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# Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia.

NKF was jolted in late December 2014 when the East Coast states in Peninsular Malaysia especially Kelantan were hit by horrendous floods which were the worst experienced by the state in more than a decade.

Our dialysis centres in Kota Bharu and even in Triang, Pahang were also flooded forcing them to send their patients to other medical facilities for dialysis treatment. Even some of the dialysis machines in Kota Bharu were damaged.

Nevertheless, such an adversity did not deter the spirit of volunteerism and self-sacrifices by our medical staff in Kelantan and even in the Klang Valley as they rendered medical assistance by replacing many of the medical staff in the state who were left stranded and isolated from their working places. NKF even sent medical supplies and lent dialysis machines to particularly the Universiti Sains Malaysia (USM) Hospital in Kubang Kerian.

Besides dealing with the emergency, we continued to provide complimentary health checks to the Orang Asli communities in Hulu Selangor over all the weekends in January through our LifeCheck Health Screening. The primary purpose of the health checks was to ensure that the Orang Asli community was not left out of the main stream of health care. At the same time, the screenings provided the health teams the opportunity to gauge the prevalence of the main factors leading to kidney disease - diabetes and high blood pressure.

Meanwhile preparations were made for the World Kidney Day (WKD) 2015 celebrations on 8 March in Penang and over 4 weekends starting from 28 February and ending on 29 March in the Klang Valley. In Penang, the anchor event was a "Walkathon", while in the Klang Valley roadshows with numerous activities were held at 4 shopping complexes. Prominent amongst these activities were the "Spot and Ride" Game and a "Dance Marathon". We will be sharing more about these events in our next issue.

We continued with our other efforts to raise funds to sustain our day-to-day operations. So far we had been truly blessed and lucky with compassionate donors who empathize with us in making our society a more liveable one especially for the poor and unfortunate.

Thank you and Happy Reading!

Dr. Prasad Menon  
Chief Editor

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# HOPE LIVES ON

Chew Keng Poh lived in hardship during her early life and was educated only up to Standard 3. She devoted her life to looking after her family. However, the tables would eventually turn on her.

Although she was diabetic while she was pregnant with her daughter, she still lived a seemingly normal life. One day in January 2013 she experienced swelling in her right leg, with a sore in her right thigh which eventually infected her right toe as well.

At this point Keng Poh's daughter took her to a private clinic. The clinic doctor did not have good news. She was suspected to have chronic kidney failure and would need to have her toe amputated. She was then referred to the Tengku Ampuan Rahimah hospital in Klang where further tests were conducted.

The tests confirmed the doctors' suspicions. In addition to complications related to diabetes, Keng Poh was diagnosed with Chronic Kidney Disease (CKD).

"They told me immediately that I would have to have my toe amputated. The doctors also said that they would have to begin serious treatment for my sore and swollen foot. I would even have to undergo dialysis. I didn't know what to say or think. All I felt was that my whole world as I knew it had collapsed," said Keng Poh.

It was devastating not only for her but for her family as well.

Her family requested an immediate discharge and a referral letter to allow them to obtain a second opinion at the University Malaya Medical Centre (UMMC). Upon further examination there, doctors at UMMC confirmed the original diagnosis.

Sad as they were, her family remained pragmatic and proceeded to act in the best interest of Keng Poh within their financial means. Upon her family's consent, her toe was amputated while she underwent treatment for the swelling and sore in her leg. In addition to this, she was also required to undergo dialysis 3 times a week.

Travelling from Klang to UMMC for weekly dialysis sessions soon became a burden for Keng Poh and her family, who requested a referral so that Keng Poh could undergo dialysis closer to home. She was then referred to Pusat Dialisis NKF Bakti in Klang, where she would undergo dialysis treatment, courtesy of the National Kidney Foundation (NKF) Malaysia.

Besides having to undergo dialysis treatment, her day-to-day life changed as well.

"Prior to my condition, it was easy for me to cook and do household chores. But with my condition, I would tire easily doing these chores and found them difficult. What was even sadder was that my husband, who was working, had to quit his job to look after me and help with the cooking, cleaning and other household duties," said a helpless Keng Poh.

They have to depend on their daughter – their elder child, who works as a kindergarten teacher for financial support as the family received no financial assistance from friends and relatives since they are also not well to do.



As a result of her condition, Keng Poh does not socialise as much as she used to with her neighbours and friends. Neither does she go on tours to faraway places like she used to. Yet, she takes life one day at a time and is thankful to her friends and loved ones who have stood by her through her ordeal.

Keng Poh's condition is a stark reminder that anyone can suffer from CKD as the disease does not discriminate. It can be a life-changing ailment and kidney patients require all the support and assistance they can get.

# Group 24 of NKF's Post Basic Haemodialysis Nursing Course

NKF has been conducting the Post Basic Haemodialysis Nursing Course in groups since 2005 to develop the skills, knowledge and attitude of staff nurses and assistant medical officers involved in haemodialysis. After completing the course the para-medical personnel can carry out dialysis treatment as part of a safe, effective, efficient and caring team.

The current group that is being trained is the 24th which began the 6 month course on 2 February 2015 and was scheduled to have its training completed on 31 July. 50 participants are undergoing the course.

With 49 registered staff nurses and 1 assistant medical officer, the group has an overwhelming majority of 80% women and has been sponsored mainly by NGOs including NKF. The rest of the participants have been sent by private medical centres.

The participants are attending the course full time for 4 months at the NKF Training Centre where they are being taught:-

- Applied Renal Physiology
- Principles of Dialysis
- Haemodialysis Procedures and Nursing Care
- Infection Control
- Dietary Aspects in Chronic Haemodialysis
- Rehabilitative Aspects on Chronic Haemodialysis
- Ethical Issues in Dialysis
- Principles of Management
- Counselling Skills
- Water Treatment and Its Short-term and Long-term Complications

In the course of the 4 months, the attendees will be undergoing clinical training primarily at NKF dialysis centres under local preceptors. They will also be going on an educational visit to the Sungai Selangor Phase 2 Water Treatment Plant in Bestari Jaya (formerly known as Batang Berjuntai), Selangor to understand the importance of clean and treated water in haemodialysis treatment. Above all, they will have to undergo a further attachment of 10 days with Malaysian Government hospitals.

At the end of the 4 months, the participants will be sent back to their respective centres where they have been working. They then have to spend the next 2 months at their centres to complete an assignment which they must submit to the NKF Training Centre two weeks prior to the end of the course for final assessment.

## THANK YOU TO ALL OUR DONORS WHO HAVE CONTRIBUTED FROM DECEMBER, 2014 TO FEBRUARY, 2015

No	Particulars	Amount (RM)
<b>1</b>	<b>Donation Boxes "Spare A Change, Save A Life Campaign"</b>	
	Alpha Pharmacy	857.00
	Mercato Sri Hartamas Supermarket	846.00
	Caring Pharmacy	478.00
	Wan Seng Acupuncture	420.00
	Parkson Corporation Sdn Bhd	355.00
	Dave's Deli (1 Utama)	350.00
	Health Lane Pharmacy Sdn Bhd	307.00
	Alpro Pharmacy (Jaya 33)	208.80
	Hot n Roll @ e-Curve	140.00
	<b>Total</b>	<b>3,961.80</b>
<b>2</b>	<b>Environmental Project - "Recycle Paper Into Lives"</b>	
	Soka Gakkai Malaysia (SGM)	750.00
	PJ Fibre Recovery-NKF	174.00
	<b>Total</b>	<b>924.00</b>
<b>3</b>	<b>Projects</b>	
	Beauty Adventure Sdn Bhd	2,310.00
	MBF Cards (M) Sdn. Bhd. - Gaia Credit Card	1,716.14
	RESPECT	359.40
	Simply Giving	110.00
	<b>Total</b>	<b>4,495.54</b>
<b>4</b>	<b>Company CSR / Associations / Individuals</b>	
	St. John's Cathedral	20,000.00
	Kam Lang Fatt Family Trust	10,000.00
	Lembaga Pemegang Amanah Kolej Islam Malaya (LAKIN)	10,000.00
	Crest Builder Sdn Bhd	5,000.00
	Magnum Foundation	5,000.00
	<b>Total</b>	<b>50,000.00</b>

# Kidney Friendly Recipes Jointly Worked Out Between Bagus Academy & NKF

by Cik Syafiqah Mohammad, NKF Public Education Executive

## SPAGHETTI AGLIO E OLIO

Portions: 6 servings

### Ingredients

- 2 teaspoons Sea salt
- 450g Dried Spaghetti
- 2 tablespoons Olive Oil
- 8 cloves Garlic, cut into thin slices
- 100g Diced Chicken Breast
- ½ cup Fresh Parsley, chopped
- 2 Fresh Mushrooms, white

### Direction:

- 1) Bring a large pot of water to a boil. Add 1 teaspoon of salt and the pasta to the boiling pot of water. Set aside 1½ cups of the pasta cooking water before draining the pasta.
- 2) Meanwhile, heat the olive oil over a medium heat in a pot large enough to hold the pasta. Add garlic and saute for 2 minutes, stirring frequently, until it just begins to turn golden on the edges.
- 3) Add the diced chicken breast and the mushroom for 30 seconds. Carefully, add the reserved pasta cooking water to the garlic and olive oil and bring it to a boil. Lower the heat, add 1 teaspoon of salt, and simmer for about 5 minutes, until the liquid is reduced by about a third.

Add the drained pasta to the garlic sauce and toss. Off the heat, add parsley and toss well.



## CARAMEL ANGLE CAKE

Portions: 6 servings

### Ingredients A

- 175g Granulated Sugar
- ¼ teaspoon Salt
- 130g Cake Flour, sifted

### Ingredients B

- 12 Egg Whites at room temperature
- 40ml Warm Water
- 2 teaspoons Vanilla Extract

### Ingredients C

- 175g Granulated Sugar
- 1 teaspoon Cream of Tartar

### Ingredient D

- 6 Strawberries, for garnish

### Direction:

- 1) Mix all ingredients A and put aside.
- 2) Place ingredients B in the mixing bowl, beat until fluffy. Add in the ingredients C bit by bit.
- 3) Transfer the mixture to a large bowl. Put in the ingredients A and gently fold in each addition with a rubber spatula.
- 4) Pour it into a chiffon ungreased mold or a baking tray with parchment paper and bake at 180 degrees for 15-35 minutes.
- 5) Once the cake is baked, decorate the top layer with 6 strawberries.



Note : Bagus Academy is a culinary school providing courses in baking and cooking based in Klang, Selangor.

# Management & Science University In NKF's Organ Donation Drive

27 January 2015 saw the opening ceremony of the special programme “Non-Communicable Disease: Once a Donor, Forever a Saviour” at Management & Science University in Shah Alam. The programme was the result of the collaborative efforts between the university and NKF as part of the Foundation’s drive to encourage more members of the public to pledge their organs.

The programme involved participation by third year students of Biomedical Science, numbering a total of 60 persons who were supervised by Mr. Rajasegar Anamalley, their lecturer.

At the ceremony, Cik Sharifah Sakinah Syed Malick, Public Education Executive for NKF Organ Donation Campaign gave a talk on “Be An Organ Donor, All It Costs Is A Little Love”.

Meanwhile, the students who had been divided into 12 groups with each made up of 5 persons displayed at their booths pamphlets and forms issued by the National Transplant Resource Centre (NTRC) for pledging to donate organs. They then presented topics on blood related diseases and organ donation.

The presentations were well received by the crowd made up of students, lecturers, other members of the university staff and visitors.

In addition, NKF had exhibitions in two booths and provided complimentary health screening via the NKF LifeCheck Health Screening. The exhibits were on organ donation and on chronic kidney diseases.

As a close to the programme, a drama on organ donation was put up by first year optometry students with the finale being the announcement by Professor Dr. Mohd Zahedi Bin Daud, Vice President of Medical & Health Science Cluster, that the programme had secured 125 pledges in organ donation as on that date.



# NKF's LifeCheck Mobile Health Screening In Sabah

Apart from providing dialysis treatment to poor patients suffering from chronic kidney disease, NKF also assists and supplements the services provided by the Malaysian Ministry of Health in health screening in areas which are less accessible and have inadequate health facilities.

Towards this end, the Foundation with the sponsorship of Allianz General Insurance Company (Malaysia) Berhad deployed a LifeCheck Mobile Health Screening team of 8 personnel led by Puan Maznifah Fatah, the Head of the Public Education Department, to Sabah in the later part of September 2014.

The team was in Sandakan on 26 & 27 September - at the Balairaya Kampung Lupak Meluas/Flat MPS and at the Grand Stand, Kampung Gas Baru respectively. The health checks carried out included blood pressure reading, urine test, and blood glucose reading which were accompanied by counselling. On the first day in Sandakan, 82 individuals were screened and on the second, 139 persons were similarly tested.

The team subsequently proceeded to Donggongan, part of greater Kota Kinabalu to carry out health screening on 111 people beside the Buhavan Square on 28 September. On 29 September, the team screened 137 individuals at the Giant Kolombong in Kota Kinabalu.

The response from the local residents was good once they were aware of the availability of such health screening facilities.



## Health Screening in Sik, Kedah

A health screening exercise for the members of the public was carried out in six areas in the Mukim of Sok in the Sik District of Kedah from 8-13 September 2014. They were Hadapan Pondok Polis Gulau, Bangunan Kedai Kampung Jurong, Masjid Khairiah Kampung Kota Aur, Masjid Khairiah Kampung Belantik, Watt Siam Kampung Kubang Kesom and Rumah JKKK Kampung Landa (Pak Long Plee).

The exercise was facilitated by the Sik District Office, Penghulu's Office in the Mukim of Sok, Sultanah Bahiyah Foundation and NKF LifeCheck Mobile Screening team from the Northern Region of Peninsular Malaysia.

The government offices helped in spreading information to the community living in the areas on the availability of the health checks, in addition to arranging for the facilities to carry out the screening.

The screening included blood pressure readings, tests for blood glucose levels and body mass index.

Response to the screening was positive with 518 people taking part in the screening.

Apart from the health check, a visit was made to the home of a chronic kidney failure patient, Era Asmida Shubri, at Kampung Danglau. She would be undergoing a kidney transplant in October at the Kuala Lumpur General Hospital as her mother Rohani Abu Seman would be donating a compatible kidney to her.

For the activities above, Puan Maznifah Fatah, the NKF Head of Public Education Department represented the Foundation.



# Diet Forum At Klang Executive Club

In its continuous efforts to help patients stricken with chronic kidney disease, NKF has been holding a Patient Support Programme.

On 14 December 2014, under this programme the Public Education Department of NKF in working with the Foundation's Medical & Welfare Departments as well as Patient Support Group (PSG) organized the "Diet Forum".

The forum was held at the Klang Executive Club (KEC) and was attended by about 50 participants, who included kidney patients and their care-givers.

Mr. Chuah Seong Ban, the Chairman of PSG, in his opening remarks welcomed the participants to the forum, which was anchored by two talks.

Mr. Raymond Jagan, a counsellor, gave a motivational health talk with the theme "Life Is Worth Living" focusing on self-management behavior in dialysis patients.

Ms. Kher Pui Ling, the NKF dietician, presented a nutritional health talk on "Eating Right During The Festive Season".

The patients benefitted from this programme.



## Let's Cook Healthily

To help kidney dialysis patients lead as normal a life as possible, NKF also holds continual programmes to value add to their emotional well-being.

Amongst such programmes is a cooking competition.

On 28 December 2014, the Public Education Department of NKF together with Bagus Academy Bukit Tinggi held such a competition at the academy's premises at Bukit Tinggi in Klang.

The competition was made possible by the sponsorship of Puratos Malaysia Sdn. Bhd.

Apart from helping the dialysis patients, this competition had the added dimensions - which are to create awareness among the general public of chronic kidney disease and the nutrition kidney patients need to sustain them physiologically.

Ten patients from Pusat Dialisis NKF-Kelab Apex (Klang) and Pusat Dialisis NKF-Bakti (Klang) participated in the competition. In addition, they had the benefit of witnessing a cooking demonstration by the academy's Chef Han Choon Mooi who has more than 10 years of experience as a culinary instructor. The chef also gave tips on cooking.

At the end of the competition, certificates were awarded to the winners with goody bags given to all the participants by Bagus Academy Bukit Tinggi.

NKF thanks Puratos Malaysia Sdn. Bhd., Bagus Academy Bukit Tinggi and Chef Han Choon Mooi for their generous contributions in making the competition a success.



# NKF In The Face Of Ravaging Floods In The East Coast of Peninsular Malaysia

When flood water inundated parts of Kelantan and Pahang towards the tail end of 2014, Pusat Dialisis NKF (Kota Bharu) and Pusat Dialisis NKF - Sang Riang (Triang) were severely affected.

The Kota Bharu dialysis centre was rendered inoperable for about a week by rising waters which damaged 10 of its 16 haemodialysis machines. As a result, the 52 patients at the centre were sent to other centres for their dialysis treatment - Hospital Universiti Sains Malaysia (HUSM) Kubang Kerian, Pusat Dialisis YKN Kota Bharu, Hospital Tengku Aries Pasir Puteh, Darul Naim Dialysis Sdn Bhd, Hospital Tumpat, Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya), Hospital Tawakal Kuala Lumpur and Pusat Dialisis NKF - Kuala Terengganu. A family even sent a patient to Singapore on their own account.

Most of the 18 centres run privately or by NGOs as well as 10 government medical units with dialysis facilities in Kota Bharu were either flooded or inaccessible. To add to the woes, staff running the units were either stranded at their homes or the flood relief centres.

Under such circumstances, HUSM was able to provide haemodialysis treatment for many patients. The hospital even resorted to providing extra places for dialysis and appealing for assistance.

NKF was the first to respond by transferring from the Kota Bharu centre the haemodialysis machines which had not been damaged by the flood. 3 staff members from the Kota Bharu centre were also assigned to assist at the hospital. On top of these, 5 NKF staff from centres within the Klang Valley volunteered their services and were similarly assigned to the hospital.

With transport assistance by the Royal Malaysian Air Force (RMAF), NKF provided HUSM with 1,000 pieces of artificial kidneys, 1,000 blood lines, 1,000 dressing sets, 2,000 AVF needles and 1,000 pieces of transducer protector.

On 2 January 2015, Pusat Dialisis NKF (Kota Bharu) began limited operations, and was fully functional on 6 January 2015. 4 new machines flown from Kuala Lumpur were added to the centre's pool of operating equipment.

Pusat Dialisis NKF - Sang Riang (Triang) was cut off by floods, and patients at the centre had to be sent for their treatment at government hospitals in Jelebu and Jempul in Negri Sembilan. The centre started operations again on 3 January 2015.

To-date, the NKF Board of Directors (BoD) have approved RM 200,000 flood relief fund for this period.



## UM Medical Society Visited Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor)

On 24 January 2015, Professor Dr. Cheng Hwee Ming from the Faculty of Medicine, Universiti Malaya together with 10 students from the university's medical society paid a visit to Pusat Dialisis NKF- Rotary Damansara (Batu Caves, Selangor). They called on 2 patients at the centre - Mr. Yogendhran a/l Suberamaniam and Ms. Yau Siew Foong and presented the patients each with a basket of fruits besides spending time with them to understand better the hardship and suffering faced by the patients ever since they were stricken with the chronic kidney disease.

The visit is part of the on-going "Sympa-T" shirt project, the brain child of Professor Dr. Cheng Hwee Ming. It involves visits by members of UM Medical Society to poor kidney patients in dialysis centres in NKF to empathise with patients their anguish in facing chronic kidney disease.

Apart from the visits, the medical students sold attractively designed T-shirts to the public for RM20 a piece.

Profits from the sales of the t-shirts were channeled to a fund in NKF which identified the hard-core poor patients to be given financial assistance for their dialysis treatment.

As at 8 January 2015, RM7,500 was raised from this project.

NKF sincerely and graciously thanks Professor Dr. Cheng Hwee Ming and UM Medical Society for their selfless efforts in helping to raise funds for the poor kidney patients.



## NKF's WKD (2015) Celebrations

**World Kidney Day**  
**WORLD KIDNEY DAY 2015**  
28 February - 29 March 2015

**FOLLOW US TO WIN A CAR!**

**SUNWAY PYRAMID**  
28 Feb - 1 Mar 2015  
10.00am - 12.00pm  
Opening Ceremony

**THE SUMMIT, USJ**  
7 Mar - 8 Mar 2015

**PARADIGM MALL, KELANA JAYA**  
14 Mar - 15 Mar 2015

**ENCORP STRAND MALL**  
28 Feb - 29 Mar 2015  
8.00am - 12.00pm (Sunrise)  
1.00pm - 12.00pm (Family Catching Contest)  
1.30pm - 12.00pm (Newspaper Competition)  
1.00pm - 12.00pm (Newspaper Competition)  
1.00pm - 12.00pm (Newspaper Competition)

**OTHER ACTIVITIES:**  
Free Health Screening  
Environmental Education  
"Tani & Abu" Game  
Participation by Universiti Malaya  
Philly's Family

**KIDNEY HEALTH FOR ALL**

**SPONSORS:** NATIONAL KIDNEY FOUNDATION MALAYSIA, PERODUA, SUNWAY PYRAMID, THE SUMMIT, PARADIGM MALL, ENCORP.

Contact: 03-7954 9048 ext 254 (Mahan) | www.nkf.org.my | www.facebook.com/nkfmy | www.twitter.com/nkfmy

**World Kidney Day**  
**WORLD KIDNEY DAY**  
**DANCE MARATHON 2015**

**ENCORP STRAND MALL, KOTA DAMANSARA**  
**SUNDAY | 29 MARCH 2015 | 8am - 11am**

**SPONSORS:** NKF NATIONAL KIDNEY FOUNDATION MALAYSIA, ENCORP STRAND MALL, CELEBRITY FITNESS.

The Dance Marathon 2015 organized by the National Kidney Foundation of Malaysia (NKF) in conjunction with World Kidney Day 2015 is an event in which 500 participants will be dancing together from 8.00 am - 11.00 am in Red Carpet Avenue of the Encorp Strand Mall. Professional dancers from the famous "Celebrity Fitness" gymnasium will be leading the participants.

The objective of this event is to encourage members of the public to come forward to exercise through dancing and to do it for good cause i.e. to raise funds for poor kidney failure patients under the care of NKF.

There will be no winners for this event. This event is to raise funds as well as to create an awareness and educate the public on kidney disease. We want everyone to come forward to exercise, sweat and have fun!

Every registered participant will receive a T-SHIRT

Closing Date:  
21 March 2015 or upon reaching the maximum of 500 participants

For registration forms & information please visit [www.nkf.org.my](http://www.nkf.org.my) or [facebook.com/nkfmy](https://www.facebook.com/nkfmy) or call 03-79549048 ext 207 / 218 / 256

**World Kidney Day 2015**  
**WKD WALKATHON 2015**

**SAMBUTAN HARI BUAH PINGGANG SEDUNIA**

- PERADUAN MEWARNA KANAK-KANAK
- KARNIVAL MAKANAN & PAMERAN KESIHATAN
- PERADUAN 'SELFIE FOR KIDNEY'

**8 MAC 2015 AHAD | 7 PAGI - 1 PETANG**  
**PADANG KOTA LAMA, PULAU PINANG**

[WWW.FACEBOOK.COM | WORLDKIDNEYDAYMALAYSIA2015](http://WWW.FACEBOOK.COM/WORLDKIDNEYDAYMALAYSIA2015)  
012-464 8232

## Health Visits To Orang Asli Communities

In its role in complementing and supplementing the health services provided by the government, NKF serves all Malaysian communities. Accordingly, the Foundation has made forays to reach out to the Orang Asli communities living in the remote areas of the country.

Consequently for all the weekends of January 2015 covering every Saturday and Sunday except for the first Saturday, NKF carried out health checks from morning till afternoon in eight kampungs in Kuala Kubu Bharu, Selangor with the deployment of its LifeCheck Mobile Health Screening Teams.

The teams visited Kampung Orang Asli Pertak, Kampung Orang Asli Hulu Tamu, Kampung Orang Asli Ulu Melaka, Kampung Orang Asli Serigala, Kampung Orang Asli Changkat Bintang, Kampung Orang Asli Bukit Manchong, Kampung Orang Asli Sungai Kelubi and Kampung Orang Asli Tun Abdul Razak.

Health tests provided by the teams included blood pressure readings, urine tests, body mass index (BMI) checks and blood glucose reading together with sessions on advice imparted based on the results of the tests.

Nearly 300 individuals were screened at all the kampungs visited, and from the checks made, it could be gauged among the Orang Asli communities as to the prevalence of high blood pressure and diabetes which are the major contributing factors to chronic kidney disease.

In addition, kidney awareness exhibitions were held at Kampung Orang Asli Pertak, Kampung Orang Asli Serigala, Kampung Orang Asli Changkat Bintang, Kampung Orang Asli Bukit Manchong and Kampung Orang Asli Tun Abdul Razak. Pamphlets on the kidneys and their functions in relation to food and drink intake, high blood pressure and diabetes were made freely available. NKF staff were on hand to explain issues related to the kidney.

Conversely, organ donation campaigns were carried out in Kampung Orang Asli Pertak, Kampung Orang Asli Hulu Tamu, Kampung Orang Asli Ulu Melaka and Kampung Orang Asli Sungai Kelubi. Brochures were distributed and attendees at the campaign were briefed on matters in relation to donating organs. Members promoting the organ donation drive were on standby to answer queries in relation to the matter, while forms were also available for those wishing to pledge their organs.

As an incentive for the communities to take part in any or all of the NKF activities, the NKF staff distributed goody bags holding Julie's biscuits, bottles of mineral water and hand towels. The biscuits were sponsored by their manufacturer, Perfect Food Manufacturing Sdn Bhd. 99 Speedmart donated the mineral water and hand towels.

NKF sincerely thanks Jabatan Hal-Ehwal Orang Asli (JHEOA) in Ulu Selangor, the kampung headmen and sponsors of the goody bags for making the activities a success.



# The China Press Bhd Donated 5 Dialysis Machines



On 13 February 2015, at a ceremony held at Pusat Dialisis NKF - Charis (Cheras), Kuala Lumpur, The China Press Bhd presented two dialysis machines to NKF. On hand to receive the machines from Mr. Tan Boon Song and Ms. Lai Fong Ling of the newspaper publication was NKF CEO, Chua Hong Wee. The ceremony further saw Mr. Tan Boon Song and another representative from The China Press, Ms. Ng Chui Mei, sticking the plaques on the machines to show that the machines were gifts from The China Press Bhd.

In addition to the two machines, The China Press Bhd donated 3 other dialysis machines under its corporate social responsibility programme which was to help elevate the misery and poverty of the needy of society. Of the 5 machines given to NKF, 2 had been placed in Pusat Dialisis NKF - Charis (Cheras), and 1 had been located to each of the centres of Pusat Dialisis NKF - Good Health (Kampung Pandan, Kuala Lumpur), Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur) and Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Kuala Lumpur).

NKF is sincerely grateful to The China Press Bhd for the gifts of the 5 machines which would enable the Foundation to continue in providing dialysis treatment to the poor patients suffering from chronic kidney disease (CKD).



## Presentation of Toyota Hiace Van by UMW Toyota Motor Sdn Bhd

NKF was blessed to be the recipient of a Toyota Hiace van donated by UMW Toyota Motor Sdn Bhd from part of the proceeds from the sales of tickets for the performance by the Covent Garden Soloists' Orchestra. The performance was in conjunction with the 25th anniversary of the Toyota Classics 2014.

Consequently, on 23 December 2014, a ceremony was held at the company's head office in Shah Alam to present the vehicle to NKF. At the event, Datuk Ismet Suki, the President of UMW Toyota Motor Sdn Bhd presented the mock key for the van to NKF CEO, Chua Hong Wee, in the presence of staff members from both the organisations attending the ceremony.

NKF sincerely thanks UMW Toyota Motor Sdn Bhd for the wonderful gift of the van. The vehicle will be deployed to the soon to be launched NKF LifeCheck Health Screening unit in Kota Bahru, Kelantan.



## PETRONITA Presented A Haemodialysis Machine

The Wives and Women Staff Association of Petronas (Petronita) donated a haemodialysis machine to Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar) in conjunction with NKF dialysis centre's partners' fundraising dinner held on 29 August 2014 at JW Marriot Hotel, Kuala Lumpur.

On 7 December 2014, at a presentation ceremony, Puan Narin Aneeza Nazaruddin, the Head of PETRONITA Welfare Bureau on behalf of the Association handed over the machine to the Foundation. The presentation was carried out in Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar) in Perlis where the machine was placed.

Present were YM Raja Nor Mazli bt YM Raja Tun Mohar, treasurer for Pertubuhan Pengurusan Pusat Dialisis Tuanku Syed Putera Perlis, Dato' Johari Mohd Darus, the secretary for Pertubuhan Pengurusan, Pusat Dialisis Tuanku Syed Putera, NKF CEO, Chua Hong Wee, staff from Petronita, our centre partners' representatives and staff of NKF.

NKF sincerely thanks Petronita and Petronas for their continuous generous gift of the dialysis machines and other dialysis treatment equipment to NKF during 2014.



# In Memory Of The Late Haji Noordin Bin Ahmad

Out of his kindness in giving, Encik Azhar Haji Noordin, the son of the late Haji Noordin Bin Ahmad, flew to Kota Bharu on 2 February 2015 with his wife to Pusat Dialisis NKF (Kota Bharu).

The couple in the presence of the staff and patients dialyzing there presented a dialysis machine to the centre.

The donation was in memory of his late father, Haji Noordin Bin Ahmad.

NKF sincerely thanks Encik Azhar Haji Noordin and his family for the gift of the machine.



# Tasek Corporation Bhd Bought NKF A New Dialysis Machine

On 13 February 2015, Tasek Corporation Bhd, a company listed in the Main Board of Bursa Malaysia Securities Bhd at a ceremony at Pusat Dialisis NKF-Yayasan Dialysis Pendidikan Akhlak Perak (Ipoh) presented a dialysis machine for NKF.

At the presentation, NKF CEO Chua Hong Wee received the machine on behalf of the Foundation from Mr. Benc Cha Poh On, the Group Human Resource Manager of the company.

The gift was part of the Corporate Social Responsibility (CSR) initiatives by the cement and concrete producer towards rendering assistance to the needy and unfortunate kidney patients suffering from end stage renal disease and requiring regular haemodialysis treatment at NKF. The machine concerned would be the second successive one given to the Foundation since 2014 and has been earmarked for the dialysis centre in Ipoh.

NKF expresses its profound gratitude to Tasek Corporation Bhd in making it possible for the Foundation to provide day-to-day dialysis treatment.



## Latter-Day Saint Charities (LDSC) Presented A New Dialysis Machine.

On 4 February 2015 LDSC at a ceremony at Pust Dialysis NKF - Charis (Cheras) presented a new dialysis machine to NKF for use by kidney patients suffering from end stage renal failure at the centre.

LDSC is the humanitarian arm of The Church of Jesus Christ of Latter-day Saints and provides humanitarian assistance worldwide in order to relieve suffering, foster self-reliance and provide opportunities for service for families of all nationalities.

On hand to receive the machine from the representatives of LDSC led by Elder Sid and Sister Linda Thatcher was NKF CEO Chua Hong Wee, the CEO of NKF.

NKF sincerely thanks LDSC for the wonderful gift in order to assist the needy and unfortunate with dialysis treatment.



## Toyota Tsusho (Malaysia) Sdn Bhd Donated To NKF

On 23 January 2015 at a cheque presentation ceremony in the NKF head office, Mr. Hitoshi Kitagawa, the Managing Director of Toyota Tsusho (M) Sdn Bhd presented a mock cheque for RM15,000 to NKF CEO, Chua Hong Wee.

The kind gift by the company was to help towards sustaining NKF as part of its continuous efforts in providing subsidized dialysis treatment to poor patients suffering from chronic kidney disease.

Apart from the donation, Toyota Tsusho (M) Sdn Bhd would be working with NKF to facilitate a health screening for the company's staff by a NKF LifeCheck Mobile Health Screening Team, in addition to NKF carrying out a health talk, setting up a health exhibition and a booth to raise funds through the sale of NKF merchandise.

NKF sincerely thanks Toyota Tsusho (Malaysia) Sdn Bhd for its kind donation.

## Students of Taylor's University Lakeside Campus Raised Funds for NKF

On 28 January 2015 at a presentation ceremony at the NKF Secretariat Conference Room, students from Taylor's University Lakeside Campus handed over an envelope for RM2,045.35 to CEO, Chua Hong Wee.

The money was the result of a charity drive by the students to raise funds for NKF to help in the day-to-day operations of the Foundation in the course of providing dialysis treatment to patients suffering from end stage kidney failure.

In raising the monies, the students sold packets of economy rice and drinks like Sprite and Ribena to fellow students, staff members of the university and even to visitors calling at the campus. The food and drinks were sourced through sponsorships and donations solicited by the students from individuals and organizations

NKF truly thanks the students for their tremendous and well-intentioned efforts in striving to raise the funds to help the needy kidney patients that are being treated at the Foundation's dialysis centres.



## Direct Debit Donor Programme (DDDP) October - December 2014

Our sincere gratitude to all DDDP donors who have 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 from the months of October to December 2014.

1st Avenue Penang, Penang	Hospital Tuanku Jaafar, Negeri Sembilan
AEON Bukit Raja, Selangor	Jabatan Imigresen Seberang Jaya, Penang
AEON Bukit Tinggi Shopping Centre, Selangor	Jelas Puri Sdn Bhd, Selangor
Alpha Angle Shopping Centre, KL	KPJ Kajang, Selangor
Ampang Puteri Specialist Hospital, Selangor	KPJ Klang, Selangor
Boustead Curve Sdn Bhd, Selangor	Life Magazines, Selangor
Damansara Specialist Hospital, Selangor	Low Yat Plaza, KL
Eco & Green Exhibition Sdn Bhd, KL	Majlis Kebangsaan Pertubuhan-Pertubuhan Wanita Malaysia
EM Exhibitions (M) Sdn Bhd, KL	National Council Of Women's Organizations Malaysia (NCWO), KL
Giant Kinrara, Selangor	Pantai Hospital Ampang, Selangor
Hartamas Shopping Centre, KL	Pantai Hospital Klang, Selangor
Healthy Pharmacy Sdn Bhd, Penang	Park City Medical Centre, KL
Hospital Ampang, Selangor	PenExpo Events Sdn.Bhd, Penang
Hospital Kuala Kubu Baru, Selangor	Persatuan Industri Komputer and Multimedia Malaysia (PIKOM), Selangor
Hospital Kulim, Kedah	Protemp Exhibitions Sdn Bhd, Selangor
Hospital Pulau Pinang, Penang	Real Estate & Housing Developer's Association (REDHA) Malaysia, Selangor
Hospital Putrajaya, Wilayah Persekutuan	RESPECT, Johor
Hospital Seberang Jaya, Penang	Sunway Pyramid Shopping Mall, Selangor
Hospital Selayang, Selangor	Tawakal Hospital, KL
Hospital Serdang, Selangor	Johor Premium Outlets, Johor
Hospital Sultanah Bahiyah, Kedah	
Hospital Sungai Buloh, Selangor	
Hospital Tengku Ampuan Afzan, Pahang	

### NKF's TOP 5 FUNDRAISERS

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



**Chan Kam Moon**



**Susianah  
Binti Sidin**



**Habib Muhammad  
Najib Bin Habib Idris**



**Danies A/L  
Devadass**



**Varatharaj A/L  
Krishnasamy**

NKF is pleased to announce our Top 5 fundraisers for the 4th Quarter of 2014. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the efforts 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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