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SHARE

NKF Newsletter

2009 Issue 1

PP9314/08/2008 (022634)



FREE EPO Injections for Poor Patients on Dialysis





MESSAGE

Share has a **new look and layout...**

We started 2009 with fears of recession throughout the world. Malaysia too was not spared. Hence, a little good news is always welcomed. The Minister of Health announced that the government would subsidise the cost of erythropoietin for needy patients on dialysis in NGO centres at the 2009 World Kidney Day celebrations at Serdang Hospital.

Malaysia has the dubious honour of being world number one for having the highest proportion of severe kidney failure due to diabetic kidney disease. The second commonest cause is high blood pressure. With better prevention and treatment of these two diseases, chronic kidney disease can be prevented. In addition chronic kidney disease cause high blood pressure. Hence the theme for this year is apt "Keep the pressure down".

We thought that it was time SHARE developed a new look after 4 years of the distinctive red cover. We at SHARE hope that you like the new look and welcome any feedback that you may have. The new SHARE hopes to strike a balance between sharing with our well-wishers and readers the activities of our Foundation as well as knowledge about kidney health and disease.

Dr Lim Yam Ngo
Chief Editor
SHARE

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WORLD KIDNEY DAY SPECIAL AMAZING KIDNEYS - ARE YOURS HEALTHY?



The vital role played by the kidneys in our body system remains unknown to many. To generate interest and to create awareness on the importance of the kidneys, the International Federation of Kidney Foundation (IFKF) designated the second Thursday in March as World Kidney Day (WKD) and this year it falls on March 12th.

Thus, World Kidney Day 2009, will be celebrated for the fourth year in more than 100 countries across 6 continents, including Malaysia. This year's theme is Amazing Kidneys – Are Yours Healthy?, reflects on the vital roles this organ plays in our body, filtering 200 litres of blood each day as well as regulating blood pressure. High blood pressure is one of the leading causes of chronic kidney disease (CKD). That's why the tagline for this year's WKD is **Keep the Pressure Down**.

"It is well-known that patients with kidney failure generally have reduced life expectancy, suffer from higher risk of heart and blood vessel related diseases and higher risk of sudden death,"

Dr Ghazali Ahmad,

National Advisor and Head of Nephrology, Ministry of Health.

While many of us associate kidney disease with patients on dialysis, there are many Malaysians as yet undiagnosed and therefore go untreated.

"Many patients with kidney failure have no symptoms," warns Dr Ghazali.

"By the time they become very sick, the kidney function is below 50% (but) they don't feel anything because the disease may occur slowly and their bodies adjust and accommodate it. There are other signs - blood pressure rises, urine has protein, blood test urea rises. The haemoglobin levels might drop and the patient looks a bit pale. But if he doesn't check, he won't know.

We don't want to catch CKD like that. We want to catch it much earlier. **The message we want to get to the public is prevent, prevent, detect, prevent.** And it seems we can, for the majority of CKD patients belong to the early and middle stages of kidney



Dr Tan Chwee Choon accompanied Guest of Honour DYMM Raja Permaisuri Tuanku Bainun, who toured the WKD exhibition during Roadshow at Pusat Konvensyen Sungai Siput. (extreme left) Dr Kamalakshi Saminathan, President of Rotary Club of Kuala Kangsar and Perak State Exco for Health Dr Ma Hang Soon. (back right)

FREE EPO INJECTIONS FOR POOR PATIENTS ON DIALYSIS

The Minister of Health, addressed the many issues facing Malaysians, at the launch of WKD 2009.

"Poor kidney patients receiving haemodialysis treatment at NGO dialysis centres can look forward to a better quality of life. The government will spend RM 12.6 million a year to provide these 2,700 patients with free erythropoietin injections beginning April 1st, said Dato' Sri Liew Tiong Lai.

The Minister further added that haemodialysis patients have anaemia problems and need the injection to increase their haemoglobin level to help them enjoy a better quality of life.

Currently, patients at NGO dialysis centres have to pay between RM 30 and RM 60 per injection or be referred to a government hospital.

Speaking after launching the World Kidney Day celebration at Hospital Serdang yesterday, he said the free injections would be for all patients at NGO dialysis centres currently receiving the RM 50 subsidy per treatment.

Haemodialysis patients at government dialysis centres are given up to three erythropoietin injections a week.



At the press conference, Dato' Sri Liew Tiong Lai announced dialysis patients would receive free erythropoietin injections worth between RM 30 and RM 60 per injection, beginning April 1st 2009.

disease - when the progression of kidney disease can be slowed or even stopped if it is detected and treated," said Dr Ghazali.

In Malaysia, the WKD celebration this year was again a collaboration by three parties, NKF, the Malaysian Society of Nephrology (MSN) and the Ministry of Health (MOH). The campaign, "Bringing Kidney Care to your Doorstep" was designed to make screening available to those not generally exposed to health screening as a early warning signal of diabetes and high blood pressure.



The AMP Radio Networks announcers, from left Aznil, Sham, Dina, Adam and Rex at Hospital Serdang with the specially designed mugs for sale to members of the public.

As part of this nationwide campaign, the NKF LifeCheck, a 40-seater customized bus with seven workstations, kicked off the health screening campaign to bring awareness to members of the public at Kangar, Perlis on 6th March 2009, with **Duli Yang Teramat Mulla, Tuanku Syed Faizuddin Putra, the Raja Muda of Perlis being the Guest of Honour.** Members of the public were screened and subsequently provided counselling by the NKF LifeCheck Team.



Guest of Honour, Raja Muda of Perlis, DTYM Tuanku Syed Faizuddin Putra ibni Tuanku Syed Sirajuddin Jamalullail (centre) at the official Launch of World Kidney Day 2009 Roadshow at Dewan Residensi, Kangar, Perlis.



Members of the public being screened by volunteers from Hospital Sungai Siput at Pusat Konvensyen Sungai Siput during WKD Roadshow 2009.

The WKD 2009 Roadshow travelled down from Kangar in the north to Alor Star, Kedah, where this time the launch was held at the Alor Star Mall, Concourse Area and Guest of Honour, **YB Dr Cheah Soon Hai, state assemblyman,** delivered the keynote address and with the assistance of Lions Club, Fungates Superflow Foundation members, staff from Hospital Sultanah Bahiyah, NKF DCs and Albulqary Dialysis Centre **322 members of the public were screened.**

There are currently 18,000 dialysis patients in Malaysia with more than 3,500 seeking dialysis treatment annually and in 2007, 57% of new dialysis patients were found to be diabetic, with 7% hypertensive," said Dato' Sri Liow



Health exhibition by staff of Hospital Serdang in conjunction with World Kidney Day 2009.

The next stop proved successful as well with more than 330 members of the public screened and there was an air of festivity at The Summit Bukit Mertajam Plaza Concourse Area with colourful WKD balloons distributed to the children present at the concourse area.

The last stop in the north for the WKD Roadshow 2009, Pusat Konvensyen Sungai Siput, Perak, where the **Guest of Honour, Duli Yang Maha Mulla, Raja Permaisuri Perak Darul Ridzuan, Tuanku Bainun,** launched the WKD, **with more than 442 screened.** The team effort was achieved with the assistance provided by local hospitals, Hospital Sungai Siput, Hospital Kuala Kangsar and also District Health Office Kuala Kangsar to the staff of the NKF LifeCheck in their screening. Rotary Club of Kuala Kangsar and both hospitals sponsored the meals for volunteers and snacks for the public.

To generate and create awareness for the benefit of members of the public, on the importance of kidney care and the early



Dato' Sri Liow Tiong Lai discussing the NKF Children's Activity Sheet on stage at Hospital Serdang, Putrajaya.



Health exhibition by staff of Hospital Serdang in conjunction with World Kidney Day 2009.

detection and prevention of kidney disease, the AMP Networks of radio stations, ERA, MY FM, hitz.fm, MIX fm, LiteFM, SINAR, XFM and THR, in collaboration with the NKF interviewed nephrologists and issued community service announcements on their radio stations in the weeks prior to and on WKD 2009.

The final stop for the WKD roadshow and the highlight, **the official launch of WKD by the Minister of Health, Dato' Sri Liow Tiong Lai by the touch of a 'globe,' placed on stage at Hospital Serdang, Serdang.**

At the same time, to create awareness on the importance of educating children on kidney function, the **Persatuan Tadika Malaysia,** represented by President Jaya Perera, accompanied 6 kindergarten children on stage to receive the NKF's Children Activity Sheet from the Minister of Health.

Dato' Sri Liow Tiong Lai said Malaysians needed to practise a healthy lifestyle as well as regular check-ups.

Dato' Sri Liow said it was imperative that efforts be doubled to encourage early detection and prevention of kidney disease and all organizations, whether government, private or NGO should work together encourage early detection and prevention of kidney disease.

WORLD KIDNEY DAY

Activities in Malaysia 2009



THERE WERE A SERIES OF MULTIPLE-DAY EVENTS/ACTIVITIES ORGANISED IN MALAYSIA AT NATIONAL, STATE AND INDIVIDUAL HOSPITAL LEVELS TO MARK THE FOURTH WORLD KIDNEY DAY ON MARCH 12TH 2009, WITH THE THEME THIS YEAR BEING "AMAZING KIDNEYS"



The NKF-MSN-MOH World Kidney Day Roadshow launch in Sungai Siput, Perak by the Raja Permaisuri Perak Darul Ridzuan, Duli Yang Maha Mulia Tuanku Bainun. (centre)



Launch of WKD by the Deputy Minister of Health, Dato' Dr Haji Abdul Latiff bin Ahmad (extreme right) with the Head of Nephrology Services, Ministry of Health Malaysia, Dr Ghazali Ahmad, (centre) at Bangunan Medan MARA, in central Kuala Lumpur.



Members of the public receiving medical advice from nephrologists.

A summary of the events is as follows:

- A roadshow using the NKF LifeCheck Mobile Health Screening Unit, a 40-seater customized bus. The roadshow started on March 6th in Kangar, Perlis and progressed southward with daily stops at different towns/cities. Several dignitaries including members of royalty, graced these events. This roadshow was made possible by collaboration between the National Kidney Foundation of Malaysia (NKF), Malaysian Society of Nephrology (MSN) and the Ministry of Health, Malaysia. The total number of people screened was 1707 in this roadshow.
- Final leg of the WKD Roadshow, the launch of WKD by the Minister of Health, the Honourable Dato' Sri Liow Tiong Lai in Hospital Serdang, close to the country's administrative capital (Putrajaya) on March 12th. This launch was attended by 950 people.
- Launch of the WKD on the same day by Deputy Minister of Health, the Honourable Dato' Dr Haji Abdul Latiff bin Ahmad at Bangunan Medan MARA, in central Kuala Lumpur
- Free Health Screening/Public Forums/ Kidney Care Continuous Medical Education at selected public, private and university hospitals as well as large shopping complexes, office blocks. Therefore the total number of people screened nationwide (including from the

roadshow) is estimated to be at least 5302 people while at least 959 people attended public forums.

- Poster exhibitions at all major state and university hospitals.
- Debate on chronic kidney disease titled 'Debate in Kidney Disease: Early Referral is Equal to Better Patient Care?' organized by Renal Unit, University Malaya Medical Centre (UMMC). The total number of participants was 152 - mostly doctors, nurses, medical students and staff from Faculty of Medicine.
- Media publicity in print, radio and television. There were television and radio interviews given by different consultant nephrologists as well as announcements or coverage of planned activities throughout the country in leading local newspapers.



Public forum - Bangunan Medan MARA, Kuala Lumpur.



Dr Simon Wong, Nephrologist and Dr Patrick Lau, Cardiologist at a public forum in Sarawak.

HIPERTENSI Bertindak Sekarang!

**WORLD
HYPERTENSION
DAY** May 17, 2009

Initiated by the World Hypertension League



Temubual bersama **DATO' DR AZHARI ROSMAN** - Penasihat Kardiologi Institut Jantung Negara (IJN)

Tahukah anda, buah pinggang dan tekanan darah saling bergantung antara satu sama lain? Buah pinggang memainkan peranan penting di dalam mengekalkan tekanan darah dalam julat normal, sementara kadar tekanan darah boleh memberi kesan yang nyata ke atas keadaan buah pinggang anda.

Bacaan tekanan darah ideal adalah 120/80 tetapi apakah maksud bacaan tersebut? Nombor pertama menunjukkan tekanan maksimum di dalam arteri. Contohnya, apabila jantung anda berdenyut atau mengecut (sistolik), manakala nombor kedua merujuk kepada tekanan yang paling rendah, apabila jantung 'berehat' di antara denyutan (diastolik).

Jadi apakah sebenarnya bacaan tekanan darah yang anda tahu?

Kadar tekanan darah menunjukkan daya yang dihasilkan semasa darah menolak pada dinding salur darah sementara ia dipam melalui badan. Tekanan darah boleh meningkat melalui beberapa cara:-

- Cecair berlebihan yang terkumpul dalam badan akan meningkatkan jumlah aliran darah di dalam salur darah. Ini menyebabkan tekanan salur darah

meningkat, keadaan ini dikenali sebagai tekanan darah tinggi atau hipertensi. Diet yang tinggi kandungan garam boleh membawa kepada penyakit ini dalam beberapa tahun.

- Salur darah kecil (kapilari) yang semakin sempit
- Dinding arteri menjadi keras akibat peningkatan umur, menyebabkan tekanan sistolik darah meningkat.

Hipertensi di Malaysia - senario terkini

Dato' Dr Azhari Rosman merupakan Perunding Kardiologi di IJN, juga sebagai Presiden Persatuan Hipertensi Malaysia dan Presiden Persatuan Hipertensi Asia - Pasifik. Walaupun sentiasa sibuk dengan jadual yang padat, beliau amat berbesar hati untuk ditemuramah tentang topik ini iaitu hipertensi.

Sebagai seorang Presiden persatuan, Dr Azhari berpendapat, hipertensi telah menjadi satu penyakit gaya hidup yang memberi kesan tidak kurang daripada 42% populasi rakyat Malaysia.

"Ramai daripada kita beranggapan bahawa kelaziman hipertensi dikalangan rakyat Malaysia masih berada di paras 33% tetapi

peratus itu dibuat pada tahun 1996. Angka ini telah dikemaskini dan pada 2006 dengan sebanyak 42.6% daripada kajian yang dilakukan ke atas individu yang berumur lebih 30 tahun dan dikenalpasti mempunyai hipertensi. Daripada mereka yang mengambil ubatan, hanya 26% sahaja dapat mengawal tekanan darah mereka." kata Dr Azhari.

Jadi Apakah Sebenarnya Hipertensi?

Menurut Dr Azhari lagi, hipertensi adalah aras ketahanan tekanan darah yang bersamaan dengan atau lebih 140/90mmHg yang diambil sekurang-kurangnya 2 kali setiap selang 24 jam. Ini bermakna, mereka yang mempunyai tekanan darah 140 dan ke atas dikategorikan sebagai hipertensi, walaupun tidak terlalu teruk. Jika bacaan rendah (sistolik) adalah 90mmHg atau ke atas, bacaan atas adalah normal, individu tersebut dianggap hipertensif.

Dr Azhari berpendapat hipertensi atau tekanan darah tinggi jika tidak dirawat boleh membawa kepada 'Kerosakan Organ Sasaran', di mana dalam bahasa mudahnya bermaksud organ penting seperti otak, otot jantung dan buah pinggang boleh rosak dalam jangka masa panjang. Sekiranya dirawat awal, kerosakan organ mungkin boleh dielakkan.

Tetapi jika dibiarkan tanpa rawatan, ia akan membawa kepada komplikasi organ sasaran seterusnya pesakit terdedah kepada serangan jantung, kegagalan jantung dan buah pinggang, strok atau kematian prematang.

Salah satu kelemahan utama hipertensi adalah kurangnya gejala awal. "Ia merupakan pembunuh senyap di mana ramal daripada kita tidak menyedari bahawa mereka menghidap penyakit ini. Hipertensi yang tidak terkawal boleh membawa kepada penyakit renal atau kegagalan buah pinggang," jelas Dr Azhari lagi.

Hipertensi dan kaitannya dengan Penyakit Buah Pinggang Peringkat Akhir

Apabila darah yang mengalir ke buah pinggang semakin berkurangan, buah pinggang menganggap bahawa tekanan darah adalah rendah dan mengeluarkan hormon yang menyebabkan badan mengekalkan garam dan air seterusnya mengakibatkan kapilari darah semakin mengecil. Ini akan meningkatkan tekanan darah dan memburukkan lagi kerosakan buah pinggang, lebih banyak hormon berubah dan meningkatkan tekanan darah. Dalam erti kata lain, satu 'kitaran bahaya' dibentuk dan Penyakit Buah Pinggang Peringkat Akhir akan berlaku. Hipertensi juga

merupakan penyebab utama kepada penyakit buah pinggang selepas diabetes. Malangnya, menurut Dr Azhari, tiada tanda-tanda yang ketara menunjukkan penyakit buah pinggang sehinggalah ianya sudah terlambat. Tanda-tanda yang boleh dikesan adalah melalui ujian air kencing yang boleh mengesan kehadiran mikroalbumin atau molekul kecil protin dalam air kencing. Selain itu, ujian kreatinin juga boleh mengukur fungsi buah pinggang secara tidak langsung.

Menghadapi Hipertensi dan langkah-langkah yang perlu diambil bagi mengawal hipertensi

Menurut Dr Azhari, jika seseorang telah dikenalpasti menghidap hipertensi, itu bukanlah bermakna hidup mereka sudah berakhir kerana selagi organ-organ utama tidak mengalami kerosakan yang teruk. Keadaan ini boleh berubah jika langkah yang betul diambil.

- Terima hakikat bahawa anda adalah penghidap hipertensi jika telah disahkan. Penafian biasanya melambatkan lagi proses rawatan yang diperlukan.
- Ambil ubatan yang ditetapkan oleh doktor
- Ubah gaya hidup dengan mengambil buah-buahan, sayuran dan lakukan senaman dengan kerap.



Perubahan dalam diet merupakan salah satu faktor penting memandangkan obesiti boleh menyebabkan penguncupan salur darah. Oleh itu, jika anda mempunyai berat badan berlebihan, kurangkan berat anda kerana ia membantu mengundurkan proses hipertensi peringkat awal.

Sebagai kata-kata akhir dari Dr Azhari, "Dengan kombinasi ubat yang betul dan perubahan gaya hidup, keadaan ini boleh kembali ke keadaan asal atau sekurang-kurangnya dikawal. Malangnya, jika hipertensi telah dikenalpasti, ia tidak boleh disembuhkan. Hanya dengan kawalan yang betul, pesakit boleh hidup dengan selesa walaupun mengetahui akan bahaya hipertensi yang tidak dikawal.

"Kebanyakan pesakit hipertensi masih teragak-agak untuk menerima hakikat bahawa mereka menghidap hipertensi, terutamanya apabila kurang tanda-tanda awal yang berkaitan dengan penyakit ini." kata Dr Azhari.



高血压 - 现在就行动!

国家心脏中心心脏专科医师 Dato' Dr Azhari Rosman 的专访



您是否知道您的肾脏和血压是彼此互相依赖的? 肾脏在维持血压於正常范围内扮演著一个重要的角色, 而血压水平也能对您的肾脏有重大的影响。理想的血压读数是 120/80, 但这两个数字又代表什么呢? 第一个数字是代表动脉内最高的压力, 就是当您的心脏在跳动或收缩(心脏收缩)时的压力, 而第二个数字代表最低的压力, 即心脏在跳动之间休息时的压力(舒张)。

您的血压读数实际上告诉您什么呢?

您的血压水平代表您的血液在体内流动时对血管壁施加的压力。血压的升高有许多方式: -

- △ 过多的流体积存在体内, 会增加血管内流动血液的容量。这将导致血管内压力的增加, 这种情况就是高血压。长期的高盐饮食可导致高血压。
- △ 小血管(微血管)变窄。
- △ 随著年龄增加, 动脉壁硬化, 会导致收缩压升高

高血压在马来西亚 - 目前的情况

Dato' Dr Azhari Rosman (阿芝哈利医生) 是国家心脏中心的心脏专科医师, 马来西亚高血压协会主席及亚太区高血压协会主席, 他的行程非常忙碌。但是他仍然很高兴能够接受这一次有关于高血压的专访。

身为一名高血压专家, 阿芝哈利医生认为高血压已经成为一种影响不少於 42% 的马来西亚人口生活方式的疾病。

阿芝哈利医生说: “许多人还以为马来西亚高血压的流行率是 33%, 但那是 1996 年的数据。这个数字已经提高了, 在 2006 年 30 岁以上接受调查的人当中, 患高血压的人有 42.6%。至于那些有接受医药治疗的, 仅有 26% 控制好他们的血压”。

什么是高血压?

根据阿芝哈利医生, 在 24 小时之内 2 次所测量的血压, 持续上升相等於或在 140/90 毫米汞柱以上就是高血压。 这意味著任何人的血压等於或高於 140 毫米汞柱就是高血压, 虽然并不严重。 如果下面的读数(舒张压)是 90 毫米汞柱或以上, 而上面的读数是正常的, 他仍然被认为有高血压。



阿芝哈利医生觉得高血压，如果未经治疗，可能引致“目标器官损伤”，简单来说就是长时间的血压高会慢慢损坏维持生命所必需的器官例如头脑，心肌，甚至肾脏。如果及早治疗，这些器官的损伤是可逆转的。然而，如果没有治疗，它将导致目标器官并发症，造成病患心脏病发作、心脏衰竭、肾脏衰竭、中风甚至早逝。

高血压的其中一个主要问题是缺乏早期的症状。阿芝哈利医生解释说：“它是一个无声杀手，许多人不知道他们患有高血压，未受控制的高血压可能导致肾脏病或肾衰竭”。

高血压和末期肾脏病的关系

当流到肾脏的血减少时，肾脏对此所收到的信号是血压低，结果就会释放荷尔蒙让身体保留盐和水并且使微血管更加狭窄。这将提高血压，并且进一步损坏肾脏，造成更多的荷尔蒙变动并且促进血压升高。换句话说，这是一种「恶性循环」。最后可造成末期肾脏病。实际上除了糖尿病以外，高血压是肾衰竭其中一个主要起因。不幸地，根据阿芝哈利医生，肾脏病的症状非常少，而且都是到了晚期才被发现。一个显著的症状是通过尿液检测微白蛋白或小分子量的蛋白质的存在。另一个检测是肌氨酸酐，可以间接地测量肾脏的功能。

处理高血压和控制它的步骤

根据阿芝哈利医生，如果一个人已经见过医生，且被诊断患有高血压，只要器官没有受到严重地损坏，不是末路。如果采取正确的步骤，情况也许是可逆转的。

- 一旦被诊断患上高血压，就要接受事实。否认事实经常延误适当治疗的开始。
- 服用医生所开处方的适当药物。
- 改变您的生活方式包括多摄取水果、蔬菜和经常运动

阿芝哈利医生说：“许多高血压患者不愿意接受他们患有高血压的事实，特别是这种疾病缺乏症状。”

肥胖可以导致血管变窄，因此饮食上的改变是其中一个关键元素。如果您超重，减低体重可以帮助逆转早期轻微的高血压。

阿芝哈利医生最后的智慧总结：“服用正确的药物和生活方式的改变，高血压的情况可以被逆转或至少被控制。不幸的是，一旦患上高血压，是没有办法根治的。适当的控制血压，高血压病患可以过舒适的生活并且将高血压的危险减到最低。”

ANNUAL Dialysis Meeting 2008

CHALLENGES IN RENAL REHABILITATION

With rapid advances in healthcare and medicine, more people are living longer but how many are living better? Long term care management involves not only prolonging life but a meaningful and quality life.

For the 6th year running, the National Kidney Foundation of Malaysia organised the Annual Dialysis Meeting themed '**Challenges in Renal Rehabilitation**'. Attended by 600 participants nationwide, it was aimed at updating and providing information to dialysis providers with the knowledge to improve the quality of life of their dialysis patients.

Dr SS Gill, chairman, Board of Managers, NKF, said at the opening that if steps are not taken to improve patients' mental and physical wellbeing, their dialysis outcomes will be poor and life-expectancies shortened.

Dr T. Thiruvethiran, Consultant Nephrologist and Chairman, Organising Committee, ADM 2008 said for the first time a Pre-Congress Workshop was organized, providing hands on experience in dialysis management in key areas such as nutrition, vascular access and haemodialysis adequacy.

A holistic perspective and approach is needed in the rehabilitation of patients with chronic diseases said speaker **Dr Tunku Nor Taayah Tunku Zubir**, quoting pioneering neurosurgeon, Dr Harvey Cushing.

"A physician is obliged to consider more than a diseased organ, more even than the whole man - he must view the man in his world,"

"We want to minimize as much disability as possible so it doesn't become a handicap," said Tengku Nor Taayah.

Many believe dialysis represents the end of life, meaning a life devoid of activity and self-sufficiency and existing data seems to support this view as Dr Fan Kin Seng, Consultant Nephrologist, who spoke on '**Renal Rehabilitation and its Prerequisites - An Overview**', said more than 18 dialysis centres surveyed showed only 60% of non-diabetic patients and 23% of diabetic patients were capable of a level of physical activity beyond that of caring for themselves. Thus,



The conference attracted the largest number of participants as compared to previous annual dialysis meetings.

Dr Fan believes the way forward is to design a program of medical treatment, education, counseling and dietary exercise regimen, which maximizes the quality of life of dialysis patients.

Australian Suzie Burford, a qualified nurse and exercise specialist for dialysis patients, currently based in Hong Kong spoke on '**Exercise for Dialysis Patients**' and undertook exercise routines on stage for the benefit of participants.

"The main challenge in renal rehabilitation is awareness. Treatment in Malaysia is still very basic - we are trying to meet the basic needs for patients on dialysis by sustaining life, managing their dialysis related medical problems and managing financial issues associated with dialysis treatment," Dr T. Thiruvethiran

Burford recommends two levels of exercises. The first level is simple flexibility exercises and the next requires a fitness assessment, which includes aerobic training, that most dialysis patients even the elderly could manage.



The pre-congress workshop on vascular access proved to be popular among the participants.

Italian Consultant Nephrologist, Dr Luigi Ballerini, spoke on the need to encourage and motivate dialysis patients as well as managing depression in dialysis. Dr Luigi said depression is the most common psychological problem in dialysis patients and up to 30% suffered from depression.

The programme, provided participants with the opportunity to update and benchmark their current practices with industry standards said Dr Thiruvethiran.

Dr Clarence Lei, Consultant Urologist, spoke on '**Managing Sexual Dysfunction**' and the need to ensure renal patients had a better quality of life related to their sexuality as many did suffer from Erectile Dysfunction (ED). Thus, it was important for dialysis staff to bring out and share with dialysis patients the problems associated with lack of sexual activity.

Dr Balachander Guru, currently a lecturer at Monash University Malaysia and a dialysis patient, spoke on the topic of '**End of Life Expectation - Patients View**' where he shared with participants the shock and denial faced by many as they faced the prospect of dialysis and a lack of counsellors in this area meant many were deprived of emotional support. Bala felt the role of nurses in the frontline of dialysis was a key factor in the overall wellbeing of dialysis patients.

Tan Lay Ai, an NGO dialysis centre manager in Penang said the overall programme had provided her with useful information and she and her staff, who also attended the meeting would be more empowered to tackle the daily issues related to improving the quality of life dialysis patients.

LAUNCH OF FUNGATES SUPERFLOW NKF DIALYSIS CENTRE

NKF's 22nd DIALYSIS CENTRE

The National Kidney Foundation (NKF) in partnership with FunGates SuperFlow Foundation launched its 22nd dialysis centre for the benefit of poor and needy patients in the Kepong area on 26th March 2009. Both organisations have worked tirelessly over the years to render assistance to those less fortunate and this is yet another milestone for NKF and the FunGates SuperFlow Foundation.



The official launch, Dr Ng flanked by Dr SS Gill on the left and Clarine Chun on the right making a big bang at the opening

However, this is the second successful partnership between FunGates SuperFlow Foundation and NKF, the first dialysis centre, Superkids Trinity - NKF Dialysis Centre was opened in 2001 in Alor Star and today provides dialysis to 38 patients. Clarine Chun, founder, FunGates SuperFlow Foundation said the Foundation's biggest success was their soup kitchens which fed about 300 people daily, one in Alor Star and the other in Jinjang. Currently, they were happy to be in partnership with NKF with two dialysis centres, whom they felt provided quality dialysis care for their patients and both

organisations shared the common interests of assisting the poor and unfortunate.

During her tour of the dialysis centre, Dato' Sri Dr Ng Yen Yen, who officiated at the launch, spoke to the various patients undergoing dialysis on the need for them to work and lead independent lives as they possessed skills still needed by society. While interviewing a blind dialysis patient, Dr Ng Yen Yen commented on the patient's proficiency in the English language and said she would have no problem applying for a job as a telephone operator.



Dr Ng Yen Yen chatting with patients at the newly launched dialysis centre.



A section of the crowd, listened attentively to the Minister deliver her speech.

In her speech at the opening, Dr Ng Yen Yen said the high cost of the subsidy given by the government placed an economic and financial burden on the government and the work done by foundations and NGOs to lessen the burden was much appreciated. The cost to the government, paid through the Ministry of Health, translated to RM 18.7 million annually and currently 2,570 patients in 49 NGOs received this subsidy annually.

Thus, efforts need to be doubled in the area of early detection and prevention of kidney disease, and to try to prevent what is often a potentially preventable disease.

'DanSing thru Broadway'

FOR CHILDREN ON DIALYSIS



Wayne Woo, CEO NKF, accompanied Puan Sri Noraini on her rounds at HKL.

DanSing Thru Broadway a musical revue of popular Broadway songs featuring hits such as 'My Fair Lady', 'Mary Poppins', 'Hello Dolly', 'Phantom of the Opera' was staged by PETRONITA, the association of wives and female employees of Petronas to raise funds for worthy causes. The NKF Children Dialysis Fund was one of the lucky beneficiaries and received RM 200,000.

Puan Sri Noraini Mohd Yusoff, President of PETRONITA said by contributing to NKF and other worthwhile organizations, they were helping to improve the quality and reach of treatments offered to the affected children thus giving them a new lease on life.

Muhammad Nurfitri bin Abdullah, 10 years, is one of more than 500 children on dialysis in Malaysia and while many are on Continuous Ambulatory Peritoneal Dialysis (CAPD), 20 are being converted from CAPD to Automated Peritoneal Dialysis (APD) under the NKF Children Dialysis Program. Today APD is the preferred choice and enables school-going children to be dialysed as they sleep through the night and to attend school the next morning.

Tifli Hamidi, 9 years, attends school by day and dialyses at night. At his home, the tubing is long enough for him to do his homework in the hall. His mother, Puan Norita is very proud of him and makes the effort to ensure the environment is clean before she begins the APD at seven. His mother also explains to Tifli the importance of not drinking too much water and keeping to his food regimen to ensure the outcome is good for his APD.

Apart from children such as Nurfitri and Airul, college going students also depend on APD as they attend college in the daytime and dialyse at night. Alina Ann Philip, 19 years attends a private college and without APD, she would not be able to have the flexibility she enjoys now.

For Vaneetha Vetteappan, 19 years, applying to local colleges and universities would not be possible without the option of being on APD. She hopes to get accepted soon, as earlier she had experienced financial difficulty as her father had been jobless for a few months and the family finances had been drained.

The subsidy has helped families financially as many of these children come from low income families.

Tifli Hamidi, 10 years, on APD at home, looked on by his doting parents.



Alina (left) and Vaneetha feel they have been luckier than most, pursuing a higher education is a priority for both.

"Now I take the bus from Klang and attend the secretarial course in Petaling Jaya, Then I return home on the bus in the evening. Later in the evening, I attach the APD tubes and dialyse the whole night. The next morning I can attend college. Without APD, I would not be able to attend college, it would be quite impossible," said Alina.

"Haemodialysis is not preferred because it requires the child to be at the haemodialysis centre for 4 hours, three times a week and children are also afraid of needles used during haemodialysis," said Dr Lim Yam Ngo, Consultant Pediatric Nephrologist and NKF Board member.

In 2007, 20 children utilized the NKF Children Dialysis Program to help subsidize their conversion from CAPD to APD. In 2009, more children have been accepted onto the NKF Children Dialysis Program.



NKF PATIENTS FAMILY DAY



@ SUNWAY LAGOON THEME PARK

Dialysis patients giving the thumbs up at the Surf Deck. In the centre, Tan Sri Dato' (Dr) Ramon Navaratnam.



Some patients had to be helped from the escalators but were ready to enjoy the day.

In conjunction with World Kidney Day, celebrated on 12th March 2009, NKF organized a Family Day for the benefit of all NKF dialysis patients in the Klang Valley at Sunway Lagoon Theme Park. The Patients Family Day saw a record turnout of 392 dialysis patients and their family members and caregivers from eight dialysis centres in the Klang Valley.

Sharleen Lee, Organising Committee Chairperson said the theme park was chosen for its popularity as a centre of activity, with its wave pool and beach like atmosphere, which proved an ideal venue for not only dialysis patients but their families, many accompanied by their grandchildren. The dialysis patients, some in wheelchairs eagerly made their way to the beach side area and waded into the water with the assistance of family members.



Dialysis patients posing with the various entertainers at the Lagoon.

Food packets and drinks were provided courtesy of Sunway Lagoon as part of the outing. For many it was a first time experience at the theme park and Lim Ah Kuw, 60 years, accompanied by her children and husband felt the experience had drawn them closer and he hoped more events would be planned in the future.

Dr J.D. John, Chairman of the Patient Selection & Welfare Committee, NKF felt the dialysis patients had the opportunity to feel part of a crowd in every sense and the atmosphere at the theme park contributed to their feelings of being part of their families in an exciting environment.

Subash Rani, 60 years, in a wheelchair, brought along her nephew, to the Family Day and said for the first time away she could share the experience with her family members.

Tan Sri Dato' (Dr) Ramon Navaratnam representing the Sunway Group, applauded the dialysis patients for their courage in overcoming the many barriers they faced daily and the strong bond they shared with their family members and friends at their respective dialysis centres.



The Family Day provided an opportunity for dialysis patients to meet up in a different environment.

In appreciation of all our donors, supporters and friends of NKF



Support NKF by donating RM 20.00 for this cute caricature mug which features 9 DJs from 9 radio stations under the AMP Radio Networks.

Contact Fundraising Dept at 03-7954 9048 if you are interested in single or bulk purchases.

DR Mug

Donation Box



We are still looking for new outlets to provide opportunities for donors to drop their change into our donation boxes. Please contact us if you are interested.

NKF has redesigned their donation box. Thanks to all participating outlets for the funds collected in 2008:

Parkson Corporation Sdn Bhd	: RM 6,757.45
Alpha Pharmacy	: RM 2,848.30
Caring Pharmacy	: RM 4,687.60
UO Superstores	: RM 8,418.15
Health Lane Family Pharmacy	: RM 4,808.60
Bintang Supermarket	: RM18,161.67
Individual Outlets	: RM 5,955.05
Others	: RM 2,318.50
Total	: RM53,955.32

"Charity Variety Show & Dinner"



Organised by Cantonese Opera Group

Date : 28th February 2009
Time : 7.30pm
Venue : Chinese Assembly Hall, KL
Raised : RM 19,635.00 received by Hon. Treasurer Mr. Tai

Special thanks to Madam Thong & her team members for performing various dances and opera songs.



Lions Club of PJ Metro 20th Anniversary RM 2,000.00 to Children Education Fund

The funds served as an encouragement for the patients' children who sat for PMR, SPM and STPM 2008 to study and work hard for a bright future.

Direct Debit Donor Programme (DDDP)

Our deepest gratitude to all DDDP donors who have supported NKF through this programme. Your contributions last year has given "Hope" to more than 1,100 of our patients.



SHARE Newsletter
January-March 2009
Collection Raised
RM48,403.00

We appreciate all donors who donated through the SHARE Newsletter. Hope you enjoyed reading the newsletter and benefited from the information and updates provided.

Corporate Social Responsibility (CSR) by Monarch Icon Sdn Bhd

Our deepest gratitude to Monarch Icon Sdn Bhd who donated RM2,000.00 to NKF through its CSR project.



Leo Idol 2009 (Finals) Region 4



Date: 22 February 2009
Venue: Summit Auditorium, Subang USJ
Raised: RM590.00

10 finalists from various Leo Club of Region 4 competed in this final round of the Leo Idol. Leo Christopher Saw from Leo Club of SMK Taman SEA emerged champion. This young Leo has unearthed his hidden talent.

WISH UPON A CRANE

Date : 28th November 2008
Venue : Pay Fong Hall, Malacca
Raised : RM 888.00

A production from a group of young enthusiastic individuals with the love for arts through charity. An enjoyable and touching show indeed!



Christmas Cookies of Love

Let's celebrate Christmas by sharing our love and spread the spirit of Christmas. Cookies of Love is a special initiative of NKF to support the needy and provide a warm and cozy environment for the needy.

Let's spread the love of Christmas and provide a warm and cozy environment for the needy. Cookies of Love is a special initiative of NKF to support the needy and provide a warm and cozy environment for the needy.

X'mas & CNY "Cookies of Love"

Date : December 2008 - January 2009
Raised : RM3,112.00

Chinese New Year Cookies of Love

Let's celebrate Chinese New Year by sharing our love and spread the spirit of Chinese New Year. Cookies of Love is a special initiative of NKF to support the needy and provide a warm and cozy environment for the needy.

Let's spread the love of Chinese New Year and provide a warm and cozy environment for the needy. Cookies of Love is a special initiative of NKF to support the needy and provide a warm and cozy environment for the needy.

Health & Contests FUN Day



Date : 15th March 2009 (Sunday)
Time : 10.30am - 6.00pm
Venue : South City Plaza, Seri Kembangan
Raised : RM14,236.65

Quizzes, DJ Contest & Children's Colouring Contests were the main attraction for the event. The appearance of 4 DJs; DJ Rex, DJ Abby, DJ Sham & DJ Phoebe brightens up the event. Wonderful performances were brought by Urban Groove, BLS Events Services, I-Melody Music & Arts & Sekolah Serdang Baru 2.

Prizes for the Children Colouring Contest was sponsored by Merck Consumer Health Care, Cotra Enterprises Sdn Bhd, NEP Holdings Berhad & Airtime Management & Programming Sdn Bhd. 91 children participated in Category 1: 8 years & below; 27 children in Category 2: 9-12 years & 6 finalists for the DJ contest. Congratulations to all winners!



116 people had their health screening done at our Mobile LifeCheck unit.

A total of 116 members of the public completed their health check at our LifeCheck Mobile Unit. Our sincere appreciation to the exhibitors, sponsors, donors, volunteers & the public for contributing to the success of the event.



NKF "BUS" MAGNET



Small does matter, it still "Gives Hope". For a donation of RM5.00, you are entitled to two of our unique "bus" magnet.

INDIVIDUAL / COMPANY CONTRIBUTIONS :

MBF Cards (M) Sdn Bhd –	
Gala Credit Card	RM10,762.32
Jennifer N.F Cheong	RM10,000.00
Genting Resorts World	
Berhad	RM4,000.00
Prudential Services Asia	
Sendirian Berhad	RM2,448.71
Yung Kong Galvanising	
Industries Berhad	RM1,000.00
Persatuan Peniaga Logam	
Selangor Kuala Lumpur	RM 1,000.00

DIALYSIS MACHINES DONATED BY:

- HSBC – The Five Pillars Charitable Trust (Kuwait Finance)**
Che Luan Khor - NKF Dialysis Centre, Kluang, Johor
- Lion Group Medical Assistance Fund**
FunGates SuperFlow - NKF Dialysis Centre, Kepong
- Aln Medicare Sdn Bhd**
Jalan Hang Lekiu - NKF Dialysis Centre, KL
- Arachem (M) Sdn Bhd**
Rotary Club of Damansara - NKF Dialysis Centre, Kepong

"A TASTE OF LOVE" CAMPAIGN 2009
1.06.2009 - 31.07.2009

- London Aromatic Duck
- Yin Yang ribs
- Whole Smoke Chicken
- Steam Bean Curd with Shredded Scallop & Mushrooms
- Stir Fried Vegetables-Kailan Or Pak Choy
- Three Varieties Steam Egg
- Fried Rice
- Chinese Tea & Fruit Enzyme

RM450
per box of 10

Restoran Cubes, 立方楼
JAYA ONE Block L, Level 1 Palm Square,
No 72-A Jalan Universiti, 46100 PJ Selangor

"Touch A Life" CAMPAIGN

Duration : 2nd Nov 2008 - 28th Feb 2009



Kumpulan Farmasi Vitacare has continued their passion to touch more lives through their 5th campaign which raised RM 40,000.00 to purchase a dialysis machine which is located at Pusat Rawatan Dialisis Terengganu - NKF, Kuala Terengganu. The funds were raised through RM10 contribution for an environmental woven bag or fridge magnets.

Azizi Zakaria

TEEN AMBASSADOR



The Leo Club of Anderson School, Ipoh, Perak has spearheaded the fundraising activity for NKF through our teen ambassador, Azizi Zakaria. RM 548.00 was raised during Azizi's press conference in Ipoh on 1st of April 2009.

This young artist has released his first album titled "Kamu Semua" in March 2009. Proceeds from his merchandize item will be donated to NKF.



DO YOU KNOW...

What your kidneys do?

- Remove waste and excess water from your blood
- Regulate the level of chemicals like sodium and potassium in your blood
- Regulate blood pressure by releasing the hormone renin
- Stimulate bone marrow to make red blood cells
- Help maintain bone calcium and normal body chemical balance by releasing active Vitamin D



www.nkf.org.my

THE NATIONAL KIDNEY FOUNDATION OF MALAYSIA (NKF)

No. 70, Jalan 14/29, 46100 Petaling Jaya, Selangor

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