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NKF Newsletter

2010 Issue 1

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MESSAGE FROM CEO

TOGETHER WE SAVE LIVES

With World Kidney Day 2010 successfully completed, NKF is busy with the preparations for the 11th International Federation Kidney Foundations Meeting 2010 (IFKF) to be held in Kuala Lumpur from 9th to 12th May 2010. As NKF is hosting this international meeting it is indeed an honour, being the first time in the history of IFKF that an Asian country will be the host.

Next, the 40th Anniversary Celebration Dinner, also in its final stages of preparation, will mark 40 years of NKF "Giving Hope" to our dialysis patients as this is the theme of the celebration dinner. We hope it will bring together all those who played a key role in the early years of NKF.

It is an opportune time to invite all Malaysians to support us in celebrating NKF's 40 years of 'Giving Hope' at the fundraising dinner to be held at the Sunway Lagoon Resort & Spa, Subang Jaya on 23rd May 2010. The money will be used to purchase a second NKF LifeCheck Bus for health screening nationwide.

We hope that as NKF grows in importance in the eyes of the public, it will allow us to reach out to those members of the public to create awareness on the importance of healthy lifestyle. The incidence of kidney failure is increasingly a lifestyle disease closely associated with diabetes and hypertension. Towards this image of healthy living, NKF has appointed Datuk Chef Wan as our Ambassador to promote healthy cooking for healthy living and we hope this message will be relayed to all Malaysians.

Having served in the corporate sector for many years prior to joining NKF, I have realized the importance of good corporate governance and how it takes centre stage in today's corporate philosophy. Looking at the scenario today, one of the biggest challenges facing NGOs such as NKF is the perception of the public towards the work being carried out by them, who depend on the public for their funding. The need for good governance becomes even greater and more importantly, members of the public will only contribute to those organizations who they perceive as having the best interests of their beneficiaries at heart. NKF has built a solid reputation through its humble work and good quality in its delivery of dialysis services and other works to the public. The values of transparency and accountability are the core principles that we always stand for in running the Foundation.

We are also in the midst of enhancing our NKF brand image. The improved logo will be launched soon. The external façade of NKF will soon reflect this rebranding exercise and we hope this will further define our position as the largest dialysis provider in the NGO sector and a one-stop National Resources Centre for the prevention and treatment of kidney diseases.

We look forward to your full support of our continuous endeavours to help the kidney patients.

Thank You.

Mr. Chua Hong Wee,
Chief Executive Officer,
National Kidney Foundation of Malaysia.

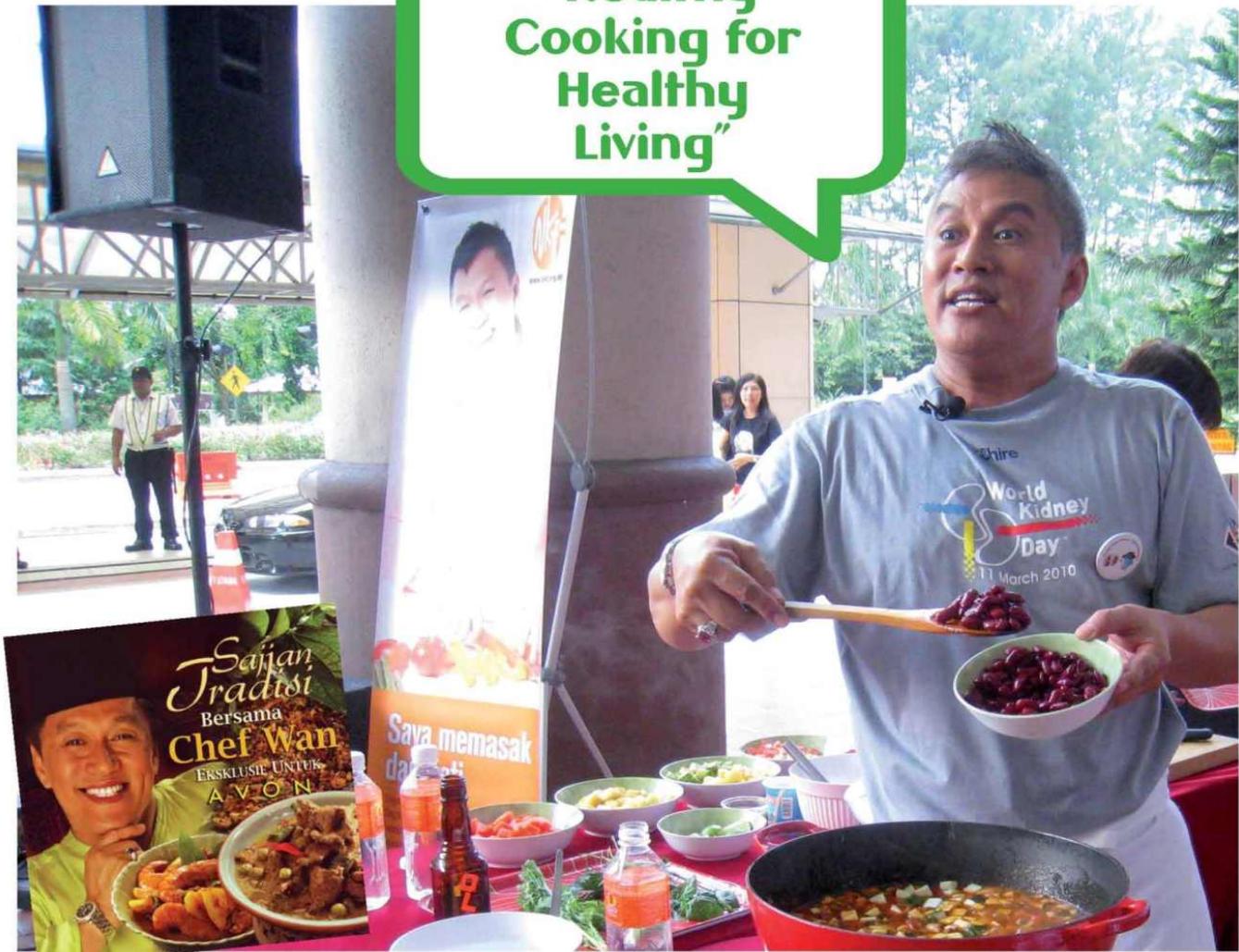
NKF DIALYSIS CENTRES

	TEL NO
1. Tuanku Syed Putra- NKF Dialysis Centre, Kangar	04-9777411
2. Superkids Trinity- NKF Dialysis Centre, Alor Setar	04-7340215
3. Lions Club- NKF Dialysis Centre, Alor Setar	04-7352190
4. Fo Yi - NKF Dialysis Centre, Unit 1, Penang	04-2824952
5. Fo-Yi - NKF Dialysis Centre, Unit 2, Penang	04-2825367
6. Moral Uplifting Society (MULS)- NKF Taiping	05-8041633
7. Moral Uplifting Society (MULS)- NKF Dialysis Centre, Ipoh	05-3215921
8. NKF Dialysis Centre, Jalan Hang Lekiu, KL	03-20312437
9. Ping Fong- NKF Dialysis Centre, Sungai Way, P.J.	03-78746707
10. NKF Dialysis Centre, P.J	03-79549048
11. Rotary Club of Damansara- NKF Dialysis Centre, Kepong	03-62517460
12. Fungates Superflow Foundation- NKF Dialysis Centre, Kepong	03-62519850
13. Apex Club of Klang- NKF Dialysis Centre, Klang	03-33417009
14. Nanyang- NKF Dialysis Centre, Setapak	03-40217704
15. Bakti- NKF Dialysis Centre, Klang	03-33239424
16. Charis- NKF Dialysis Centre, Cheras, KL	03-91328193
17. Che Luan Khor- NKF Dialysis Centre, Klang, Johor	07-7765313
18. Family Development Foundation Dialysis Centre- NKF, Johor Bahru	07-3866164
19. NKF Charity Dialysis Centre, Kota Bharu	09-7475812
20. Terengganu Dialysis Centre- NKF, Kuala Terengganu	09-6249423
21. Tun Abdul Razak Dialysis Centre- NKF, Kuantan	09-5141869
22. KAS/Rotary Dialysis Centre- NKF, Kuching	082-240927
23. MUIS- NKF Haemodialysis Centre, Sabah	088-538532
24. Pusat Rawatan Dialisis Lions- NKF, Penang	04-2101556

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"Healthy Cooking for Healthy Living"



Versatile Celebrity Chef and Ambassador for NKF, Datuk Chef Wan

As the newly appointed Ambassador for NKF, beginning January 2010, Datuk Chef Wan brings with him a wealth of experience in the arena of food and cooking exotic dishes. The multi-talented chef has been featured in many international and local documentaries, among them, "Seafood Odyssey" on the Asian Food Channel, 'Selera Asean Dengan Chef Wan', Usik 2 Chef Wan, Ole Ole Chef Wan with TV 3 and TV 9 and many more and is a visiting chef to several cooking schools. Apart from these hectic schedules, Chef Wan is also the Food Ambassador of Malaysia to Tourism Malaysia. With a fellowship award from Thames Valley University of London School of Hospitality, Chef Wan continues to make waves with his delectable Malaysian and international cuisine.

Having recently won the Best TV Celebrity Chef Award 2009 at the Gourmet Cookbook Awards in France, Chef Wan has finally gained international recognition. His spontaneous chatter and amusing anecdotes while cooking have endeared him to audiences everywhere. As Chef Wan demonstrated at 1 Utama during the World Kidney Day (WKD) activities on March 14th, cooking comes naturally to him and he had the audience in stitches, with his jokes, while preparing Minestrone Soup and a Hawaiian Salad. While hugging a slightly plump boy in the audience, Chef Wan advised the young teenager to exercise and eat less sugary foods.

Earlier during the press conference, Chef Wan, related the experience of his father, a diabetic who had his leg amputated below the knee recently and instead of keeping away from sugar, had continued to meet his friends in the teh tarik shop nearby.

Rolling his eyes with exasperation, Chef Wan said he could not understand the mentality of Malaysians, who were spending their money at expensive coffee outlets, instead of choosing healthier options.

In his case, he had a house in the country and was proud of his orchard, where he spent hours working out in the soil, planting and taking care of the fruit trees and plants. Also, he made it a point to use as much of herbs and spices in his recipes, to promote the idea of fresh ingredients instead of packaged and canned ingredients. However, as Datuk Chef Wan put it, Malaysians are making the wrong choices when it comes to food.

"I find it shocking that Malaysians are spending hours in coffee shops and other places which have mushroomed in the last 5 years, drinking cups of coffee and tea, heavily laced with condensed milk and all this sugar is going into their bodies," said Chef Wan, shaking his head.

He further elaborated on the lack of exercise among Malaysians and how this has further contributed to the rising obesity levels among Malaysians, eventually leading to lifestyle diseases, one of which is diabetes.

Now as the Ambassador for NKF, Chef Wan said he was going to cut down on his oil during cooking and would try to bring across the message of 'healthy cooking for healthy living'.

LOVING YOUR KIDNEYS



The message was clear on World Kidney Day 2010 (WKD), "Protect Your Kidneys – Control Diabetes", a message transmitted across the globe, crossing 60 countries and touching Malaysians as well. It was a battle cry against kidney disease and it was simple, "Detect diabetes early and prevent kidney disease" as more and more Malaysians were succumbing to the kidney disease.

Dr Sunita Bavanandan, Organising Chairperson for WKD 2010 put it across even more clearly when she said the tagline was a wake-up call for everyone because diabetes represents the leading cause of CKD worldwide. Well, the truth is sometimes hard to swallow. In Malaysia, 59% of new dialysis patients are diabetic. Worse, many of these patients' lives are affected by multiple organ complications, some with amputations of the lower limbs and generally poorer outcomes on dialysis.

No wonder then, at a press conference, several key opinion leaders chose to emphasize the importance of World Kidney Day 2010 and its importance in recognizing the threat to the kidneys in the long term.

Another horrifying truth, when the Ministry of Health conducted a survey in 2006, they discovered the incidence of diabetes had doubled in the last decade, corresponding with the rise of affluence among Malaysians. More than 1.4 Malaysians, approximately 15% of the population of those over 30 had been diagnosed as diabetic. What then is the link between diabetes and kidney disease?

Dr Ghazali Ahmad, Head of Nephrology Services, Ministry of Health, put it very clearly, "While diabetes affects many organs and systems in the body, one of its most important and potentially fatal target is the kidney. When our blood sugar or glucose levels rise and our blood becomes more and more saturated with glucose,

the glucose molecules will react with the proteins and lipids floating around them and set off a series of chemical reactions that can affect the filtering units in our kidneys and they will slowly lose their function," he said.

Fortunately, Dr Ghazali added not all people with diabetes will develop kidney disease. The likelihood of developing diabetic kidney disease depends on the presence of risk factors, including a family history of diabetic kidney disease, presence of hypertension and the degree of blood pressure and blood sugar control during the early stages of the disease. However, many people are not aware of this and are surprised when their kidneys fail.

Dato Dr Zaki Morad, Chairman of the Board of NKF felt people were generally more aware about kidney diseases and were now going to hospitals for further screening when they felt they had problems.

However, in view of the rising number of patients, it is clear more needs to be done. Dr Ghazali's list of remedial measures include efforts to prevent or reduce cases of diabetes, focus health intervention

programmes on high risk groups and make available appropriate treatment for those who have kidney disease.

World Kidney Day Roadshow 2010

In Malaysia, the National Kidney Foundation of Malaysia (NKF), the Malaysian Society of Nephrology (MSN) and the Ministry of Health (MOH) once again collaborated towards a nationwide kidney health awareness campaign aimed at successfully mobilizing members of the public, medical and patient groups to participate in a series of activities in the month of March.



Screening in Setiu, Terengganu (WKD Roadshow)

WKD Roadshow in Kota Bharu.





Left to right: Dr Sunita, Dr Philip, Datuk Chef Wan, Dato' Dr Zaki and Dr Ghazali at WKD Press Conference

Towards this end, the NKF LifeCheck Mobile Health Screening Unit, a 40-seater customized bus with seven workstations, embarked on a roadshow, which began in Kota Bharu, Kelantan on 6th March 2010 and ended in 1 Utama, Petaling Jaya on 14th March 2010. The bus conducted free health screenings for members of the public in Terengganu, Pahang and Selangor. Patricia Soepadmo, Assistant Manager, Public Education Department, NKF said during the health screening, many had been referred for further checks as they had high sugar levels and were not aware of the dangers posed by this.



Waist measurement part of health screening

A public forum on kidney and prostate disease was held in Kuala Terengganu while kidney health and organ donation exhibitions were held at all road-show locations. Apart from exhibitions, an essay writing competition, "Diabetes, primary cause of kidney failure in Malaysia" was organised in Terengganu, which involved 12 secondary schools and 170 participants.



DJs from AMP Radio Networks entertaining the crowd at 1 Utama

In Kota Bharu and Petaling Jaya, Malaysian celebrity chef and newly appointed Ambassador for NKF, Datuk Chef Wan, conducted a cooking demonstration to bring home the message on cultivating healthy eating habits. Sharleen Lee, Manager, Public Education Department, felt the participation of Datuk Chef Wan had caught the eye of the public in this year's campaign and she hoped it would result in greater awareness on the prevention of kidney disease.

"The media also played an important role in creating awareness with many Nephrologists being interviewed on TV, with AMP Radio Networks chipping in with their radio stations and a special thanks goes to them as well," said Sharleen.

Amazing Kidneys Walk Hunt 2010

'Amazing Kidneys Walk Hunt', an initiative of the National Kidney Foundation (NKF) was organised to raise funds for poor and needy patients with kidney disease. Teams of four were invited to participate in this treasure hunt which was conducted within the vicinity of 1 Utama Shopping Centre and in total 49 teams, with 196 persons participated, with NKF successfully raising RM 11,407.35. The team winners were appropriately named "2 Sneakies & 2 Innocents".

The Amazing Kidneys Walk Hunt was conducted by the Fun Hunt People as part of their CSR project. First prize winner, team 2 Sneakies & 2 Innocents received 3 months Celebrity Fitness membership, 2 personal training sessions and Adidas merchandise worth RM 1,200 per team winner. All the items were sponsored by Celebrity Fitness. There were a total of 9 prizes given out, all made possible by sponsors, Celebrity Fitness, Orient Escape Travel Sdn Bhd, Nestle, Century Nation Sdn Bhd and Armada Hotel.



Working as a team to solve the clue for the Hunt

Diabetes-



The Growing Danger

Causes of kidney failure in new dialysis patients, Malaysia 2003-2007

Year	2003	2004	2005	2006	2007
New Dialysis patients	2605	2880	3115	3614	3874
% Unknown cause	27	27	25	24	26
% Diabetes Mellitus	53	54	56	58	58
% GN	5	4	5	4	4
% SLE	1	1	1	1	1
% Polycystic kidney	1	1	1	1	1
% Obstructive Nephropathy	3	3	3	3	3
% Toxic Nephropathy	0	0	0	0	0
% Hypertension	7	8	8	7	7
% Others	1	1	1	1	1

Source: *Malaysian Dialysis and Transplant Registry Report 2008*

Diabetes mellitus is the commonest cause of kidney failure in patients requiring dialysis. Almost 60% of new dialysis patients have diabetes mellitus. According to the US Renal Data System (USRDS), Malaysia tops the list of countries with the highest percentage of new dialysis patients with diabetes mellitus.

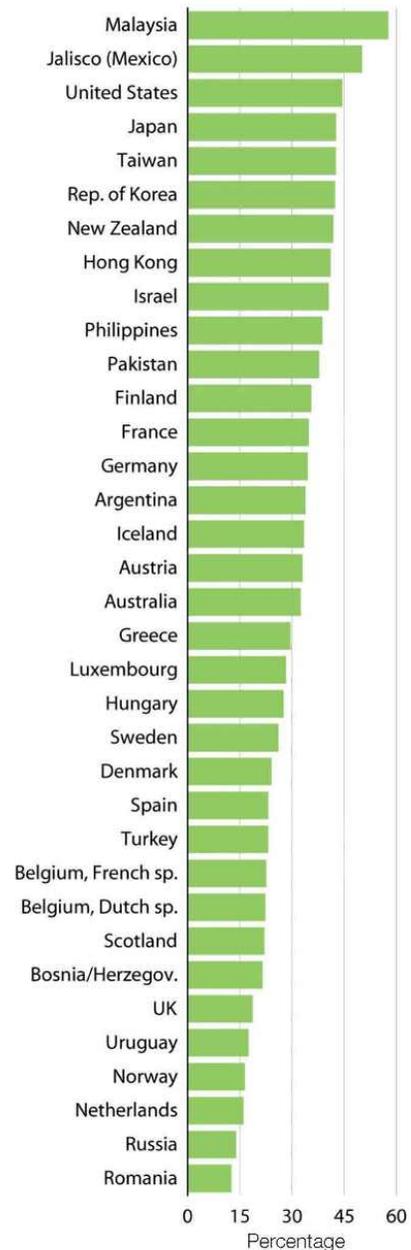
Reasons for the increase in Diabetes

The increase in diabetes mellitus in Malaysia could be attributed to modernization and the adoption of less healthy lifestyles. There is close association between the rise in diabetes and the increase in magnitude and frequency of obesity in the community. As citizens of a fast developing county, 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, tinned food and frozen food.

Educating the young

Dr Sunita Bavanandan, Consultant Nephrologist, Hospital Kuala Lumpur, who has been working with diabetic patients suffering from kidney diseases, felt that most of the increase in diabetes cases is seen in Type 2 diabetes, which mainly affects adults. However, there is also increased incidence in Type 2 diabetes being seen in children and adolescents.

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 children and adolescents, by encouraging them to adopt healthy lifestyle behaviours rather than trying to change their habits after they have already developed diseases.



Percentage of new dialysis patients with diabetes mellitus, an international comparison.

Source: *USRDS report 2008*



IFKF 11th IFKF International Meeting

9th - 12th May 2010 | Hotel Nikko Kuala Lumpur



The International Federation of Kidney Foundations (IFKF) leads the way in the prevention and treatment of kidney diseases, through its membership on all continents around the world. The IFKF helps facilitate the establishment of more kidney foundations and to help existing foundations become more dynamic and effective through various programs.

As part of their program, IFKF facilitates international educational forums annually. The National Kidney Foundation of Malaysia is honoured to be the first Asian Kidney Foundation to be chosen to host the 11th IFKF International Meeting.

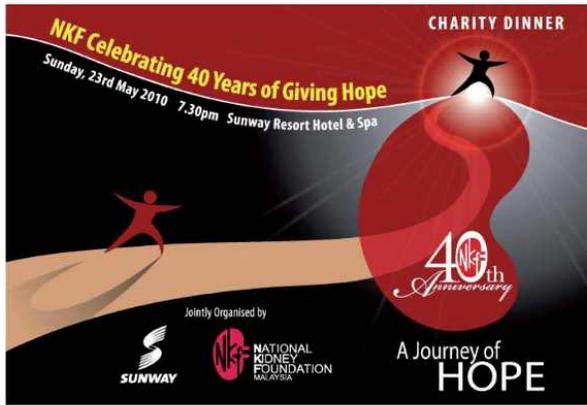
The participants of the meeting include kidney foundation advocates and staff, nephrologists, physicians, dialysis staff, nurses, dieticians and any others involved with the care of patients with CKD as well as the patients with kidney disease.

The highlights of the meeting are:

Workshops : Diet in Kidney Disease: Asian Perspective
Dialysis & Transplant Patients Forum

Symposia : Making Kidney Foundations Successful
Care of Kidney Disease in disadvantaged populations
Prevention strategies in Chronic Kidney Disease
Chronic Kidney Disease - A Public Health Priority
Poster exhibition on World Kidney Day 2010

For further information please contact **Karen Ho/ Zai** at 03-79549048 or email ifkf2010@nkf.org.my or log into our website www.nkf.org.my/ifkf



40th ANNIVERSARY CELEBRATION DINNER

23rd May 2010, Grand Ballroom, Sunway Resort, Hotel & Spa, PJ

The 40th Anniversary Celebration Dinner, to commemorate 40 years of 'Giving Hope' to dialysis patients will be celebrated on 23rd May 2010 at the Sunway Lagoon Resort & Spa, located in Bandar Sunway and entertainer for the evening, renowned international act, Lucy Holmes, the Australian 100% "Kylie Show". The event commemorates "40 YEARS OF GIVING HOPE" to dialysis patients, which will also help raise funds for a second unit of NKF LifeCheck Mobile Health Screening Unit, to cater to the rising numbers of poor and needy patients nationwide.

In 2006, Sunway and NKF successfully raised RM 780,000 from a charity fundraising dinner. The proceeds were then used to fund the first customized 40-seater bus and more than 64,000 people have been screened throughout Malaysia. We look forward to your continued support. For those who wish to purchase tickets, ranging from RM 5,000 to RM 18,000 per table of 10 persons, please contact the Fundraising Department, 03-79549049, Sue Lee for tickets.



Opening up of new NKF dialysis centre in Penang
Lions Club of Georgetown – NKF

 Lions Penang	<p>PUSAT RAWATAN DIALISIS LIONS - NKF Lions - NKF Dialysis Centre 獅子會 - 马来西亚肾脏基金会洗腎中心 லயன்ஸ் - என்.கே.எப் இரத்தச்சத்திகரிப்பு நிலையம்</p>	 www.nkf.org.my
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Opening up of new NKF dialysis centre in Penang Lions Club of Georgetown – NKF Patients who require dialysis treatment but cannot afford dialysis treatment can look forward to some relief with the setting up of the Lions Club of Georgetown-NKF Dialysis Centre in Penang at 16, Jalan Bawasah, 10050 Georgetown, Penang.

The RM 850,000 facility is now open for registration. With 10 dialysis machines, the centre has the capacity to dialyze 50 patients. It is NKF's 24th dialysis centre, and the third in Penang. For further information, please contact Staff Nurse Chee at 04-2101555 or email Lions_pg@nkf.org.my



“DIALYSIS DEATHS CAN BE REDUCED”

7th NKF Annual Dialysis Meeting 2009

This was the message conveyed by speakers at NKF's 7th Annual Dialysis Meeting, addressing more than 500 participants, who attended the meeting last year in Kuala Lumpur.

Dr T. Thiruventhiran, Consultant Nephrologist and Organising Chairperson, 7th NKF Annual Dialysis Meeting 2009, themed “Co-Morbidity in End stage Renal Disease” said statistics show that more than 20,000 end stage renal patients are on dialysis and every year, at least 10-12% of them die.

The life span of patients receiving long term dialysis can be increased with better management of their diabetes, blood pressure, arrhythmia (irregular heart beat) and other heart problems – the so-called co-morbid conditions of patients on dialysis.



Participants at the ADM.

Most of the participants were medical assistants, nurses and doctors involved in the care of patients undergoing dialysis. Dr Thiru said these groups are the ones most involved in the care of the dialysis patients and they must be kept abreast on the latest development on how to manage patients with co-morbid conditions. He also said that what was also worrying was the proportion of new ESRD patients caused by diabetes, which was steadily increasing every year. Many of these diabetic patients have co-morbid conditions which result in death.

The scientific meeting, from December 11th to 13th November, with a pre-congress workshop, for the benefit of those interested in nutrition in ESRD, basic life support, vascular access and haemodialysis adequacy, attracted a number of participants, with ‘hands on’ demonstrations of Cardiac Pulmonary Resuscitation (CPR) by the St John's Ambulance.

The other aspect of dialysis care pointed out by Dr Thiru, which was addressed at the scientific meeting were the complications a dialysis patient could suffer such as cramps and hypertension

(sudden drop in blood pressure). Other side effects, he emphasised could be avoided through proper diet and taking medication.

Dr Winnie Chee Swee See, Senior Dietician, spoke on nutritional assessment needs of patients and the ESRD diet vital for patient's well-being. Dr Wong Hin Seng and Dr Bee Boon Cheak, Consultant Nephrologists and speakers at the workshop, discussed Vascular Access, an area of great importance to dialysis patients, many of whom, depended on their caregivers for good access during dialysis.

The workshop on Basic Life Support (BLS), conducted by the St John's Ambulance, proved an enjoyable session, with many delegates, grappling with life-size dummies, while simulating acts of resuscitation, supervised by trainers, who emphasized the importance of quick action to save lives.

Among the many topics at the meeting, Renal Anaemia (anaemia caused by kidney failure), handled by Drs Thiruventhiran and Goh Bak Leong, where delegates were taken through the steps of anaemia management for dialysis patients.

The symposium on Diabetes Mellitus, a topic of great interest to delegates, especially since more than 55% of dialysis patients in Malaysia are diabetic, many of whom had limb amputations.. Delegates were taken through the steps of management of diabetes for those patients on dialysis and also non-pharmacological methods in improving diabetic control.

The other topics were bone disease in kidney failure, where the role of Vitamin D therapy was examined as well as Viral Hepatitis and its effect on patients on dialysis.

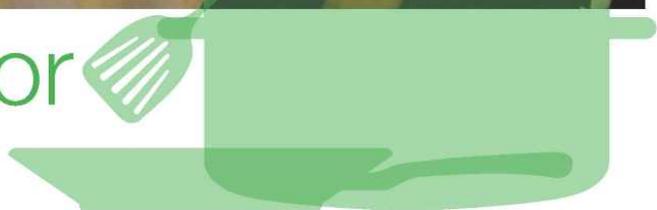


Basic Life Support (BLS) Workshop.



Dialysis patients at Melaka Street Restaurant.

Cooking Skills For Dialysis Patients



Once a person is diagnosed with end stage kidney failure, his or her ability to work may be handicapped as hemodialysis is carried out three times a week, four hours at a time. This may discourage some employers from offering jobs to hemodialysis patients. There are, however, other opportunities available to earn a living and ease the financial burden, and that is for dialysis patients to work part-time or run a business, either from the home or in partnership.

In view of this, the Rotary Club of Petaling Jaya, decided to initiate a project in July 2009, "Redeeming Human Dignity". The main purpose is to uplift the human spirit by offering training in cooking skills. As a service project, the Rotary Club, under President Dr Eric T.K. Wong decided to approach Mah Ah Noye, Manager of the Welfare Department, NKF to identify 3-5 hardcore poor patients who can be trained to cook and as part of the project, assist them in setting up a hawker stall.

Of 20 patients from 5 dialysis centres, 7 were finally selected. Six patients namely Yusri bin Jupri, A. Raman bin Amir Gani, Muralitharan a/l Mariappan @ Suppiah, Guruparan a/l Veeriah, Azrina bte Osman and N. Kanagaraju a/l K. Nagalingam attended the training session conducted by Chef Ng from Melaka Street Restaurant, located in SS2/66, Petaling Jaya.

"As far as dialysis patients are concerned, they should make every attempt to seek jobs and better themselves as this will give them self-esteem and pride, as well as allow them to manage their finances better", said Mah.

Dr Eric said the Club paid the trainees RM 50 to attend each training session as they felt it would be a good incentive to encourage attendance at the training sessions. In addition, the Club provided free typhoid injections as an added incentive. The two recipes imparted by Chef Ng were 'Nasi Goreng' and 'Penang Char Kuey Teow' a favourite among Malaysians.

As Part Two of the project Dr Eric provided utensils such as a wok, serving spoons and burner stove to each of the poor patients in December 2009 as they needed 'tools of the trade' to begin the business.

The last and final stage was to seek approval from NKF, to provide a loan of up to RM5000 from the Patient Incentive Fund to start the small business by renting premises and other essential requirements. This interest free loan can be settled by monthly payments six months after the business is up and operational.

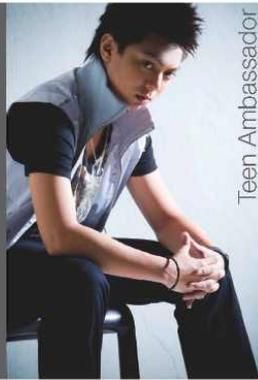


Presentation of cooking utensils by Rotary Club P.J.

“ We will assist the dialysis patients by advertising their business through the Rotarian network and they could come to the stall, with their friends and this would boost business for the dialysis patients,”
said Dr Eric.

Azizi Zakaria

With a good head start in year 2009, Azizi will continue with his journey in the charity line. This year, spending more time in schools visits, Azizi vows to reach out to more school going children, educating and creating more awareness among them. Also, Azizi wants to educate children and teenagers that charity should be instilled from young and through his fundraising efforts, he hopes to be able to help lighten the burden of NKF dialysis patients.



Teen Ambassador

ON-GOING

JOIN THE GROUP, SAVE A LIFE!



Newton Automation (M) Sdn. Bhd. (627406-D) initiated the "JOIN THE GROUP, SAVE A LIFE" campaign where every person who joins the group in facebook, RM 0.10 will be donated to NKF.

YOU can make a difference with just a "Click".

Login to: <http://www.newton-group.net/> and click on the following icon now:



We urge your kind support to make a difference for the dialysis patient.

Our sincere appreciation to Newton Automation (M) Sdn. Bhd. for the contribution of RM 10,000.00.

ON-GOING

"Say NO to Plastic Bag Campaign – An Environmental Caring Project with NKF"

Saturday is a No Plastic Bag Day. Those who need a plastic bag at 42 CARING Pharmacy outlets can get one with a donation of RM 0.20 to NKF.



Thanks to CARING Pharmacy Sdn Bhd for being so caring.

ON-GOING

ROASTERS CHICKEN RUN 2010



Date: Sunday, 23rd May 2010
Time: 7:00 a.m. onwards Venue: Sunway Lagoon

Kenny Rogers ROASTERS together with National Kidney Foundation aims to educate the public on the prevention and management of kidney diseases. This role is one of the most important functions of the NKF, because prevention is always better than cure.

Entry fee is RM48 for adult and RM43 for children. Group of 10 adults to sign up together, entry fee is RM46 per person, where else group of 10 children is RM41 per person. Registered participants will get a run

T-shirt, a goodie bag, a Kenny's Quarter meal and an entrance ticket to Sunway Lagoon all worth more than RM100. Forms are available at any Klang Valley Kenny Rogers ROASTERS restaurants or simply download from www.krr.com.my.

UP-COMING



Raffles Distributors (M) Sdn Bhd- "Learn to Care"

Duration: Year 2010

Raffles will encourage every Galaxy new member (3-6 years old) to donate a minimum of RM5.00 to NKF when they sign up to be a member.

UP-COMING



NKF CEO, Chua Hong Wee receiving ang pow of RM 10,000 from Tan Sri Mohd. Amin Osman, Executive Director of Genting Berhad.

"CHINESE NEW YEAR ANG POW PRESENTATION 2010" by Genting Malaysia Berhad.

Date : 10th Feb 2010 Venue : Wisma Genting

In conjunction with the Year of Tiger, Genting Malaysia Berhad had generously presented Ang Pow to 45 deserving charitable organizations. NKF received RM 10,000.00.

COMPLETED

"Amcorp 100 Years, 100 Good Deeds" (Corporateview Sdn. Bhd.)



A very meaningful CSR Programme of a 100 Good Deeds. Corporateview Sdn. Bhd. donated RM 2,400.00 to get 120 pieces of NKF premium item – the bath towel as gift prizes during their Company Dinner. Another good deed, a donation of a Nokia E series E63 to NKF.

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(Right 2) Tuen Foo Fat, General Manager of Magnum presents a mock cheque to secretary of Ping Rong Centre SK Tan (from left 3). Also present, YB. Datin Paduka Chew Mei Fun (Left 4) and Chua, CEO of NKF.

MAGNUM Cares for the Community - 2010 Chinese New Year Cheque Presentation

Date : 23rd January 2010
 Time : 10.30am
 Venue : Ping Rong NKF Centre, Sg. Way

In conjunction with 2010 Chinese New Year Celebration, Magnum Foundation carried out their annual caring programme at the old folk's home at Sg. Way and Ping Rong NKF Dialysis Centre.

The General Manager of Magnum 4D Berhad, Tuen Foo Fat presented a mock cheque of RM 2,000.00 to secretary of Ping Rong Dialysis Centre Committee Member, S.K. Tan and CEO of NKF, Chua Hong Wee. Also present at the event, invited Guest of Honour, YB. Datin Paduka Chew Mei Fun.

The dialysis patients from Ping Rong NKF Centre were delighted when YB. Datin Paduka Chew Mei Fun and Central Regional Manager of 4D, Chan Chee Fai distributed the red packet (ang pow), goodies bags and mandarin oranges.

Also, the following Magnum outlets participated by placing donation boxes at their counters:

- | | |
|----------------------------|---------------------|
| 1. Taman Dahlia, Cheras | 10. Pandan Perdana |
| 2. Taman Connaught, Cheras | 11. Pandan Jaya |
| 3. Jalan Segar, Cheras | 12. Taman Maluri |
| 4. Cheras Perdana | 13. Pekan Balakong |
| 5. Suntex Cheras | 14. Sungai Long |
| 6. Taman Pertama | 15. Jalan Mendaling |
| 7. Taman Miharja | 16. Semenyih |
| 8. Taman Tenaga | 17. Balakong |
| 9. Taman Cheras Makmur | |



(From left 1) Chan, Central Regional Manager of Magnum and YB. Datin Paduka Chew Mei Fun distributing goodies bag and ang pow to dialysis patients at Ping Rong dialysis centre. (Right 2) Tuen, General Manager of Magnum presents a fruit basket, token of appreciation to YB. Datin Paduka Chew Mei Fun (from left 3)

"Spring of Love" (Korean Seaweed Cracker)

Project duration: 1st Jan – 12th Feb 2010
 Raised: RM 5,634.00

A special thanks to Harmony Conquest (specialized in homemade seaweed cracker) for supporting NKF by offering special rates for the seaweed cracker. Only RM 20.00 per container as a gift during Chinese New Year!



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春到人间遊艺晚宴

Charity Variety Show & Dinner

Madam Thong (5th from left) and team presenting mock cheque to Shirley Koh, Fundraising Director, NKF.



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Organizer : Cantonese Opera Group
 Date : Saturday, 27th February 2010
 Venue : ChinWoo Stadium Hall, KL
 Fund raised : RM 15,008.00



In conjunction with their 10th Anniversary, the Cantonese Opera Group members led by Madam Thong organized an 8-course sumptuous Chinese dinner with a variety of entertainment as an appreciation to all supporters & donors. This is their 3rd year of support rendered to NKF.



Special thanks to K Group & Associates for sponsoring the school items for the children.

Lions Club of PJ Metro- "Back to School 2010"

Date : 27th December 2009
 Time : 7am - 12noon
 Venue : RTM Angkasapuri



The project was organized by K Group & Associates, in association with Guan Di Temple, supported by Lions Club of PJ Metro.

A total of 34 patients and 62 children from NKF benefited from this event, which cost RM 18,600.00 for school uniforms, track suits, school bags, shoes and socks. In addition, each child present was given two angpows. The children and parents were indeed happy to be the lucky beneficiaries.



Sincere appreciation to members of Lions Club of PJ Metro and NKF volunteer for their precious time in supporting this event.

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Duration : Sept 2009 – Feb 2010
 Raised : RM 41,261.45

The Sarawak Boys' Brigade members raised funds from members of the public through donation forms and successfully raised a dialysis machine which will be located at KAS / Rotary Dialysis Centre – NKF, Kuching.



Chua, CEO, NKF, received a mock cheque from Director of Samudra - GV, Tan Liang Keat at Samudra - GV Agent Dinner.

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SKRINE Samudra-GV Sdn Bhd

Skrine & Samudra-GV Sdn Bhd have jointly donated a dialysis machine to be located at the Charis-NKF Dialysis Centre, Cheras KL.

Contribution of Dialysis Machine (November 2009 – February 2010)



China Press & Yayasan Nanyang Press (1 unit) @
 Rotary Club of Damansara – NKF Kepong Centre



Other contributors:

- Mdm. Yip Jian Lee & Mr. Leong Kwok Wing (1 unit) @ Nanyang-NKF Setapak
-  Rezzuan Yeoh Ong Sdn Bhd (1 unit) @ KAS / Rotary Dialysis Centre – NKF, Kuching.

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Automatic Reprocessor



Lonpac Insurance Bhd donated RM 28,000.00 for 1 unit of Automatic Reprocessor which is located at Rotary Club of Damansara - NKF Kepong.

REDtone

REDtone International Berhad donated RM 212,000.00 for 8 units of Automatic Reprocessor been installed at the following centres:

- | | |
|---|---------|
| 1. Nanyang - NKFSetapak | 2 units |
| 2. Superkids Trinity - NKF Alor Setar | 2 units |
| 3. Rawatan Dialisis Amal Lions - NKF Alor Setar | 1 unit |
| 4. Fo Yi - NKF Dialysis Centre 1, Penang | 2 units |
| 5. Che Luan Khor - NKF Dialysis Centre, Kluang | 1 unit |

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BOOTH OPPORTUNITY



Raised: RM 4,233.00

Our deepest gratitude to 1 Utama Shopping Centre for providing the Community Corner to raise funds for the Chinese New Year festival from 5th to 7th Feb 2010.

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RM 7,000.00 raised while laughing their hearts out with the Chipmunks in the charity movie screening project.

Charity Movie Screening



Organized by : Photography Club of Malacca High School
 Raised : RM 7,000.00
 Date : 24th December 2009
 Time : 11.00am
 Venue : GSC, Dataran Pahlawan, Malacca

For the 3rd year running, the students of the club have fundraised RM 7,000 through the charity movie screening - Alvin and the Chipmunks 2: The Squeakquel

A lot of hardwork and effort was put in to ensure the success of this project.

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“Amazing Kidneys Walk Hunt” 2010

Date : 14th March 2010
 Time : 1pm- 6pm
 Venue : Main Entrance, Ground Floor, 1 Utama Shopping Centre (New Wing), PJ
 Raised : RM 11,407.35
 Organised by : Fun Hunt People

There are 49 teams (196 participants) who took part in this WKD fundraising event. The hunt was flagged off at 2.30pm. Participants were to fulfill 4 sets of questions by walking in the mall, looking for the hidden words with the aid of clues.

A total of 242 members of the public completed their health check at our LifeCheck Mobile Unit.

While the hunt was going on, the crowd was entertained by wonderful performances by Chromatic Charms, Malaysian Yo- Yo Club, Celebrity Fitness, BLS Event Management & Services and Urban Groove Dance Network.

The prizes for this Walk Hunt were sponsored by Celebrity Fitness, Orient Escape Travel Sdn Bhd, Armada Hotel, Nestle and Homa Medical & Health-Care Sdn Bhd.

**The winners:
 Champion**

Team : 2 Sneakies & 2 Innocents
 Score : 62
 Prizes : 3 Months Celebrity Fitness Membership + 2 Personal Training sessions + Adidas Merchandize, worth RM 1,200 each, sponsored by Celebrity Fitness

1st Runner up

Team : Vettai Sakhti
 Score : 60
 Prizes : 2 Months Celebrity Fitness Membership + 2 Personal Training sessions + Adidas Merchandize worth RM 1,050 each, sponsored by Celebrity Fitness

2nd Runner up

Team : Cryptically Challenged
 Score : 56
 Prizes : 1 Months Celebrity Fitness Membership + 2 Personal Training sessions + Adidas Merchandize worth RM 900 each, sponsored by Celebrity Fitness

“RM0.50 for 50 days – Spare A Change, Save A Life”

Organizer : H & L Supermarket S/B
 Duration : 25th September – 15th November 2009
 Fund raised : RM 1,963.40



• H & L Supermarket celebrated

Donation Box – “Spare A Change, Save A Life” for year 2009

Outlets	RM
• Bintang Supermarket Sdn Bhd	13,243.70
• UO Superstore Sdn Bhd	4,369.95
• Alpha Pharmacy	3,548.50
• Parkson Corporation Sdn Bhd	3,295.60
• Health Lane Family Pharmacy Sdn Bhd	3,117.00
• Caring Pharmacy Sdn Bhd	2,532.50
• Wan Seng Acupuncture	1,280.00
• 10th Avenue Food Mall Sdn Bhd	699.80
• Pasaraya F & G (USJ) Sdn Bhd	509.50
• Stesen Servis Naz Jinjing	452.00
• Yik Mun CAFÉ	417.00
• Pasaraya Millenium Sdn Bhd	390.00
• Pasaraya M' Food Mall Sdn Bhd	111.80
• SEN Aesthetic Sdn Bhd	29.00
Total	33,996.35

Individual (1st November 2009– 28th February 2010)

Yeoh Yen Guan	RM10,000.00
Lim Yong Keat	RM 2,000.00
Dominik Mario Schrader	RM 1,600.00
Nor Azah Mohamed Razali	RM 1,500.00
Ling Hee Hua	RM 1,000.00
Tan Mee Ling	RM 1,000.00
Ang Geik Heoh	RM 1,000.00
Tan Ling Hong	RM 1,000.00

Company/ CSR Contributions (1st November 2009– 28th February 2010)

Teo Guan Lee Corporation Berhad- “TGL 75th Anniversary Celebration”	RM10,000.00
Kam Lang Fatt Family Trust	RM10,000.00
VA Solutions Sdn Bhd	RM10,000.00
Pan Malaysia Pools Sdn Bhd- “Festive CNY Donation”	RM 8,000.00
MBA Agency- “Lending a Helping Hand”	RM 5,400.00
ALC College	RM 5,000.00
Intersonikon Engineering Sdn Bhd	RM 5,000.00
Jawatankuasa Projek- Projek Khas	RM 5,000.00
Boston Consulting Group Sdn Bhd	RM 3,825.00
Crest Builder Sdn Bhd	RM 3,000.00
Normah Medical Foundation Charitable Trust	RM 3,000.00
Petoskey Sdn Bhd	RM 3,000.00
Daimeng Holdings Sdn Bhd	RM 2,000.00
KAF Fund Management Sdn Bhd	RM 2,100.00
Read Lodge- No 2337 EC	RM 1,000.00
Penang Tun Sardon Foundation	RM 1,000.00
Chin Well Fasteners Co. Sdn Bhd	RM 1,000.00
Alpha Industries	RM 1,000.00
Lembaga Pentadbir Masjid Sultan	RM 656.80

Epoetin Sponsorship (1st January- 28th February 2010)

Moral Uplifting Society- NKF Ipoh Dialysis Centre	RM5,920.00
FoYi- NKF Dialysis Centre (Unit I)	RM2,992.00
Superkids Trinity- NKF Alor Setar	RM 2040.00
FoYi- NKF Dialysis Centre (Unit II)	RM 940.00

Individual Collection for our Centre (1st January- 28th February 2010)

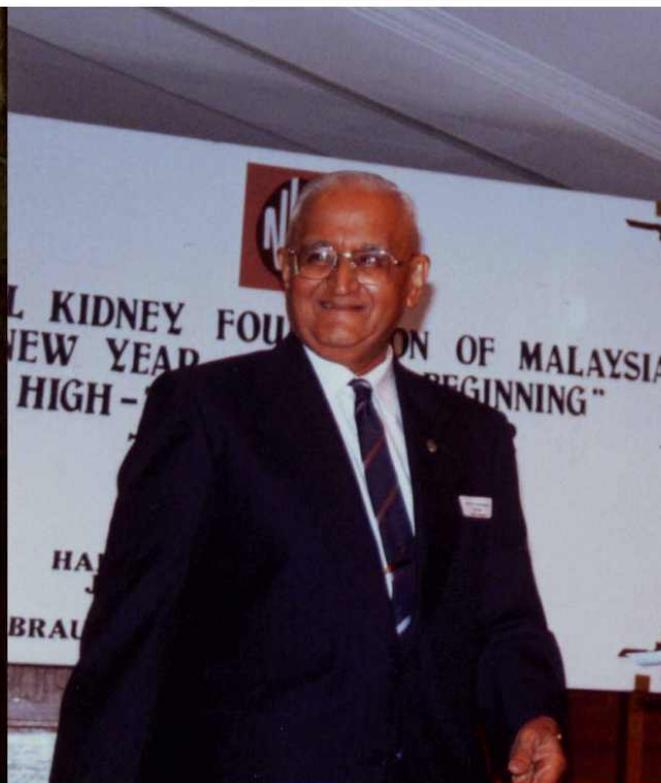
Charis- NKF Dialysis Centre	RM20,300.00
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NKF Dialysis Centre- Walk in Donation

(1st January – 28th February 2010)

Moral Uplifting Society- NKF Ipoh Dialysis Centre	RM10,210.00
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A Tribute To The Late Dato' Dr GA Sreenevasan

The National Kidney Foundation of Malaysia recently lost its strongest advocate, leader and mentor when Dato' Dr GA Sreenevasan died on 3rd February 2010 after a short illness, at the age of 87 years. Throughout his life, he devoted his time, energy and intellect in the service of the community.

Dato' Dr GA Sreenevasan graduated in Medicine from the University of Adelaide in 1952. He became a surgeon and was the first Malaysian to specialise in Urology – the field of surgery specialising in surgical conditions of the Kidneys and Urinary tract. This was the start of his interests and involvement in kidney diseases in general. He started the Department of Urology at General Hospital Kuala Lumpur and became its head till his retirement from government service in 1974. As an urologist, he distinguished himself professionally and won awards and honours from a number of international institutions. He was instrumental in planning and initiating the development of the Institute of Urology and Nephrology at GHKL and also became the first man to introduce Hemodialysis treatment in the country in 1964.

Dato' Dr Sreenevasan joined the National Kidney Foundation from the time of its inception and became its longest serving chairman from 1974 to 2002, a total of twenty eight years. He continued to serve the Foundation after stepping down as its chairman when he was invited to sit in the Board of Governors. I was privileged to serve on the Board of the Foundation throughout most of the time when Dato' Dr Sreenevasan was leading it. During his tenure as chairman, the Foundation grew from a fledgling organisation without an office of its own to one which is a respected national organisation recognised for its service to the renal patients and the Malaysian public at large. The foundation now has strong and active central office and twenty four dialysis centres throughout the nation. It provides services ranging from public education, screening for kidney diseases, dialysis treatment for the under-privileged and training of dialysis personnel besides being an advocate of issues that benefit kidney patients.

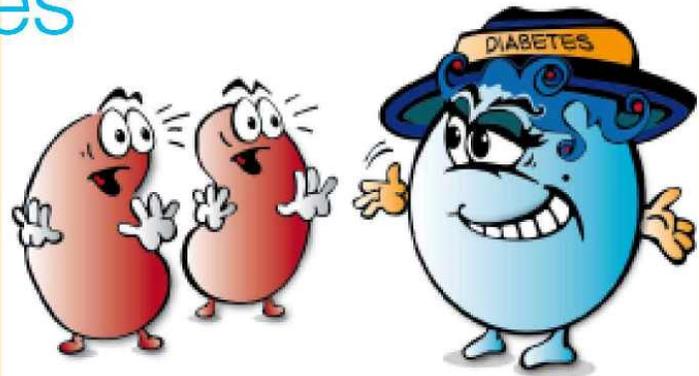
It is however not the physical growth and development of NKF that we owe a debt of gratitude to Dato Sreeni as he is fondly called. After all growth and development is expected of any organisation that has been around for forty years. It is the value system that he so assiduously advocated, instilled and constantly reminded us throughout his association with the Foundation that we are grateful for. The principles he advocated for the foundation were what guided the conduct of his personal life. It was obviously so because what he said and reminded us regularly came naturally without pretence, or being presumptuous. He told us that NKF is there to serve the community and not a tool for any person's personal agenda.

The Foundation relies on the public and the government for financial support. He reminded us ever so often that the operations of NKF must always be accountable, transparent and conducted with integrity, long before these terms become the buzz words of present day's corporate and NGO's governance. Another of his major principle is that Board members and staff must avoid any conflict of interest situations when acting for or on behalf of the Foundation. There are no unnecessary expenses for Board members or staff – no extravagant meetings or wasteful activities. The principles he promoted have served the Foundation well all these years. We evolved from an organisation with just a few thousand ringgit forty years ago to one handling millions of ringgit of government and the public's money without any 'mishap'.

We will all miss Dato' Sreeni - the congenial way he conducted meetings, the frequent reminders on the values the NKF should uphold and not least his infectious laughter. To Datin Visalakshi and family, we extend our deepest condolences.

Dato' Dr Zaki Morad
Chairman, Board of Managers
National Kidney Foundation of Malaysia

What is diabetes and why is it a threat to my kidneys ?



Where does our energy come from?

Our body gets energy from food. Chemical reactions in the body cells convert food into the energy needed to do everything from moving to thinking to growing.

How is food turned into energy?

An important energy source is sugar that is usually broken down to a simple sugar, known as glucose. Glucose circulates in your blood where it waits to enter body cells to be used as fuel in this process, insulin is essential for glucose to enter the cells.

What is insulin?

Insulin is a hormone that regulates the amount of sugar in your blood. Without insulin, our body cannot obtain the necessary energy from our food.

What is Diabetes?

Diabetes is a disease in which your body does not produce enough insulin or cannot use normal amounts of insulin properly. As a result the amount of glucose in the blood is increasing and can lead to serious conditions.

Are there different types of Diabetes?

Yes, the most common types are called Type 1 and Type 2.

What is the difference?

In Type 1, the pancreas does not make enough insulin and insulin injections are needed. In Type 2, the pancreas makes insulin but the body does not use it properly.

Who gets Type 1?

The disease can affect people of any age, but usually occurs in children and young adults.

Who is at risk for Type 2?

The diagnosis of Type 2 diabetes usually occurs after the age of 40 years but could occur earlier, especially in populations with a high diabetes prevalence.

Does diabetes affect also other parts of the body?

Too much glucose in the blood for a long time can cause severe problems. A common complication is damage to the small blood vessels in the body.

How does this relate to kidneys?

Millions of blood vessels act as filters inside a kidney. Their job is to remove waste products from the blood. When blood vessels in the kidneys are injured, kidneys cannot clean the blood properly. The body will retain more water and salt than it should, which can result in weight gain and ankle swelling. Also, waste materials will not be filtered out of the blood any longer.

Are kidneys important?

Kidneys are extremely important to your health and quality of life. Not only do they filter and excrete waste products from our bodies, they help regulate blood pressure, help keep your bones strong and stimulate the production of red blood cells, which carry oxygen around the body.

Is it common that the kidneys are affected in diabetic patients?

Yes- diabetes is among the leading causes of kidney failure.

What happens when diabetes affect the kidneys?

The tiny filters in the kidneys are damaged and the kidneys can slowly fail. If permanent kidney failure develops this would be fatal unless the affected person receives a kidney transplant or long term dialysis treatment.

Will I feel ill?

In the early stages of kidney disease, people usually do not feel unwell, so it may go undetected for many years unless the condition of the kidneys is checked with urine and blood tests.

What can I do to prevent this?

Although there is no cure for diabetes, good control of diabetes makes a big difference and helps to avoid kidney damage. Good diabetes control means keeping your blood pressure levels as close to normal as possible in order to prevent further damage. This can be achieved by a combination of controlled diet, physical exercise and medications.

How can I make sure I am healthy?

If you have diabetes, regular kidney tests will help to identify problems early. The good news, kidney damage from diabetes can be slowed down if it is detected early.



www.nkf.org.my

YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA

NATIONAL KIDNEY FOUNDATION OF MALAYSIA Regd.No. 659 (Sel)

馬來西亞腎臟基金會 மலேசிய தேசிய சிறுநீரக அறநிறுவனம்
70, Jalan 14/29, 46100, Petaling Jaya, Selangor Darul Ehsan, Malaysia. Hotline: 1300-88-3110