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**SUNWAY GROUP CELEBRATED
2017 CHINESE NEW YEAR WITH
NKF & PATIENTS**

Who's Who @NKF

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Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia!

A Happy Lunar New Year to those celebrating the festival. May the year of the rooster usher in good health, prosperity, peace and happiness to all.

The year kicked off on a good footing for us in NKF and our patients. We had been blessed to be picked by the Sunway Group to be part of the Group's "Light of Hope" programme which not only brought cheers, but also touched the lives of our patients through the New Year Cheer 2017. "Ang-pows were given to about 70 of them from our dialysis centres in the Klang Valley by Puan Sri Susan Cheah, the Exco Member of the Group and Mr. Gerard Soosay, the Chief Executive Officer of Sunway Iskandar. In addition, these patients and their care-givers were feted to a wide array of refreshments and entertained to a lion dance.

Not to be left out was our Foundation which received 2 dialysis machines which had been placed at our dialysis centres in Selayang and Johor Bahru.

On our part as revealed by this issue of the newsletter, there had been no let-down in our outdoor health screening activities especially in the less accessible areas of the country. This path of action was to promote awareness of kidney diseases and to bring about early detection of the precursors of chronic kidney disease principally hypertension and diabetes in order to bring under control the prevalence of kidney disease.

Furthermore, we too had not slackened with our fund-raising activities, but instead had striven harder in the face of keener competition to secure money from amongst a shrinking pool of donors. In fact, we can be proud of our fund-raising team which had more than met the target in getting donations be these in cash or kind.

Under the circumstances, we can cautiously say that our can-do attitude had not let us down.

Until then, happy reading.

Cheers!

Dr. Prasad Menon
Chief Editor

NKF DIALYSIS CENTRES

TEL NO

1. Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar).	04-9777411
2. Pusat Dialisis NKF - Superkids Trinity (Alor Setar).	04-7340215
3. Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar).	04-7352190
4. Pusat Dialisis Amal FO YI - NKF (Unit I) (Penang).	04-2824952
5. Pusat Dialisis NKF - FO YI (Unit II) (Penang).	04-2828701
6. Pusat Dialisis NKF - Lions, Penang.	04-2101555
7. Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping.	05-8041633
8. Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh).	05-3215921
9. Pusat Dialisis NKF - Dato' Dr. G.A.Sreenevasan (Petaling Jaya).	03-79549048
10. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor).	03-61371884
11. Pusat Dialisis NKF - Fungates Superflow (Kepong, Kuala Lumpur).	03-62519850
12. Pusat Dialisis NKF - Kelab Apex (Klang).	03-33417009
13. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur).	03-40217704
14. Pusat Dialisis NKF - Bakti (Klang).	03-33239424
15. Pusat Dialisis NKF - Charis (Cheras).	03-91328193
16. Pusat Dialisis NKF - Good Health (Kampung Pandan, Kuala Lumpur).	03-92813451
17. Pusat Dialisis NKF - Che Luan Khor (Kluang).	07-7765313
18. Pusat Dialisis NKF - Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru).	07-3866164
19. Pusat Dialisis NKF (Kota Bharu).	09-7475834
20. Pusat Dialisis NKF - Kuala Terengganu.	09-6249423
21. Pusat Dialisis NKF - Tun Abdul Razak (Kuantan).	09-5141566
22. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kuching).	082-240927
23. Pusat Rawatan Dialisis MUIS - NKF (Kota Kinabalu).	088-538532
24. Pusat Dialisis NKF - Yayasan Buah Pinggang Kemaman.	09-8583393
25. Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim).	04-4080669
26. Pusat Dialisis NKF - Sang Riang (Triang).	09-2505709

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Sunway Group Brought Joy To NKF & Patients For 2017 Chinese New Year Celebrations



On 7 February 2017 at the grounds of NKF 73 poor kidney patients had much to cheer about. They had been chosen from 8 dialysis centres of the Foundation in the Klang Valley to participate in Sunway Group's Chinese New Year Cheer 2017.

As part of the Group's annual "Light of Hope" programme, the New Year Cheer 2017 was aimed at reaching out to the poor and touching their lives especially during the festival.

Puan Sri Dr. Susan Cheah, the Exco Member of Sunway Group was the Guest-of-Honour for the occasion. Shortly following her arrival, a lion dance began. Together with Mr. Gerard Soosay, the Chief Executive Officer of Sunway Iskandar, Puan Sharzede Hj. Salleh Askor, General Manager of Sunway Group Corporate Communications, Mr. Chua Hong Wee, the NKF CEO and Datin Shobana Kamalanathan, the NKF Head of Branding, Communications & Fundraising, she proceeded to receive the "lion". The crowd, including the patients, were thrilled by the performance.

In her welcoming address, Puan Sri said, "We are indeed blessed to join in this meaningful celebration with more than 70 special guests from the NKF dialysis centres in the Klang Valley. We want to play a part to aid those who come to the National Kidney Foundation to seek the necessary assistance. Hence we are contributing two dialysis machines today."

The two machines were formally presented to the Foundation, and on hand to receive them was Mr. Chua Hong Wee.

With the hand-over ceremony over, she proceeded with Mr. Gerard Soosay to distribute "ang-pows" to the invited patients who together with their care-givers and the other guests were subsequently served refreshments.

NKF is greatly indebted to Puan Sri Dr. Susan Cheah and the Sunway Group for the profound assistance of the Group and for helping to bring joy to brighten the lives of our patients.

The machines had been placed in Pusat Dialisis NKF – Rotary Damansara (Batu Caves, Selangor) and Pusat Dialisis NKF – Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru).



Basic Counselling Workshop



On 18 and 19 February 2017, a Basic Counselling Workshop was held at the NKF Training Centre in Petaling Jaya, Selangor. The objectives of this workshop were to inculcate the basic counselling and helping skills to the trainees so that they can apply effective counselling and communication skills to improve patient care, establish a trusting therapeutic relationship with the patients and practise effective communication skills with them.

Basic Counselling Skills include attending skills, listening skills, empathizing, reflecting feelings and content using paraphrasing and summarising, responding skills, questioning, probing and leading, all of which are crucial when communicating with patients and also with colleagues.

This training was attended by 25 participants who came from all over Peninsular Malaysia. The participants who were mainly staff nurses, medical assistants as well as dialysis centre managers, joined the training with the hope to gather as much knowledge as possible to improve their work quality in patient care.

A highly professional and experienced team of trainers conducted the workshop, which consisted of the following members:

1. Mr. Loo Leong Heng, a Registered & Licensed Counsellor
2. Mr. Ng Haw Kuen, a Registered & Licensed Counsellor
3. Pn. Nuraihan Muhd Noordin, a Lecturer in Psychology & Counselling at Management & Science University
4. Mr. Mohd Ashmirullah Wan Abdullah, a Registered & Licensed Counsellor, and a Lecturer in the School of Education & Social Sciences at Management & Science University

Participants valued the knowledge they gained from this training and felt that it fitted their needs. The workshop was customised for the needs of those working with patients having kidney related illnesses. Almost all of the participants rated this workshop as excellent. They thought that this workshop had equipped them with new skills which could be applied in a range of challenging environments. They liked the trainers' way of interaction and also the group projects. Overall, the Basic Counselling workshop was a success.

Fats – What You Need To Know

by Ms. Kher Pui Ling, NKF Dietitian

Fats are one of the major nutrients that supply the body with energy. However, not all fats are good. A certain amount of fat is an essential part of a healthy balanced diet. We need fat for our nerves, brain and skin cells to protect vital organs in the body and to help to control our body temperature. In cooking, fat also plays roles in adding taste and texture to food. However, the body needs only a small amount of fat, and taking too much of fats or the less healthy types is detrimental to our health. There are four types of fats in food:

Less Healthy Fats

Increase “bad” cholesterol levels in blood

Saturated Fat

- Solid at room or refrigerator temperature
- Is found in greatest amounts in food from animals (whole-milk dairy products, fatty cuts of meat, poultry with skin, lard)
- Is also found in some vegetable oils such as coconut oil

Trans Fat

- Is more harmful than saturated fat because it raises “bad cholesterol”, lowers “good” cholesterol and increases triglycerides levels that are not good to the heart health.
- Is found mainly in all foods made with shortenings or hard margarines.

HEALTHY FATS

Reduce risk of heart disease and stroke by lowering “bad” cholesterol levels in blood

Monounsaturated & Polyunsaturated fats

- Are usually liquid at room or refrigerator temperature.
- Mostly are found in vegetable oils, nuts and fatty fish.

Smart Ways to Reduce the Unhealthy Fats

Instead of	Replace with
Beef (Chunk, rib, brisket)	Beef (round, loin, and trimmed of fat)
Chicken	Chicken without skin, trimmed fat
Prawn	Prawn with head removed
Meats	Lean cuts

Ice cream	Sorbet, sherbet, fat-free frozen yogurt, fresh fruits
Full cream milk	Low fat or skimmed milk, soy milk products
Egg	Remove egg yolk
Coconut oil, lard	Sunflower oil, olive oil, peanut oil, blended oil, canola oil
Butter, hard margarine	Soft margarine
Oily flavoured rice (Nasi Briyani, Nasi Arab)	Steamed rice
Roti canai, roti telur, murtabak	Chappati, to sai, idli
Cream soups	Clear vegetable soups

Read the label for Fat: Learn the label language

Phrase	What it Means
For Fats, Cholesterol	
Fat free	0.15 g per 100 g (or 100 ml)
Low fat	3 g per 100 g (or 100 ml)
Low saturated fat	1.5 g per 100 g or 0.75 per 100 ml
Low cholesterol	20 mg per 100 g or 10 mg per 100 ml
For Calories	
Calories free	4 kcal per 100 g (or 100 ml)
Low calorie	40 kcal per 100 g or 20 kcal per 100 ml

Source: Guide to Nutrition Labelling and Claims (2010), MOH

Healthy Cooking Methods



Stir-Frying



Grilling



Boiling



Baking



Steaming

NKF & Besraya (M) Sdn Bhd Promoted Awareness Of Organ Donation

On 16 February 2017, NKF together with Besraya (M) Sdn Bhd teamed up to spread information on organ donation to members of the public especially drivers and their passengers making payments at the Loke Yew toll booths.

Pamphlets compiled by the NKF Public Education Department on information and statistics regarding organ donation were distributed by toll booth operators and staff of NKF to vehicles passing through the booths.

Puan Maznifah Binti Fatah, the NKF Public Education Department Head was overseeing the campaign, which included free health screening, health exhibition, health talks and cooking demonstrations on healthy meals.



As to the campaign she said, “Kidney failure patients in the country have to wait five to ten years before they can have an organ transplant principally because only one per cent of the country’s 30 million people have pledged to donate their organs”.

She added, “ Owing to the lack of public awareness on the importance of organ donation to help those in need, NKF is organising the drive to educate the public on this matter.”

NKF is very grateful to and thanks Besraya (M) Sdn Bhd for its show of support for the organ donation campaign.

“Let’s Hydrate Your Kidneys” Campaign

“Let’s Hydrate Your Kidneys” campaign was organised by the NKF Public Education Department on 5 & 6 November 2016 at the IOI Mall in Puchong with the dual objectives of:-

- i) creating awareness of early detection of kidney diseases and their prevention; and
- ii) bringing about the consciousness of the public together with educating them on the importance of drinking sufficient amounts of water



About 500 members of the public participated in the campaign in which a host of activities was held.

For early detection of kidney diseases, a NKF LifeCheck Health Screening Team was there to carry out health checks on diabetes and hypertension which are principally the precursors to kidney diseases. As a consequence of the LifeCheck Team’s work,

135 persons had their health screened on the first day of the campaign. With more people knowing of the availability of the screening services, and with 6 November 2016 being a Sunday, more persons had their health screened. At the end of the campaign total of 288 people had their health checked.

To complement the health screening, cooking demonstrations were held on the 2 days by Cik Syazwani Sahruman and Puan Nur Anis Megat Sidek. Cik Syazwani Sahruman demonstrated the preparation of banana oat waffle and coconut lemon lychee, while Puan Nur Anis Megat Sidek showed how to cook chappati banana chocolate and make salad and water melon juice.

In bringing a pervasive participation amongst the crowd at the mall, the campaign too included a colouring contest for children between the ages of 4 & 7 with five prizes to be won. 26 children took part with the winners securing the prizes being:-

Nur Aina Zahar 1st prize of RM150;
Shivendra Shanger 2nd prize of RM120;
Wan Arman Miqhail 3rd prize of RM100;
Mahaadev Shanger 4th prize of RM80; and
Putra Indra 5th prize of RM50

To round up the campaign, Red Crescent First Aid and cardiopulmonary resuscitation (CPR) demonstrations were conducted by Mr. Govinda Ram Prem Rajiv Muniandy and games were held.



Health Screening At Masjid Batu, Kota Bharu, Kelantan



On 14 January 2017, the Eastern Team of the NKF LifeCheck Mobile Health Screening, based in Kota Bharu, carried out for the first time the health screening on board the new bus stationed there.

The team was led by Cik Irfah Binti Mat and carried out the screening at Masjid Batu 8, Jalan Kuala Kerai with the assistance of Ustaz Mohd Lokman who acted as the go in-between the team and the mosque. Prior to the arrival of the team, the co-ordinator was busily engaged in spreading news of the impending health screening to the public in and around the vicinity of the mosque. In addition, he arranged for chairs and tables for the team and people coming for the screening and ensured that bathroom and toilet facilities were made accessible to these people.

Commencing the screening at 10 o’clock in the morning, the team carried readings and tests to detect blood pressure, diabetes and likelihood of strokes, heart and kidney diseases. To end the series of tests and readings, those who had done their screenings were counselled as to what they would have to do to prevent or control hypertension, diabetes, kidney and heart ailments. In severe cases in relation to these ailments, the affected individuals were urged to go to hospitals and clinics for further medical check-ups.

Following the end of the screening at 4 p.m. the team returned to its office in Kota Bharu with the result that 113 persons had their health checked.



NKF Health Screening At Hospital Sultan Haji Ahmad Shah, Temerloh



On 9 November 2016, Champion Team from the NKF Public Education Department started at the wee hours of the morning for Temerloh, Pahang. The team went there to carry out health screening at the invitation of Hospital Sultan Haji Ahmad Shah, Temerloh in conjunction with the 2016 World Diabetes Day.

Co-ordinating the screening was Encik Sabri Bin Awang of the hospital who provided the necessary publicity to get the public to attend the health check. In addition, he also made arrangements for the facilities to host the health screening team in its work.

On reaching the hospital grounds, the team comprising 7 members led by Cik Nur Farheen Binti Mat Sahari commenced screening which covered:-

- i) blood pressure reading to indicate risks for stroke, heart and kidney diseases;
- ii) urine test to screen for glucose, protein and blood for diabetes and kidney diseases;
- iii) blood glucose test to detect the risks of diabetes;
- iv) body mass index/waist circumference reading to assess the risk of heart and blood vessel diseases and other related diseases; and
- iv) counselling to advise on reducing the risk for diabetes, heart and kidney diseases.

As it was a day trip for the team, it stopped the screening at 1 p.m. and headed back to Petaling Jaya with the result that 112 persons had their health checked.



Health Screening At Sri Maha Mariamman Temple at Rasah Jaya, Seremban

At the invitation of the committee at Sri Maha Mariamman Temple at Rasah Jaya in Seremban, Negeri Sembilan, Champion Team of NKF Public Education Department departed in the early morning for the place on 12 November 2016.



Mr. Bargavan A/L Madhavan from the temple acted as the link man between the worship place and the team by promoting the availability of the health check services to the residents and those working in and around the vicinity. Furthermore, he had to arrange for the facilities to make it possible for the team to set up the screening equipment and carry out the health screening.

The health check team was led by Cik Nur Faraheen Binti Mat Sahari and arrived to begin health screening at 8 a.m. until 1 p.m. The checks covering readings and tests for blood pressure, diabetes, risks of stroke, heart and kidney diseases were rounded up by counselling. Those found to have a greater likelihood of getting hypertension, diabetes, strokes, heart disease and kidney ailments were advised to seek further examination at government or private medical facilities

At the end of the screening, the team returned to Petaling Jaya after having checked the health of 105 persons.



Spring Cleaning At Pusat Dialisis NKF - Fo Yi (Unit II) (Penang)



At the commencement of the new year for 2017, staff at Pusat Dialisis NKF - Fo Yi (Unit II) (Penang) in turning over a new leaf for the year went on a cleaning spree on Saturday, 7 January 2017. They were led enthusiastically by their manager, Sister Wong Loy Sin.



Following the end of cleaning and ensuring that everything was freed of dampness, decorations were put up in preparation for the coming Lunar New Year to usher the year of the rooster.



For all their hard work, the staff were rewarded with a hearty meal which was sponsored by Magnum Corporation Bhd.

NKF is very proud that the staff conscientiously had gone the extra mile to make the centre a more hygienic and cleaner place for not only to provide a good atmosphere to work in, but also to provide a clean environment for the patients.



NKF Of Malaysia Won The First Prize At The 2016 Annual Meeting Of International Federation of Kidney Foundation Held In Malta



At the 2016 International Federation of Kidney Foundation Annual Meeting held on 28-29 October 2016 at the Intercontinental Malta Hotel in Malta, NKF of Malaysia won the first prize for the Best World Kidney Day Activities for that year.

The award was in conjunction with the commemoration of the 2016 World Kidney Day (WKD), which like WKD in past years, was celebrated across the globe to promote awareness of kidney diseases.

For the 2016 WKD festivity, NKF of Malaysia together with other organisations such as the Ministry of Health (MoH) Malaysia and Malaysia Society of Nephrology carried out a myriad of activities in the majority of the states within the country on an approach focused on fun and creativity.

Amongst the activities were walkathons, health screenings, health talks, aerobic exercises, cooking contests, colouring contests and poster exhibitions.

On hand to receive the award in the form of a certificate on behalf of NKF of Malaysia was Mr. Chua Hong Wee, the CEO.

NKF is truly honoured to have received such an award, and is really thankful for the hard work and dedication put up by the staff of not only the Foundation, but, also the other organisations in Malaysia.

The Lion Group Medical Assistance Fund Donated 2 Dialysis Machines To NKF



On 14 December 2016, Puan Sri Datin Coleen Herbert, the Chairperson of Lion Group Medical Assistance Fund (LGMAF) presented 2 dialysis machines to Mr. Chua Hong Wee, the NKF CEO during a hand-over ceremony at the premises of Pusat Dialisis NKF - Charis (Cheras).

The machines with a total value of RM84,400 were presented by LGMAF under the Lion Group of Companies in commemoration of LGMAF's 21st Anniversary.

In her speech, Puan Sri Datin Coleen said, "LGMAF's relationship with NKF went as far back as 1996. To-date, the Fund has donated a total of 13 dialysis machines to NKF, including today's contribution".

Mr. Chua Hong Wee in turn presented her with a certificate expressing NKF's appreciation for the gift of the machines by LGMAF.

NKF is truly thankful to LGMAF for its kind gift of the 2 machines.

The machines had been located at the centre to provide haemodialysis to poor patients.

NKF Received A Dialysis Machine From NKF Youth Ambassadors & Region 5 Selangor Leo Clubs

On 15 December 2016, NKF was presented a dialysis machine at its premises by NKF Youth Ambassadors, namely Shawn Lee and Rejuvenate Dance Crew (RJVN), and Region 5, Selangor Leo Clubs.

On hand to receive the machine on behalf of NKF was Mr. Na Lai Chun, the Foundation's Head of Project Department.

The money for the machine was partly raised in the early part of 2017 when Lee and RJVN launched a programme known as Coolbeans. They travelled to schools and colleges in the Klang Valley, Perak, Penang, Pahang, Sabah and Sarawak. In the course of their journey, they held talks, exhibitions, concerts and showcases in addition to selling the merchandise and CDs of their performances to raise money to help the poor and unfortunate patients dialysing in the NKF centres.

At the later part of their efforts, they teamed up with the Leo Clubs in Region 5 of Selangor in holding the LEO Musical Charity Concert 3.0.

Following their overall efforts, all the parties involved raised RM50,165 for the purchase of the dialysis machine and its maintenance and operations.

NKF sincerely thanks all the parties concerned for their selfless efforts.

The machine had been placed at Pusat Dialisis NKF - Dato' Sreenevasan (Petaling Jaya).



Gift Of A Dialysis Machine By Mr. Tan Eng Hong



On 29 November 2016 at a presentation ceremony at Pusat Dialisis NKF - Tun Abdul Razak (Kuantan), Mr. Chua Hong Wee, the NKF CEO received a dialysis machine from Mr. Tan Eng Hong.

The machine with a value of RM45,000 was a donation by Mr. Tan, a resident in Kuantan who had specifically expressed a desire to have it located in the Kuantan centre.

The special and generous gift was made in memory of Mr. Tan's wife, Madam Ong Shiang Ping. It was presented with the intention of assisting the Foundation to carry on with providing dialysis treatment to needy patients at the centre.

NKF sincerely thanks Mr. Tan Eng Hong for the wonderful gift in helping to sustain the lives of the many less well to do.

NKF Received RM30,000 From The Asia Pacific Brands Foundation

On 1 March 2017, a dinner was held at The Majestic Hotel, Kuala Lumpur, by The Asia Pacific Brands Foundation to celebrate The BrandLaureate SMEs BestBrands Awards 2016.

At the dinner, NKF was one of the recipients of donations made by The Asia Pacific Brands Foundation under its Corporate Social Responsibility (CSR) programme. Mr. Chua Hong Wee, the NKF CEO, received a mock cheque for RM30,000 on behalf of the Foundation at the presentation ceremony.



NKF sincerely thanks the organising committee of The Asia Pacific Brands Foundation for selecting it to receive the money for its humanitarian work in providing subsidised haemodialysis to patients being treated at its 26 centres throughout the country.

NKF Received RM26,500 From Enchanted Choir Concert

On 11 December 2016, Mr. Albert Tiew, the Head of Enchanted Choir and Dr. Yap Jin Hin, a Universiti Malaya music instructor, presented a mock cheque for RM26,500 to NKF at the university's Experimental Theatre.

On hand to receive the cheque was Ms. Stephanie Wee, a representative of the Foundation's Fundraising Department.

The money was raised from a charity concert organized by the Enchanted Choir Group in aid of NKF.

Amongst the performances at the concert were Chinese classical and western opera songs.

NKF is much indebted to the generosity of the group for its gift.



Chuan Huat Steel Sdn Bhd Donated RM15,000 To NKF



On 22 December 2016, Dato' Patrick Lim Khoon Heng, the Managing Director of Chuan Huat Steel Sdn Bhd presented a mock cheque for RM15,000 to NKF at EZ9 LiveHouse in Kuala Lumpur.

Ms. Stephanie Wee, a representative from the Foundation's Fundraising Department received the cheque on behalf of NKF.

The money came from a Christmas charity party organized by the company for the benefit of NKF.

NKF graciously thanks Chuan Huat Steel Sdn Bhd for selecting NKF as the sole beneficiary of the event.

Symbolic Handover of Wheel Chairs By Rotary Club of Kuala Lumpur Diraja

On 16 December 2016 at a symbolic ceremony held at the premises of NKF, the Foundation's Chief Executive Officer, Mr Chua Hong Wee, received a wheel chair presented by Mr. Suren Hendry the Head of the Rotary Club of Kuala Lumpur DiRaja's Community Service.

The chair was part of the total of 14 wheel chairs and 2 walking frames donated by the Club.

NKF sincerely thanks the Rotary Club of Kuala Lumpur Diraja for its generosity and kind deeds.



NKF Received RM15,000 From Mitrajaya Charity Run 2016



On 4 December 2016, at the Mitrajaya Charity Run held at the grounds of Taman Puchong Prima, Mr. Tan Eng Piow, the Managing Director of Mitrajaya Holdings Bhd presented a mock cheque for RM15,000 to Mr. Chua Hong Wee, the CEO of NKF.

The money was part of RM48,000 the company had raised for the first time from a charity run to donate to beneficiaries, including NKF.

With the twin objective of promoting healthy living and giving back to society as part of the company's corporate social responsibility, the run comprised two categories, namely, the 3.5 and 7.5 kilometres. It attracted a participation of more than 400 people amongst whom were staff of the company and members of the public.

Apart from the run proper, the event incorporated other activities such as free health screening by the NKF mobile health screening team.

NKF sincerely thanks Mitrajaya Holdings Bhd. for the donation which would be going to sustain principally the dialysis treatment of the poor patients dialysing in its dialysis centres.

Carrier International Sdn Bhd Donated To NKF

On 9 December 2016, Mr. Olivier Caublot, the General Manager of Carrier International Sdn Bhd presented a mock cheque for RM11,250 to Mr. Chua Hong Wee, the NKF Chief Executive Officer at its office in Bandar Baru Bangi.

The money was raised via the company's "2016 Employee Engagement President's Award" under its corporate social responsibility programme.

NKF is truly appreciative of the kind support from Carrier International Sdn Bhd.



Leo Club of Sri KDU International School Raised RM6,313.80 For NKF



The Leo Club of Sri KDU International School decided to select NKF to be the beneficiary of its humanitarian project.

With this objective in mind, the club proceeded on 30 November and 1 December 2016 to raise money to assist NKF in providing dialysis treatment to poor patients at the Foundation's dialysis centres.

In line with the drive to raise the money, the club's efforts were focused on 2 lunch hours of the two days for the following activities:-

- i) Mufti Day;
- ii) Bake Sales;
- iii) Games Booths; and
- iv) Sales of Badges

To bolster the efforts of the club, Shawn Lee the NKF Youth Ambassador, pitched in with his beatboxing prowess.

NKF sincerely thanks the Leo Club and Lee for the money raised.

2016 AMSA UPM Diabetes Run Raised RM2,000 For NKF

On 20 November 2016, Mr. Ramin Apparao, the Director of the 2016 AMSA UPM Diabetes Day presented a mock cheque for RM2,000 to Ms. Stephanie Wee, a representative from the Fundraising Department of NKF at the grounds of Bangunan Pejabat TNC, Universiti Putra Malaysia (UPM).



The money was the outcome from the 2016 AMSA UPM Diabetes Day Run which was organized by Batch 2016/17 of the Medical & Health Science Faculty of UPM together with 4 other parties. These were the Asian Medical Students' Association (AMSA), Medical & Health Science Students' Association (MEHSSA), Putra Medical Club (PMC) and Student Affairs Division of UPM.

NKF is really grateful for the gift from the organisers of the run.

Parex Group Sdn. Bhd. Donated To NKF

On 4 December 2016, Parex Group Sdn Bhd handed over a mock cheque for RM5,000 to NKF.

The cheque was handed over by Encik Shaharudin Mohamed the Business Development Manager of the company to Ms. Stephanie Wee of the NKF Fundraising Department.



The money was raised by the company organising a bowling tournament to promote awareness of NKF. The tournament was held on that day at the Arl Power Bowl Alamanda Putrajaya Shopping Centre under the theme "Davco Strike It Red for Kidney Failure Patients".

With team-to-team elimination rounds, the tournament saw the participation of 16 teams, including 2 from NKF.

At the end of the tournament, the runners-up and champion were awarded the following prizes:-

- i) 2nd runner-up – RM1,000;
- ii) 1st runner-up – RM2,000; and
- iii) Champion – RM3,000

In conjunction with the prize giving ceremony, the presentation of the donation to NKF was done.

NKF is very grateful to ParexGroup Sdn Bhd for selecting NKF to be the beneficiary of its fundraising efforts under its corporate social responsibility programme.

"Splash N Run" Brought RM1,500 To NKF

On 10 December 2016 at the grounds of The University of Nottingham – Malaysia Campus, Mr. Bryan Lim, the leader of "The Splashers" presented a mock cheque with an amount of RM1,500 to Mr. Derek Foo, a representative from NKF's Fundraising Department.



The money was the result of collections made at the "Splash N Run" organized on the same day by "The Splashers", a student team under the Studies Skills Module in Foundation Engineering of The University of Nottingham – Malaysia Campus.

NKF is truly grateful to "The Splashers" for their sacrifices in making a contribution to the Foundation.

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Direct Debit Donor Programme (DDDP) October - December 2016

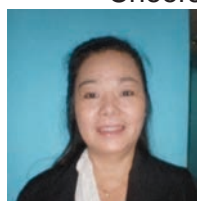
Our sincere gratitude to all DDDP donors who have supported us through this programme. Your contribution gives hope and provides our patients a second chance to live.

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 2016.

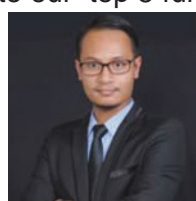
Aman Central Mall, Kedah	Hospital Tengku Ampuan Rahimah, Selangor
Ampang Park Shopping Centre, Kuala Lumpur	Hospital Tuanku Jaafar Seremban, Negeri Sembilan
Berjaya Megamall Kuantan, Pahang	Jelas Puri Sdn Bhd, Selangor
BNBC Advertising Sdn Bhd, Selangor	Johor Premium Outlets, Johor
Cherama Hill SimeDarby, Negeri Sembilan	Kluang Mall, Johor
Cheras Sentral, Kuala Lumpur	KPJ Rawang Specialist, Selangor
City One Plaza, Kuala Lumpur	KPJ Seremban Specialist Hospital, Negeri Sembilan
Desa Park City, Kuala Lumpur	Menara Bumiputra, Kuala Lumpur
DPulze Shopping Centre, Selangor	Metro Specialist Hospital, Kedah
GM Klang, Selangor	MiCare Sdn Bhd, Selangor
Hospital Pulau Pinang, Penang	Midpoint Shopping Complex, Kuala Lumpur
Hospital Queen Elizabeth, Sabah	Park City Medical Centre, Kuala Lumpur
Hospital Raja Perempuan Zainab II, Kelantan	Real Estate & Housing Developers' Association (REHDA), Selangor
Hospital Selayang, Selangor	Sultan Azlan Shah Airport, Ipoh, Perak
Hospital Sri Manjung, Perak	Sunway Medical Centre, Selangor
Hospital Sultan Abdul Halim, Kedah	Sunway Shopping Centre, Selangor
Hospital Sultan Haji Ahmad Shah, Pahang	Suria Sabah, Sabah
Hospital Sultan Ismail, Johor	The Curve, Selangor
Hospital Sultanah Nur Zahirah, Terengganu	Wisma Tune, Wilayah Persekutuan
Hospital Sungai Buloh, Selangor	
Hospital Teluk Intan, Perak	

NKF's TOP 5 FUNDRAISERS

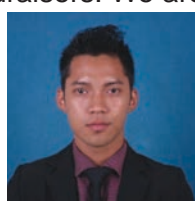
Cheers to our top 5 fundraisers. We are proud to present to you



Chan Kam Moon



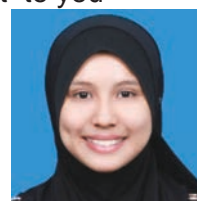
Abdul Rahman
Bin Nordin



Muhamad Firdaus
Bin Mohd Afandi



Emei Syaira
Binti Mohd Yusuff



Ainun Mardhiah
Binti Azaman

NKF is pleased to announce our Top 5 fundraisers for the 4th Quarter of 2016. 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 PPM-002-10-12021969

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

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