section 14A P.J.

Shruthi had the opportunity to perform and 14 VCD sold. Anyone interested can contact us to get her to perform at your event.

## Astro - "Sehati Berdansa"

**RM 7,000.00**

For first time in Malaysia, 8 real life celebrity couples presented various dance routines weekly in this new reality show. Each couple that is competing is



representing a charity or non-government organisation whereby Astro donates a designated amount every week, until the representative couple is eliminated. NKF is grateful that Astro has chosen us to be part of this new concept reality show and we are glad to be represented by Rizman and Kartina.



## **fundraising**

### **Atlas Copco (Malaysia) Sdn Bhd - 31 July 2007**

**RM3,004.58**



A total of 8 donation boxes were placed at the neighbouring companies in conjunction with the 'Shoe String Run' event. We appreciate the great effort made by all the staff and partners of Atlas Copco.

### **Telecare Services Sdn Bhd**

**RM 500.00**



In collaboration with Telecare Services, a leading provider of a comprehensive emergency response service for a fundraising program. For every unit of Telecare Services signed up through promotion or from a referral from NKF, Telecare Services will contribute RM150 to NKF.

Telecare Services also contributed 3 units of an emergency response system on a 2 year contract to 3 needy patients from NKF.

## **forthcoming major events**

### **Amazing Kidney Day Walk 16 March 2008**

Come and join us for this charity walk which will be held at Taman Jaya Recreational Park (Opposite Amcorp Mall, PJ) in conjunction with World Kidney Day 2008. We welcome anyone to take part in this event by signing up as walkers, sponsors and volunteers.



### **'Colourful Flavours' Food & Fun Fair**

**12 October 2008 ( 9.00am - 3.00pm ) at Boulevard 3 Two Square, Jalan 19/1, P.J.**

The Food & Fun Fair is jointly organised by the NKF and 3 Two Square. All proceeds from the sales of this event will be contributed to help subsidize the dialysis treatments for NKF's poor kidney patients. We hope to raise RM 80,000 to purchase 2 dialysis machines. Please support us by taking up a booth, sponsoring in cash or kind for sale.

### **Miss Queen International Malaysia - Selangor & Wilayah Persekutuan Stage 24 May 2008**

For the first time, Lions Club of P.J. Metro will be organizing this beauty pageant charity dinner in aid of National Kidney Foundation of Malaysia. For more information or further details on all forthcoming events of NKF, please contact Fundraising Department at 03-7954 9048 or email fundraising@nkf.org.my. You may also visit our website at www.nkf.org.my

## **on-going fundraising programme**

### **NKF Donation Boxes**

A total of 255 boxes at various supporting outlets contributed RM 67,413.04 as at December 2007. Our heartfelt appreciation to the **past supporters**, they are: Cheng Moi Agency (1+3D TOTO), George Town Chemist, Giant Ace, Kumpulan Farmasi Vitacare, Prima Health, Mid Valley Megamall, Shasta Supermarket, Berjaya Times Square, X'tra Supermarket, Elken Sdn Bhd, Fajar Retail Enterprise Sdn Bhd and Legend International College.

### **Welfare Fund as at 31/12/07 RM 114,810.00**

There are many societies and individuals contributing towards the welfare of our patients. The fund was channelled to help on the supply of Epoetin and the subsidy. Our special thanks to the Lions Club of P.J.Metro for all their support throughout the year.

### **Direct mail, Newsletter Appeal and Direct Debit Donor Programme Year 2007 - RM1.4M**

Are you the one that reads our SHARE and is touched by our work?  
Are you the one that receives our appeal and understands the plight of our patients?  
ARE YOU THE ONE to stand by us for the Mission Impossible to save lives?

We are glad to be able to reach out to you and because you care, you share and you want to make a difference to our patients, they are able to continue their life long dialysis treatment in NKF. THANK YOU, TERIMA KASIH, 谢谢



NKF NEEDS CASH TO SUBSIDISE THE DIALYSIS FEE FOR OUR 950 OVER PATIENTS IN 20 DIALYSIS CENTRES NATIONWIDE. HOWEVER, IN OUR MANY EVENTS, WE NEED PRODUCT SPONSORS TOO.

### **We sincerely thank the following sponsors for supporting NKF:**

Galaxy Group of Companies - 1 unit of Muratec MFX 2530 Copier, Scan and Fax machine  
 NEP Holdings (M) Bhd - 1 unit of Diamond water filter  
 Nesh Marketing Sdn Bhd - 1 unit of UniQNesh Hot and cold water dispenser  
 L & R Marketing - poster canvas container  
 Sylet Photo Uni - Web Banner & photo on LifeCheck Health screening unit  
 TT Resources Bhd - 20 boxes of Tai Tong Mooncakes, sales proceeds of RM720 collected  
 Lions Club of P.J. Metro - 7 units of plastic wheel chair for NKF patients.  
 Zhang Jia Birdnest Enterprise - 7 packs of Bird's Nest as prizes for essay competition

### **BOOTH and VENUE SPONSORS OPPORTUNITY**

Thanks for the booth opportunity for NKF to be at the many individual events:

- Taylor's College Business School Health Wellness Week
- Food and Hotel Malaysia Exhibition 2007
- Bazaar Kemerdekaan Section 22, P.J.
- Perdana Event & Services

### **CONTRIBUTIONS TOWARDS PURCHASE OF DIALYSIS MACHINES**

Penang SEA Gates Industries (M) S/B	2 units Dialysis machine	RM76,000.00	Fo Yi (I) Penang
Ain Medicare Sdn Bhd	1 unit Dialysis machine	RM40,000.00	PJ NKF
NY Beauty & Slimming Centre	1 unit Dialysis machine	RM40,000.00	Kluang NKF
Pertubuhan Keselamatan Sosial	1 unit Dialysis machine	RM38,000.00	Superkids Alor Setar
Ipoh Community	1 unit Dialysis machine	RM44,336.00	Moral Uplifting Ipoh

### **CONTRIBUTIONS:**

Whatever the amount may be, big or small, it is the thought that counts and with your thoughtfulness and effort, you have made a difference to our patients. Thank you.

<b>Company</b>	<b>Project</b>	<b>Contribution</b>
Universal Trustee (M) Bhd	SBB Dana al-Mizan	RM105,113.51
Bukit Kiara Properties Sdn. Bhd.	Patient Adoption Scheme	RM100,000.00
Hiap Tech Venture Bhd & KHL S/B	Golf Tournament	RM 50,000.00
The Boeing Company	Contribution	RM 33,996.96
Amanah Raya Berhad	SBB Dana Al-Ikhlas	RM 32,000.00
Seri Tegamas Sdn Bhd	Discount Contribution	RM 30,000.00
SSB Dana Al-Ikhlas	Contribution	RM 24,000.00
Gaia Visa Card	0.1% retail spending	RM 23,660.00
Bursa Malaysia & FPLC	FPLC Golf Tournament	RM 20,000.00
Pan Malaysian Pools Sdn. Bhd.	Health Aid 2007	RM 15,000.00
Raymond Lee	Party Donation	RM 11,850.00
RHB Unit Trust Management Bhd	Dana RHB Mudharabah	RM 10,000.00
Tractor Malaysia (1982) S/B	Golf Tournament	RM 10,000.00
AmGroup Foundation	Direct Mail Appeal	RM 10,000.00
Souled Out	Mineral water	RM 7,171.68
Selangor Turf Club	A Heart for Charity	RM 6,000.00
Takashimaya Marketing Sdn Bhd	Health Awareness	RM 5,000.00
TTDI Development KL	Golf Tournament	RM 5,000.00
Resorts World Berhad	Chinese New Year Contribution	RM 4,000.00
ENE (Selangor) Sdn Bhd	Chinese New Year Contribution	RM 4,000.00
World Class Training Centre	VISEXECUTARIES workshop	RM 3,958.20
Lions & Lioness Clubs of KL North	Anniversary & Charity Dinner	RM 3,635.00
Association of Malaysia Chinese Artistes	National TalenTime	RM 3,000.00
Japan Club of KL (Katorea-Kai)	Charity Bazaar	RM 3,000.00
Persatuan Cina Tmn Murni, Cheras	Contribution	RM 2,000.00
Boys Scouts	Contribution	RM 2,000.00
Ajinomoto (M) Berhad	Recycle	RM 2,000.00
50 Buddhist Organisations	Buddhist Culture & Arts Festival	RM 1,260.00
Malaysia Association of Practising Opticians	Anniversary Dinner	RM 1,000.00
Leo Club of Sek Men Seri Lethia, Klang	Christmas Bazaar	RM 500.00
Leo Club SMJ Subang Jaya	Christmas Bazaar	RM 313.74
Lions Club of Klang	4K Awareness Campaign	RM 200.00



# OVERCOMING CHALLENGES IN THEIR DAILY LIVES - DIALYSIS PATIENTS

## LOOKING AHEAD - Tarmizi bin Kamaruzaman

When Tarmizi Kamaruzaman, 26 years, discovered he had impaired use of his kidneys when he was just in Standard 6, he never thought he would end up as a dialysis patient. This fun loving dialysis patient now works in a shoe shop and is a musician whenever he gets invited to play at weddings in a band. What then does this young man of 26 years have to look forward to? Tarmizi works even though he is on dialysis and tries not to think of his dialysis as a handicap.

"At first I used to feel depressed but now I am happy with my friends, my music and also the friendly atmosphere at the dialysis centre helps me feel that I am not alone," said Tarmizi. Sometimes his only wish is that other dialysis patients have better choices for jobs as employers did not understand the plight of dialysis patients and instead sometimes chose to terminate those on dialysis. His advice to young dialysis



▲ Tarmizi, feels building friendship is important at the dialysis centre

patients like himself, "To ignore the negative comments and instead to look on the bright side and to continue working despite the lack of support as it was important for their emotional and psychological well-being," said Tarmizi, who felt that his work gave him an outlet and an opportunity to make friends.

## FAMILY SUPPORT - Wong Siew Chan

As a mother of 3 young daughters, Wong Siew Chan, 40 years, is very much a housewife but with a mentally challenged child, 9 years old, Wong, diagnosed with end stage kidney disease. However, looking at her playing happily with Wong Yee Teng, diagnosed with cerebral palsy, she is the picture of a happy mother.

She confessed that her husband spent a lot of time with the family and they never felt they were worse off than most people. Having been through a failed transplant, Wong has been on dialysis for the past four years and accepts the fact that she may be on dialysis for the rest of her life.

Wong's main priority is to spend as much time as possible with her children and to ensure they do well in school. There were moments when she felt depressed but as her husband sympathized and understood her health-related problems, Wong felt she had to do the best and not let the family down.



▲ Wong holding her special child, who is very attached to her.

As for her youngest child, Wong hopes her other two daughters will take on the responsibility when they are older and she feels every day is a special day as she has her family beside her.

## A WORKING LIFE - Zaleha bte Sis

When Zaleha bte Sis, 52 years started off her career as Assistant Nurse at Hospital Kuala Lumpur, she never imagined she would end up being on dialysis at the Haemodialysis Unit at the same place. Having undergone a failed transplant in 1979, Zaleha returned to dialysis but never gave up working as it was a lifeline in terms of friendship and emotional well-being.

"I am a worrier by nature so when I work there is less worry and stress. Even the nephrologists have been supportive of my work as a nurse and I feel needed here at the hospital," said Zaleha. Zaleha is also supportive of other dialysis patients as many felt frustrated at not being able to work and were happy to have someone who understood their problems. "During the course of my dialysis, many patients would come up to me as many were aware I was working as an assistant nurse and ask for advice on how to cope with working while on dialysis," said Zaleha. Due to her youthful



▲ Zaleha believes work gives her independence and peace of mind.

looks and ready smile, many are amazed that Zaleha is a dialysis patient and she hopes to motivate other dialysis patients to work so that they too can be independent. Zaleha's advice to sick patients, "You should not think you are sick, look at me, fight it," were her final words of wisdom.



## DIALYSIS MACHINES PRESENTED TO BENTONG HOSPITAL BY NKF IN CONJUNCTION WITH 50TH MERDEKA CELEBRATIONS

As part of the nation's 50th Merdeka celebrations and in conjunction with Bentong Hospital's Open Day, the National Kidney Foundation of Malaysia (NKF) donated 4 dialysis machines to the Bentong Hospital for the benefit of end stage kidney failure patients. Currently, according to Dr Ambikai Palasubramaniam, Director, Bentong Hospital, there are 41 patients being dialysed at the Bentong Hospital with 7 on the waiting list. The 4 dialysis machines bought with funds raised from the Kamahl concert organized by the District Grand Lodge of the Eastern Archipelago held recently in Kuala Lumpur was for the benefit of Bentong residents and the hospital was chosen as the recipient of the dialysis machines as the hospital already had a Haemodialysis Unit.

Dr Ambikai felt NKF had come in at the correct time as they were experiencing a higher rate of end stage kidney failure patients in need of dialysis. Dr Ambikai explained the Haemodialysis Unit was set up in August 2004 with 4 machines from the Ministry of Health at that time only 6 patients were being dialysed at the hospital but the numbers had grown since then. As Dr. Ambikai explained the 4 dialysis machines would be placed under a new section, The Tun Abdul Razak-NKF Dialysis Section to acknowledge the contribution being made by the District Grand Lodge of the Eastern Archipelago and the National Kidney Foundation for the benefit of end stage kidney patients in Bentong.



▲ Goh handing over the mock dialysis machine to the Bentong Hospital

## FAREWELL PARTY FOR CEO



▲ The out-going CEO, Goh Seng Chuan, in a farewell group photo with NKF staff at the P.J. Secretariat office.

Many tears were shed at the farewell party for Goh Seng Chuan, who had served as CEO, NKF, for the past five years at a farewell party organized by the staff, many of whom turned up from other NKF dialysis centres to bid him farewell. In her speech, Shirley Koh, Director, Fundraising, said Goh had served NKF even earlier, on the Fundraising Committee, where he had helped raise funds for many projects and made a valuable contribution over the years. She also added that as an NGO, NKF had benefited greatly from the support shown by Goh and she hoped it was not goodbye but that he would continue to work for fundraising as a Board member of NKF.

In his farewell speech, Goh shared the many milestones that had been achieved during his time especially the upcoming launch of the NKF LifeCheck, the customized 40 seater bus built for health-screening and the opening of the NKF Dialysis Centre, Petaling Jaya, equipped with the latest technology for the benefit of dialysis patients.

Dr S.S. Gill, Chairman, Board of Managers, said he had been working with Goh for the past five years and under his leadership NKF had grown from 14 to 20 dialysis centres. During his tenure, Goh had also built a good rapport with staff, many of whom had turned up for the farewell party. Dato Dr Zaki Morad, 1st Vice-Chairman, NKF, said Goh's diplomacy had resulted in harmony and goodwill among staff and said they looked forward to his continued service as a Board member.

## ANNOUNCEMENT

### New CEO takes over National Kidney Foundation of Malaysia

Mr Wayne Woo joins NKF as CEO in January 2008, taking over from Goh Seng Chuan, who retired in December 2007. Mr Woo worked as corporate advisor in several corporate organizations and brings his management expertise in ensuring the smooth running of NKF for the benefit of its more than 1000 patients.



## RE-LOCATION DIALYSIS CENTRES

### The Ping Rong-NKF Taman Mayang Dialysis Centre

Lot 135559, Jalan SS9A/20  
Seri Setia Sg. Way  
47300 Petaling Jaya.  
Tel: 03-78746707 Fax 03-78745396

### Previously Berjaya-NKF Dialysis Centre now known as NKF Dialysis Centre

No 68, Jalan 14/29  
46100 Petaling Jaya  
Tel: 03-7954 2359 Fax 03-7954 3468



# DO YOU KNOW...?

## ATTENTION: Patients with *Diabetes*

You are at high risk for heart disease, kidney failure and blindness. To prevent these complications you must achieve the following targets:

* HbA1c	• < 6.5%
Fasting Blood Sugar	• 4.4 – 6.1 mmol/L
Blood Pressure	• < 130/80 mmHg
LDL-Cholesterol	• < 2.6 mmol/L
Waist Circumference	• Male < 90 cm • Female < 80 cm

Check your eyes and check your urine for protein every year.

Prepared by Hospital Pulau Pinang, Ministry of Health

# TAHUKAH ANDA BAHAWA...?

## AMBIL PERHATIAN: Pesakit *Diabetes*

Anda menghadapi risiko yang tinggi untuk penyakit jantung, kegagalan buah pinggang dan kehilangan penglihatan. Untuk mengelakkan daripada komplikasi ini anda mesti mencapai sasaran berikut:

* HbA1c	• < 6.5%
Aras Gula Berpuasa	• 4.4 – 6.1 mmol/L
Tekanan Darah	• < 130/80 mmHg
LDL-Kolesterol	• < 2.6 mmol/L
Ukuran Pinggang	• Lelaki < 90 cm • Wanita < 80 cm

Periksa mata anda dan air kencing untuk protein sekurang-kurangnya sekali setahun.

Disediakan oleh Hospital Pulau Pinang, Kementerian Kesihatan Malaysia

## 请注意： 糖尿病患者

为了预防糖尿病的并发症，如肾衰竭，心脏病和眼瞎等。请遵照以下的指南，以便更有效的控制糖尿病：

* 血红素A1c(HbA1c)	• < 6.5%
理想空腹血糖值	• 4.4 – 6.1 mmol/L
血压	• < 130/80 mmHg
不良胆固醇/低密度脂蛋白(LDL-Cholesterol)	• < 2.6 mmol/L
腰围	• 男性 < 90 公分 (cm) • 女性 < 80 公分 (cm)

请并定期看医生，进行每年一次的尿蛋白质和眼睛的检验。

檳城中央医院，马来西亚卫生部

## நீர்மீவு நோயாளிகளின் கவனத்திற்கு

உங்களுக்கு இருதய நோய், சிறுநீரகக் கோளாறு, கண் பார்வை குறைதல் போன்ற அபாயங்கள் ஏற்பட அதிக வாய்ப்பு உள்ளது. அவற்றைக் குறைப்பதற்குக் கீழ்க்கண்ட இலக்குகளை அடைய வேண்டும்

* HbA1c	• < 6.5%
சாப்பிடுவதற்கு முன்பு எடுத்த இரத்த இனிப்பு அளவு	• 4.4 – 6.1 mmol/L
இரத்த அழுத்தம்	• < 130/80 mmHg
இலகுவாக கொழுப்புச் சத்து	• < 2.6 mmol/L
இடுப்புச் சுற்றளவு	• ஆண்கள் < 90 cm • பெண்கள் < 80 cm

வரும் ஒரு முறையாவது கண் பரிசோதனையும் சிறுநீரகப் பரிசோதனையும் செய்துகொள்ள வேண்டும்

பெரிய மருத்துவமனை, மலேசியா சுல்தான் அபுல்காசி