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Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia and Happy 2013

The first quarter just breezed through so quickly. We have been having numerous meetings to pull together yet another interesting celebration for "World Kidney Day 2013". The theme for this year's campaign is "**Kidneys for Life: Stop Acute Kidney Injury**". This year we are organising a run and cyclethon event in Putrajaya on 28 April 2013. We are also bringing in other sponsors to create a carnival like atmosphere to make it a more enjoyable event for everyone. Please read more about this event on page 10 and log on to our website at www.nkf.org.my to register yourself for this event.

While we have been busy coordinating all the details for our "World Kidney Day 2013" celebration, we are still faced with the daily challenges of managing and coping with our poor kidney failure patients. In this issue, we have written an article on the "Burden of Dialysis" to remind all our readers of the sufferings our patients have to endure. We hope this article will be an eye opener and many more will come forward to assist us in any way you can.

The diet of our patients is another crucial factor when dealing with kidney failure patients. In this issue, our Dietitian has written extensively on this topic. Both our Dietitian and Nutritionist have also developed some kidney-friendly recipes that we hope our patients and their care takers will try at home and make food more palatable for the patients. Look out for more kidney friendly recipes in our future issues....

NKF continues to support organ donation. Please read more about organ donation on page 9 and if you have not already pledged to donate your organ, why not sign up and pledge to donate your organ today?

Our sincere appreciation to all our donors for your support and contribution to NKF. You have helped us to continue providing subsidised dialysis treatment for our over 1,450 patients in our 27 dialysis centres nationwide.

Thank you and happy reading

Dr Prasad Menon
Chief Editor

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7. Pusat Dialisis NKF – Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping.	05-8041633
8. Pusat Rawatan Dialisis Peningkatan Pendidikan Akhlak – NKF (Ipoh).	05-3215921
9. Pusat Rawatan Dialisis Ping Rong – NKF (Seri Setia, Sg Way).	03-78746707
10. Pusat Dialisis NKF – Dato' Dr. G.A.Sreenevasan (Petaling Jaya).	03-79549048
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22. Pusat Dialisis NKF – Tun Abdul Razak (Kuantan).	09-5141566
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The Burden of Dialysis

When kidneys fail to function (excreting toxic, waste and excessive fluids from our body), the last resort is dialysis treatment – or, a kidney transplant surgery if a suitable donor / matching kidney is available.

By Vevian Yew

Patients with end stage kidney failure sustain their lives with dialysis treatment 3 times a week, each session lasting 4 hours. Many of them are going through **emotional distress**; they often perceive that they are causing inconvenience to their caregivers. Dialysis patients usually rely on their family members or close relatives for their daily living and medical needs. Sometimes, they also need additional help such as transport to medical appointments.

All dialysis patients are required to follow a strict dietary guideline. **Liquid intake is limited** at 600ml per day (or they might have breathing difficulty) and when they are thirsty, ice cubes can be used as thirst-quenchers. A dialysis patient also faces **food restrictions** with these general rules applied: low potassium, low phosphate and low sodium. Over-eating and unhealthy indulgence is strictly forbidden as it may jeopardize the patient's life!

More often than not, a dialysis patient also faces **employment problems** as dialysis treatment can be very time-consuming; employers often regard dialysis patients as not being productive due to the long hours of treatment that one cannot afford to

miss every other day. This causes a **loss of income** to most dialysis patients.

The pleasure and fun of travelling is not taken away from dialysis patients but it is crucial for them to **pre-arrange haemodialysis treatment** with a local dialysis centre. Thus, impromptu trips and holidays are often difficult to organise.

A vast majority of the kidney failure patients in Malaysia are registered on the National Transplant Waiting List. **The wait for a suitable kidney from a cadaveric donor is a long and arduous one** – most of the fortunate transplant patients had waited for years before the good news came through.

The main burden of a dialysis patient is financial. **Dialysis treatment can be very costly**. For poor and underprivileged Malaysians suffering from end stage kidney failure, the medical fees for dialysis treatment, epoetin injections, regular blood tests and medical consultations with nephrologists can definitely take a toll on their monthly finances. Thus, the needs of these groups of patients can be assisted by NKF. NKF spends RM12 million annually to subsidize dialysis treatments for poor patients.

What You Can Do

- Seek more knowledge and understanding on dialysis & end-stage kidney failure
- Constantly show kidney patients that you care
- Be positive and always instill hope in the patients
- Always remind the patients about the proper dietary intake and liquid consumption
- Get the patients motivated to continue living and move forward
- Be an organ donor
- Support preventive education on kidney diseases & kidney care
- Get a health screening from time to time
- Help NKF today so that NKF can help more poor patients

What We Do In NKF

The National Kidney Foundation of Malaysia (NKF) is a non-profit charitable organization dedicated to helping Malaysians suffering from end stage kidney failure who lack access to or cannot afford dialysis treatment. Currently, NKF has over 1,450 dialysis patients receiving **subsidized dialysis treatment** in our 27 dialysis centres nationwide, and the numbers are growing annually at an alarming rate!

NKF needs to **source for funds** in order to provide the subsidized dialysis treatment to our



patients and to run the operations of our dialysis centres and the foundation in general. In addition, NKF also champions the fight against kidney diseases via our **NKF LifeCheck Mobile Health Screening Units** which provide **free health screenings and counselling** to the public.

In addition to our commitment in **increasing public awareness on kidney care and organ donation**, NKF also provides **certified training courses for dialysis assistants and staff nurses** at the NKF Training Centre.

Thank you to all our donors who have contributed in the month of December, 2012

No	Paticulars	Amount (RM)
1	Donation Boxes "Spare A Change, Save A Life Campaign"	
	Alpha Pharmacy	652.00
	Health Lane Pharmacy Sdn Bhd	512.50
	Pasaraya F&G (USJ) Sdn Bhd	441.00
	Caring Pharmacy	434.10
	Parkson Corporation Sdn Bhd	192.00
	Total	2,231.60
2	Environmental Project - "Recycle Paper Into Lives"	
	Soka Gakkai Malaysia (SGM)	1,056.00
	Lions Club of PJ Metro	380.00
	Total	1,436.00
3	Projects	
	DNMC - Care to Give	4,540.00
	Multi-Art & Thing Services - Greeting Cards	159.00
	Total	4,699.00
4	Company CSR / Associations / Individuals	
	Skillcet Construction Sdn Bhd	20,000.00
	Kam Lang Fatt Family Trust	10,000.00
	Total	30,000.00

12 Laws of Communication Excellence



It was another learning curve for NKF's secretariat staff members during the full-day training on the '12 Laws of Communication Excellence' spearheaded by Mr Shankar Shanthiram on 18 December 2012 at the NKF Training Centre located at 3 2 Square, Petaling Jaya.

The training was aimed at boosting interpersonal and communication skills of the staff to further

enhance work productivity and performance. Aside from life-saving missions, NKF is also committed to constantly empower its staff members who dedicate much effort to helping underprivileged Malaysians suffering from end-stage kidney failure.



Speaker for the Day: Mr Shankar Shanthiram, a law practitioner, trainer, motivational speaker and part-time radio deejay with BFM 89.9.

Where Quality & Consistency Matters...

To maintain the standard and consistency of quality dialysis care, the NKF Training Unit was established in August 2003 to provide comprehensive training to dialysis assistants, staff nurses and assistant medical officers working not only in NKF dialysis centres but also other dialysis providers throughout Malaysia.

NKF Training Centre was set up in 2009 - due to the rapid increase of dialysis patients, NKF Training Centre plays the important role of maintaining professionalism of dialysis centre staff when providing care to the patients.

The Training Centre comprises nursing tutors and clinical specialists who are conducting 2 programs annually:-

- Dialysis Assistant (DA) Course (1 intake);
- Post-Basic Haemodialysis Nursing Course (5 intakes from 2013 onwards).

NKF Training Centre is located at, C-23-03, Block C, 3 Two Square, Jalan 19/1, 46300 Petaling Jaya, Selangor

Call us at **03 – 7960 2301**
for more info!

Dialysis Diet: Eating Out & Eating Well for Dialysis Patients

By Kher Pui Ling

It is essential for patients undergoing dialysis treatment to follow a strict dialysis diet. Eating well not only helps patients feel better; it also helps to minimize health complications caused by renal diseases, such as bone disorder, high blood potassium, fluid accumulation and unintentional weight loss. Dialysis patients need to monitor and limit their intake of phosphorus, potassium sodium and fluid in their daily diet, so as to lessen the accumulation of these waste materials in their blood and their toxicity effects.

It is relatively easier to follow a special diet like this if the meals are prepared and cooked at home. On the other hand, eating out may become a bit difficult for dialysis patients due to their diet restrictions.

Fortunately, here are some tips and ideas for dialysis patients on how to make smart meal choices when eating out:-

- **Know your restaurant well.**

A bit of research prior to your visit to the particular restaurant is a good move. Check out the restaurant's menu or log onto its website to find out more about what are the best options for your meal. Call ahead to specify or explain that you are following a special diet.

- **Reserve your 'quota' for a nice dine out.**

If you know you will be eating out, 'save up' your nutrients and fluid quota throughout the day to allow eating more. For instance, if you plan to have a hearty meal over dinner, you can cut down the serving size of your breakfast and lunch accordingly. If you had a heavy meal for lunch, then there is a need to cut back the portion sizes and food that are high in phosphorus, potassium, and sodium (if any).

- **Bring along your Phosphate Binders!**

Bringing along your phosphate binders on the go is a smart move because you will never know how much phosphorus you will be taking

from the foods you order while eating out. Phosphate binders help to reduce the amount of phosphorus being absorbed into your blood from what you ate. It is best to carry them in a pillbox and to remind yourself to take them before, during or after meal as per your doctor's recommendations.

- **Make Special Requests, Share Your Foods & Utilize the 'Tapao' culture!**

It is a good practice to make special requests during meal orders to eliminate or reduce the amount of certain ingredients that you needed to get rid of. For instance, when you order nasi lemak, ask for: "No peanuts and anchovies, please." For fried kuew teow: "No cockles and MSG, please." If you think making special requests are too fussy, then you can opt to share the dishes with your family and friends. If the food serving is too big, you can always bring along a container to take-away or to 'tapao'!

In addition, when we are eating...

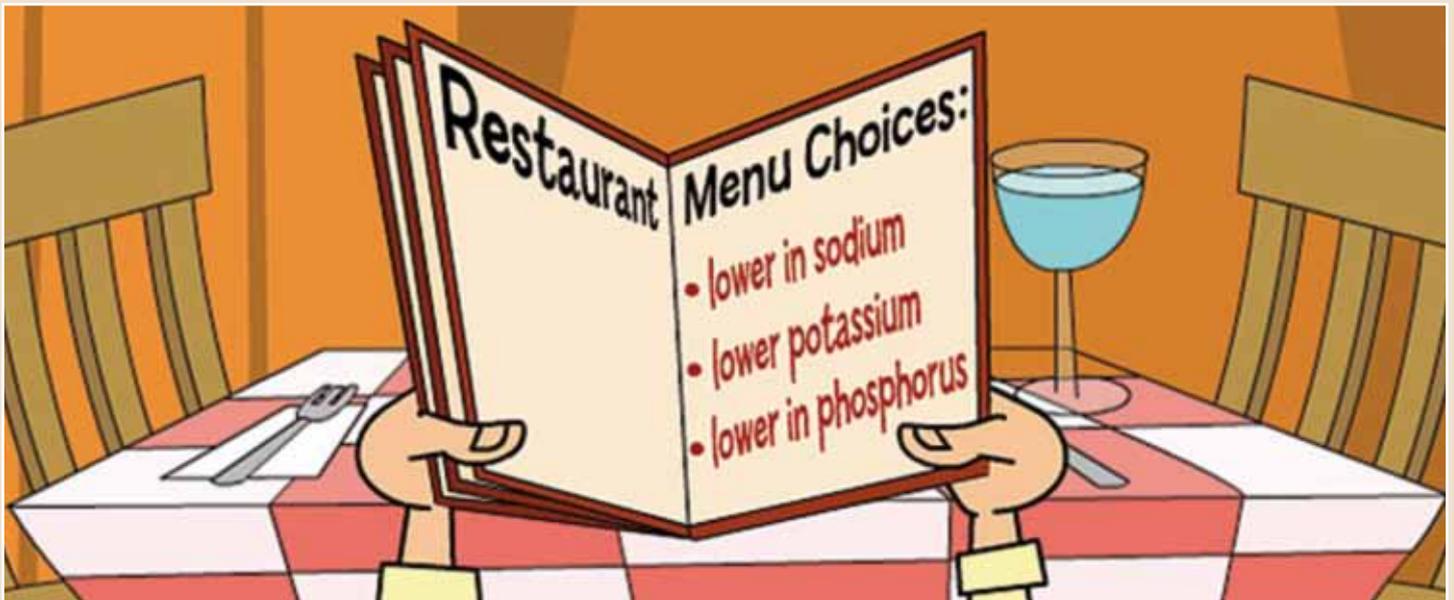
- **Chinese cuisine** – Look out for items that are steamed, poached, stir fried or braised. Ask for steamed rice. Avoid taking MSG or adding soy sauce. Choose low potassium vegetables such as snow peas, water chestnuts, beansprouts, brinjals and okra. Ask for a small glass of beverage with no further refill. Avoid drinking soup.
- **Malay cuisine** – Limit your santan intake. Avoid peanut sauce and peanuts. Limit yourself in eating high sodium sauce such as budu, belacan, chili and tomato sauces.
- **Indian cuisine** – It is best to avoid bean dishes. Choose white rice instead of biryani rice. Most of the sweets contain milk or milk powder and is high in phosphorus. Yogurt is a dairy product and also high in phosphorus. Remember to take phosphate binders to control phosphorus absorption.

✓ Fast Food

Better Choices	Poor Choices
Regular or medium size burgers	Cheese burgers, large/king size burgers (Big Mac, double cheese burger, Big N' Tasty etc.)
Fried onion ring without added salt	French fries, potato chips, mashed potatoes
Grilled/roasted chicken or turkey sandwiches with onion, lettuce or cucumber	Sandwiches with cheese, bacon, sauces and pickles
Non-cola sodas, lemonade, tea and coffee without milk, water	Cola sodas, milkshakes, cocoa based drink, orange juice
Salad bar choices: Alfalfa sprouts, beets, celery sticks, cucumbers, eggs, green peas, green peppers, macaroni salad, lettuce, green beans, coleslaw, corn (limit to ½ cup)	Salad bar choices: Avocado, chickpeas, kidney beans, nuts, olives, pickles, potato salad, raisin, cheese, tomatoes (limit to ½ cup)

✓ Desserts

Better Choices	Poor Choices
Low Potassium Fruits: Apple, grapes, strawberries, cherries, pineapple, pear, watermelon (limit to 1 cup)	High Potassium Fruits: Banana, kiwi, orange (1 medium) , dates, dried fruits, raisin
Sorbet, sherbet	Ice-cream, frozen yogurt
Angel cake, lemon meringue, apple or pineapple pies	Chocolate cake, banana cake, cheese cake



The dialysis diet is probably the most complex diet for anyone to follow. Patients may feel frustrated in adjusting meals to their health condition. Everything that used to be simple such as fluid intake now becomes so difficult. Patients may feel that there is no more eating enjoyment for the rest of their life. They may need to cut back on their all-time-favourite foods or forced to change some of their eating habits. Dialysis patients should explore and adopt a new way of eating. Learn to understand diet restrictions as it would make a difference and

enable patients to lead a happier life. Patients should try the suggestions in this article as a starting point and enjoy the eating out to connect with family and friends as well as to take a break from cooking at home.

NKF's Dietitian will be more than glad to help patients and their family members to work out a food guide to make eating more palatable as well as a positive experience for patients.

Dialysis Diet: KIDNEY-Friendly Recipes!!

▲ Low Sodium Sweet Sour Fish (3 servings) ▲

INGREDIENTS:

- 234g Halibut Fish Fillet**
- 3 Tbp. Red Capsicum Puree (recipe below)
- ¼ Chinese White Vinegar
- 3 Tbp. Brown Sugar
- ½ Cup Fresh Pineapple, diced
- 2 Tbp. Corn Flour, use separately
- 1 whole Medium Onion, diced
- 1 tsp. Minced Ginger
- 1 Tbp. Vegetable oil

Nutritional Information Per Serving

Energy, kcal	226
Carbohydrate, g	28.0
Protein, g	15.9
Fat, g	8.3
Phosphorus, mg	193
Sodium, mg	389
Potassium, mg	461



Red Capsicum Puree

- 1 whole medium size red capsicum

Directions:

1. Preheat oven to 230 degrees. Place the whole capsicum on the baking tray and bake in oven for 15 -20 minutes. Remove from oven and cover it with a container. Set aside.
2. After 10 minutes, peel off the skin and blend it using food processor until smooth.

INSTRUCTIONS:

1. Cut the fish fillet into slices. Combine fish slices with 1 tablespoon corn flour in a bowl and mix well to coat evenly.
2. In another bowl, combine 1/2 cup of water, 1 tablespoon corn flour, 3 tablespoons capsicum puree, vinegar, brown sugar; mix well and put aside.
3. Heat a non-stick pan over medium-high heat. Add vegetable oil and swirl to coat. Add fish slices and cook until half-cooked. Add diced onion, ginger and sauté 1 to 2 minutes. Put in pineapple. Last step, stir in the sauce and cook, let it boil for 30 seconds.
4. Remove from heat, garnish with red chilies and green onions. Serve hot.

** You may substitute halibut fish used in the recipe with other types of fish, such as gerut-gerut (silver grunter), ikan bawal hitam, ikan siakap, ikan tilapia merah, ikan cencaru or grouper.

▲ Mix Veggies (2 servings) ▲

INGREDIENTS:

- 100g Prawns, cleaned
- ¼ Cup Celery, sliced
- ¼ Cup Baby Corn, sliced
- ¼ Cup Carrot, sliced and boiled till soft
- ¼ Cup Cauliflower, trimmed and cut into small florets
- 1 clove Garlic, crushed
- ¼ tsp. Corn flour mixed with 1 tsp. Water
- 2 tsp. Canola Oil
- 2 tsp. salt reduced light soy sauce
- Pepper without salt to taste

Nutrition Information per serving

Energy, Kcal	108
Carbohydrate, g	3.5
Protein, g	11.9
Fat, g	5.6
Phosphorus, mg	125
Sodium, mg	346
Potassium, mg	171



INSTRUCTIONS:

1. In large skillet, heat oil and sauté garlic until golden brown. Put in the prawns prepared.
2. Stir in carrots and cauliflower. Cook for about 3 minutes before adding celery and baby corns. Stir-fry for another 2 minutes.
3. Pour in corn flour mixture. Season to taste and stir well. Serve while hot.

Dialysis Diet: Watch your 'sodium' intake!

Sodium (also known as 'salt') is a mineral that helps balance fluid in body and transfer materials into and out of cells. Consuming too much 'sodium' may lead to fluid retention (edema) and elevated blood pressure. In addition to these health woes, a salty meal also increases the 'thirst factor' in dialysis patients who are on strict fluid intake.

Therefore, the general guideline would be to limit salt consumption to one teaspoon of salt in a day (~2400 mg of sodium per day)

**Note: All salts are the same where the main content is sodium; for instance sea salt, coarse salt, rock salt, garlic salt etcetera.*

High Sodium food sources aside from cooking salt

- Salted snacks – nuts, peas, potato chips, keropok, kerepek, papadom, crackers
- Packet soups / tinned / canned foods
- Soy sauce & soy paste (tau cheow)
- Fish ball / fish cake
- Chicken / ikan bilis stock cubes
- Budu / cincaluk / belacan
- Sauces (tomato, chili, oyster, barbecue, teriyaki, fish, tabasco etc)
- Cured meat, sausages, salami, nuggets, burger patties, frankfurters
- Salted vegetables / fish / eggs / vegetables
- Jeruk – asam boi
- Cheese
- Marmite / Vegemite (yeast spread)

Chew Hoong Ling, a Living Donor

"I was born with one kidney. Only one side of my hearing is functional; but these do not stop me from donating part of my one and only liver to save a young, precious life!"

Chew Hoong Ling pledged to be an organ donor and has been championing organ donation drives since 13 years old. In 2009, Hoong Ling donated part of her liver to save a stranger. Although the recipient passed away due to bone cancer and lung infection later on, "... but I gave her 8 months of life to look forward to!"

Today, Hoong Ling is a member in the Public Action and Awareness Committee for Organ and Tissue Donation under the Ministry of Health. She is always on

the go to advocate and create public awareness about organ donation.

A Mercedes Benz-shaped scar left on Hoong Ling after the surgery.



Hoong Ling received a token of appreciation from Puan Mazni Fatah, NKF's Head of Public Education Department after her motivating talk on her personal experience in donating her liver to a stranger.



Chew Hoong Ling, a living donor with the Mercedes-Benz emblem.

Liver donor plans to publish book

PETALING JAYA, The "Mercedes-Benz" emblem on her belly is a reminder to Chew Hoong Ling, 25, of what she has learned in life: To wish the people to donate their organs.

She donated part of her liver to save a stranger in 2009, but was left with a Mercedes-Benz-shaped scar on her abdomen.

Chew, who was inspired to donate her organs after reading about organ and blood donation, found out about the organ and blood donation drive through the media. She had been diagnosed with cancer of the liver in October 2008.

Chew had decided to donate her liver to save a stranger's life, but it was not her decision.

"When I went for the compatibility tests, I found out I have only one kidney, which has become a big worry for me," she said.

They all say I probably donated my liver to my daughter and that's why I donated with one," she said.

That's how her surgery happened. The Mercedes-Benz-shaped scar on her abdomen was the result of the surgery.

The National Kidney Foundation (NKF) has been organising the Mercedes-Benz Day - Kidneys for Life!

Chew said she plans to publish a book on organ donation. The book, which will be published in 2014, will be the first of its kind in Malaysia. It will be a guide for people who want to donate their organs.

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ORGAN DONATION: Why Not? & Fear Not

The Malaysian Dialysis & Transplantation Registry clearly indicates that the number of new patients requiring dialysis treatment due to kidney failure has increased manifold.

In 2010, an alarming number of 4,522 new patients required dialysis treatment, resulting in a total of 22, 932 patients on dialysis in whole of Malaysia. Majority of these patients are on the waiting-list for a kidney transplant surgery. Although the patients on the transplant waiting-list are on the rise, there are only **less than 60 kidney transplant surgeries** being performed in Malaysia every year!

In 2006, a study was conducted and revealed that the majority of respondents stated fear as one the main reasons for not considering organ donation. Although the study did not elaborate on what exactly the respondents were fearful of, it is postulated that it could mean fear or pain and suffering, fear of desecration of the body, fear of issues relating to religion, or perhaps even fear of death itself.

In Malaysia, cadaveric donation (donation after death), is advocated partly because it carries no risk to the donor. Organ donation will only be considered once the patient has been declared dead, in particular – brain death. Thus, one should not be fearful on the thought of organ donation retrieval procedure.

In addition, it is also noteworthy to mention that all the major religions in Malaysia encourage organ donation and regard it as a noble act – 'giving beyond life!'

Therefore, it is high time as a society that we go beyond our self-interests and needs. We should all be openly discussing about organ donation and ask ourselves – why not (?) and fear not!



Summarized from an article by Dr Muhammad Anis Bin Abd Wahab (Clinical Manager, National Transplant Resource Centre) in conjunction with World Kidney Day – Kidneys for Life!

World Kidney Day Celebrations 2013!!

“Kidneys for Life”

The WKD 2013 Campaign focuses on the positive outcome of kidney transplantation and the life-saving aspect of organ donation; in addition, raising awareness of Acute Kidney Injury (AKI) and stimulate discussion, education and policy development leading to improved prevention and treatment of this major kidney disease across the globe. The theme for this year’s campaign is **“Kidneys for Life: Stop Acute Kidney Injury”**.

In conjunction with World Kidney Day (WKD) 2013, the National Kidney Foundation of Malaysia (NKF), in collaboration with the Malaysian Society of Nephrology and the Ministry of Health is organizing a series of activities, targeted at members of the public and patients with end-stage kidney disease, to highlight the importance of protecting their kidneys and to promote organ donation.

So come and join us to spread this important message by participating in one of the main activities, the WKD 2013 Run and Carnival, whereby many activities lined up such as various categories of run, fun cycling and health screening. There are information booths and games prepared for everyone. Bring your children and family to catch up with our guests from “Star Wars”.

World Kidney Day Run and Carnival 2013

Date : 28/4/2013 (Sunday)

Time : 7.00 AM – 12.30 PM

Venue : Dataran Putrajaya, Presinct 3

**Call us at NKF Hotline 1300 88 3110
for more information**

Log on to www.hooaha.asia to register for the run



Kidneys for Life

**STOP
Acute Kidney
Injury Protect
Your Kidney**



Patient Support Group (PSG)

Hi Dialysis Patients,

*Are you feeling **Frustrated....Frightened....???***
Stop!!! Kidney failure is not the end of your life. There are a lot of things that you can do.

First, register and become a member of the NKF Patient Support Group. The Group has been set up under the National Kidney Foundation of Malaysia (NKF). It operates as an independent body and the members are all dialysis patients. It is a patient-centric organisation that works towards the betterment of all dialysis patients in Malaysia, regardless of whether they are seeking treatment at NKF or at any other dialysis centres.

Members can benefit from the activities organized by PSG such as:

- i) Talks on health, diet and nutrition
- ii) Counseling sessions
- iii) Peer support group
- iv) Dialogue between nurses and patients
- v) Recreational activities
- vi) Annual get-togethers

To become a member, please send your request to psg20one0@gmail.com or print out the form from www.nkf.org.my

For enquiry or more information, please choose one of the options below:



019-3860587 (Mr. Chuah)



psg20One0@gmail.com



<http://www.love-your-kidney.blogspot.com>



Kidney Patients Support Group - Malaysia

Care Giver - Patient Forum by PSG on 25/11/2012



The care givers and dialysis patients actively involved in the group discussion.



Dr. Bee, Consultant Nephrologist with NKF gave his opinions at the Q&A session.



The forum was a successful one with encouraging turnout and support from both the caregivers and dialysis patients alike.

Feel Good Times @NKF – APEX Club



Dedicated staff members of NKF who are always ready to serve and provide quality dialysis care.

In addition to quality dialysis treatment, the patients at Pusat Dialisis NKF – Kelab APEX (Klang) had a great time at the annual Family Day Celebration, which was held at the dialysis centre's foyer on 1 September, 2012. A merry crowd of 60 staff members, patients and their family members had fun at the event which was part of NKF's motto towards a holistic care approach and inspiring the patients to look forward to the positivity in life!

A host of interactive games were coordinated by the staff members, including 'mummy wrapping' and 'food-eating competition'. The prizes and gifts kindly sponsored by donors and corporations also added cheer to the event. Dr Rafidah Abdullah, Consultant Nephrologist at Hospital Selayang, who is also the affiliated nephrologist for the dialysis centre graced the event and showed her support to the dialysis patients!



Games session!

'Tree of Hope' by Blufroge



Mock cheque presentation ceremony: (From left) Mr Chua Hong Wee, CEO of NKF, Ms Sue Lee from NKF's Fundraising Department, Ms Irene Ho and representatives from Blufroge.

During this season of giving, Blufroge took a step forward to bring about some Christmas cheer to kidney failure patients at the National Kidney Foundation of Malaysia (NKF).

The 'Tree of Hope' project was launched via Blufroge and NKF's online social media platforms to raise funds for the underprivileged dialysis patients; Blufroge donated RM5.00 for every 'LIKE' on the Facebook page specially created for the fundraising drive.

The campaign ran from 1-25 December, 2012

Thanks to Blufroge, the 'Tree of Hope' raised RM12, 935.00 to help NKF in our live-saving mission!

My Dance, Your Love, Our HOPE

Dance academy, Vivace Danz World played host to a charity concert at Putrajaya on 15 December 2012 to raise funds in aid of the National Kidney Foundation of Malaysia (NKF) as part of the academy's commitment to charitable causes aside from cultivating talented dancers.

The students outshined themselves with a wide range of fantastic performances on stage, inclusive of ballet, rhythmic gymnastics, modern dancing, Latin dance and many more!

Thanks to Vivace Danz World, the charity concert raised RM6, 000.00 to further aid the underprivileged and deserving dialysis patients at NKF.



A Helping Hand from Utas Maju Sdn Bhd



"As far as I am concerned, I wanted to give my support to the community."

Adnan Md Noh,
Managing Director of
Utas Maju Sdn Bhd.

Having to chance upon the fundraising cactus sales by a pharmacy outlet at Subang Jaya in aid of National Kidney Foundation of Malaysia, Encik Adnan Md Noh, Managing Director of Utas Maju Sdn Bhd too made his decision to help the underprivileged kidney failure patients.

After further understanding about



Mr Tan Chor Seong, Senior Dialysis Manager of NKF Malaysia took Encik Adnan and his team from Utas Maju for a visit at the dialysis centre to learn more about dialysis treatment and kidney care.

Kudos to Students' Charity Initiative!



A group of Taylor's Lakeside Campus students organized a charity sale as part of their academic assignment to raise funds in aid of the National Kidney Foundation of Malaysia from 3 to 7 December 2012. Handmade accessories, books and various literatures, along with fresh coconut drinks were sold at the event by the students.

They raised RM 2914.55 from this project.

Our sincere thanks to Conie Lim Su Ying, Samantha Lim Ai Pei, Jessie Leong Lee Yee, Deidre Zhang and Lydia Amalina for this great fundraising project.

UCSI 12th Annual Public Health Campaign 2013

"Know Your Drugs, Love Your Kidneys, Together We Care"



Pledge your support to National Kidney Foundation of Malaysia at PHC 2013!! Adopt a kidney-shaped coinbox via our "Coins for Hope" charity drive at RM25.00 each.

For more information, contact NKF Fundraising Department at 03-79549048 ext 207 (Lesley Ng)

The kidney-shaped coin box from NKF's latest "Coins for Hope" fundraising initiative also made its appearance at Tropicana Golf Club's Family Day recently!

Keep a look out for this little fellow which symbolizes hope for the underprivileged patients suffering from kidney-failure!

UPCOMING!

**(29 & 30/6/2013)
PHC Grand launching at Mydin
Meru Jaya Hypermarket**

ADOPT ME TODAY





Berjaya Corporation Berhad celebrated its third Founder's Day at Berjaya Times Square on 23 February 2013 with Tan Sri Dato' Seri Vincent Tan, founder of the Berjaya Corporation Group of companies. A total contribution of approximately RM20.2 million to 74 charitable organizations through his personal foundation, Better Malaysia Foundation, and the Berjaya Cares Foundation. The charitable organizations which benefitted from this contribution include those that support community, education, health causes, international humanitarian aid, support for local performing arts as well as environmental awareness and animal causes. NKF was one of the charitable organisations that benefitted from this contribution.

NKF received RM 320,000.00, in support of 10 units of dialyzer re-processor machines, for our dialysis centres.

Berjaya Founder's Day is celebrated in honour of Tan Sri Dato' Seri Vincent Tan for his vision and achievements in the past 28 years with the Berjaya Group. The celebration is also dedicated to helping the less fortunate in the community. The Berjaya Corporation Berhad continues to support various charitable causes and is always reaching out and providing resources for sustainable projects undertaken by deserving charitable organisations for the betterment of the community.

Berjaya Founder's Day is also dedicated to all Berjaya staff in recognition of their hard work and contributions to the Group. The family day carnival at Berjaya Times Square saw the participation of some 20,000 staff and their families last year and an even higher turnout this year as there were more games, activities and better prizes for the staff.



Genting Continues to Give Back to The Community



Kuala Lumpur, 17 February 2013 – The Genting Group has always held the welfare of the local community close to its heart. Each year the Company through its numerous Corporate Social Responsibility initiatives reaches out to those in need through monetary contributions as well as community-related activities. This year, in conjunction with the Chinese New Year celebrations, the Genting Group made a RM2 Million contribution to 101 welfare homes, charitable organisations and NGOs. Thirty of the homes and organisations were invited to receive

the cheques during the Group's Chinese New Year luncheon held at the Ballroom, Level 3 of the Kuala Lumpur Convention Centre. NKF was one of the lucky recipients of a donation of RM 50,000. Genting Group Chairman and Chief Executive Tan Sri Lim Kok Thay presented the cheques to the representatives from the various charities during the luncheon which was also attended by ambassadors, ministers and heads of various corporate industries in the country. Mr Chua Hong Wee, NKF's CEO received the cheque on behalf of NKF. At the same time, the Group also held an Open House on the same day at KLCC's Exhibition Halls 1 & 2 which was attended by approximately 3,000 members from a cross-section of the community including youth organisations, religious groups, ex-servicemen's associations, welfare homes, charitable organisations, NGOs and single women's groups.

Direct Debit Donor Programme (DDDP)

Date : Oct 2012 - Jan 2013

Our sincere gratitude to all DDDP donors who supported us through this programme. Your contribution gives hope and provides our patients a second chance to live.

We would also like to extend our appreciation to the following organizations for supporting us by providing complimentary booth space for our road shows in the months of Oct 2012 to Jan 2013.

Aeon Seberang Prai, Penang	KPJ Hospital, Penang
Ampang Puteri Specialist Hospital, Selangor	KPJ Johor, Johor
BW Cyans Advertising Sdn. Bhd.	Kuala Lumpur International Airport, Selangor
Columbia Asia Medical Centre Nusajaya, Johor	Kuching Computer Business Association, Sarawak
Columbia Asia Setapak, KL	LCCT Terminal, Selangor
Columbia Asia Regional, Selangor	LHDN Bukit Mertajam, Penang
Columbia Asia, Taiping, Perak	Loh Guan Lye Specialist Centre, Penang
Damansara Specialist Hospital, Selangor	Low Yat Plaza, KL
Desa Park City, KL	Menara Axis, Selangor
Eco & Green Exhibition Sdn Bhd	Menara BHL, Penang
EG Groups Holding Sdn Bhd	Metro Specialist Hospital, Kedah
Empire Shopping Gallery, Selangor	Mydin Melaka, Melaka
Everise BDC, Sarawak	Pantai Hospital Ampang, KL
Giant Segamat, Johor	Pantai Hospital, Kuala Lumpur, KL
Golden Highway Auto-city, Penang	EM Exhibitions (M) Sdn Bhd, KL
Green Fiction Publishing (M) Sdn Bhd	Penang Sports Club, Penang
Hospital Kepala Batas, Penang	Plaza Angsana, Melaka
Hospital Kulim, Kedah	Putra Medical Centre, Kedah
Hospital Pantai Ampang, KL	Putra Specialist Hospital - Batu Pahat, Johor
Hospital Pulau Pinang, Penang	Real Estate and Housing Developers' Association Malaysia (REHDA)
Hospital Sultan Abdul Halim Sg Petani, Kedah	Riverside Shopping Complex, Sarawak
Hospital Sultan Ismail, Johor	Sooka Sentral, KL
Hospital Sultanah Aminah, Johor	Suntech Penang, Penang
Hospital Sultanah Nora Ismail, Johor	Sunway Pyramid Shopping Mall, Selangor
Hospital Taiping, Perak	Tesco Seri Alam - Johor
Hutan Bandar Mutiara Rini, Johor	The Capricorn Connection
iProperty.com Events Sdn. Bhd.	The Curve, Selangor
Johor Bahru City Square, Johor	Tropicana City Mall, Selangor
Johor Premium Outlets, Johor	Tropicana Specialist Centre, Selangor
Jusco Melaka, Melaka	X Two Media Sdn Bhd

NKF'S Top 5 Fundraisers

Cheers to our top 5 fundraisers. We are proud to present to you



**Magdalene
Hon Nee Fah**



H. Mohd Najib



Faizal bin Yaakub



**Norhamidah bte
Abu Talib**



Ngau Haeu Kee

NKF is pleased to announce our Top 5 fundraisers for the last Quarter of 2012. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the effort they have taken in helping our dialysis patients.



YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA
NATIONAL KIDNEY FOUNDATION OF MALAYSIA Regd. No. 659 (Sel)

马来西亚肾脏基金会 மலேசிய தேசிய சிறுநீரக அறநிறுவனம்

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