

SHARE

The National Kidney Foundation of Malaysia (NKF) No. 70, Jalan 14/29, 46100 Petaling Jaya, Selangor.
Tel: 03-7954 9048, Fax: 03-79577328 / 79540535, Email: info@nkf.org.my

NKF NEWSLETTER 2007 Issue 2
Permit no.: PP 9314/8/2007

Website: www.nkf.org.my • **Hotline:** 1-300-88-3110



Exhibition



Walkathon



Health Screening



Children's Art Competition

World Kidney Day Highlights



NKF Nationwide Health Screening Reveals More At Risk Of Chronic Kidney Disease (CKD)

In view of the rapidly rising incidence of kidney disease in Malaysia with 2,500 new patients on dialysis annually, NKF initiated a nationwide health screening campaign in February 2006 at all NKF dialysis centres to encourage members of the public to test for diabetes, hypertension and kidney disease. Thus, the campaign aimed primarily at the early detection and prevention of kidney disease had attracted 5,210 members of the public, who were screened up to April 2007.

As many were counselled, the nationwide health screening campaign did reveal the lack of awareness among members of the public on the importance of early detection and prevention as many did not know diabetes and hypertension could lead to kidney damage in the long run if their blood pressure and blood sugar were not well controlled. As part of the health screening campaign conducted monthly, those who had traces of protein in their urine and tested positive for diabetes or hypertension were then referred to their general practitioners or nearest hospital for follow-up.

The health screening campaign shed some light on the number of Malaysians with kidney problems, diabetes or hypertension. Out of the 5,210 who were screened, 56% were Chinese, 27% were Malays and 14% were Indians. In terms of gender, 54% were females and 44% were males. Also, 46% were in the age group of 50 years and above.

For those with a medical history during the screening, 21% had hypertension and 13% had diabetes. 11% of those screened were smokers. Overall, through the screening programme, 33% were detected with hypertension, 15% had diabetes and 24% had traces of protein in their urine.

For those with no history of medical problems, 1,492 revealed abnormal results. Of this, 52% had hypertension, 18% had diabetes and 43% with traces of protein in their urine.

Thus, based on the findings of those with no history of medical problems, close to 30% were not aware that they could have kidney problems, diabetes or hypertension. Early detection would enable them to take the necessary action to arrest the decline in their health.

These findings are a wake-up call to the Malaysian public, some of whom have been complacent about their health, on the need for early detection as a preventive measure rather than a late diagnosis, which could have serious consequences.



▲ Members of public registering for the Health Screening to get their blood pressure, blood sugar and urine checked.

SCREENING is vital for early detection and prevention of kidney disease!

Screening is important, if you have:

- Diabetes
- High blood pressure
- Obesity
- Family history of kidney disease, diabetes or high blood pressure
- Kidney stones
- or
- Above 50 years old



▲ Members of public discussing their Health Screening results with NKF staff during the counselling session.

Chief Executive Officer
Mr. Goh Seng Chuan

Medical Programme Manager
Dr. K. Sivashanker

Fundraising Director
Ms. Shirley Koh

Public Education & Communications Manager
Ms. Sharleen Lee

Finance & Administration Manager
Mr. Clement Wee

Welfare Manager
Ms. Mah Ah Noye

Senior Dialysis Manager
Mr. Na Lai Chun

Dialysis Manager
Mr. Tan Chor Seong

Acting Head Tutor
Sr. Cecilia Lee

Internal Auditor
Mr. Prabakaran Mukundan

EDITORIAL COMMITTEE
Chief Editor
Dr. Lim Yam Ngo

Ex-officio
Mr. Goh Seng Chuan

COMMITTEE MEMBERS
Dr. Tan Chwee Choon
Dr. Sunita Bavanandan
Dr. K. Sivashanker
Ms. Shirley Koh
Ms. Sharleen Lee
Ms. Mah Ah Noye
Mr. Na Lai Chun
Ms. Dharshini Ganeson



Honorary Secretary's Message

Health is Wealth

Today health has become an important issue for everyone, from governments battling with an ever-increasing health budget to ordinary people looking for health information in the print media and Internet. In our youth we tend to ignore personal health and assume that "all is well" until an illness comes knocking on our door. We are preoccupied with pursuing activities that increase our net worth in terms of financial and materialistic gains. We are frequently confronted with financial advice, telling us about good investment and business opportunities to maximize our returns. However, it is important to realize that all is lost when oneself or a loved one is afflicted with a chronic illness. The cost of a chronic illness is enormous both for the patient and the caregiver. In many a situation life long savings are wiped out trying to pay for the cost of health care.

We need to put our personal health as a priority and start "investing" early in our health. Simple measures like dietary changes, doing regular exercise, stop smoking, alcohol avoidance or minimization and avoiding a sedentary lifestyle can go a long way in the betterment of our general health. We should also be aware of our family medical history as many diseases are known to have a genetic component and are only waiting to be "switched on" in a suitable environment. Regular visits to your family doctor for medical check-ups will pick up diseases in their early stages before they have clinical manifestations. Lifestyle illnesses like diabetes, hypertension and obesity start early in our lives though their long-term complications like heart attacks, strokes and kidney failure only appear after many years.

At the National Kidney Foundation of Malaysia, we are very concerned about the growing number of patients with kidney disease. Chronic Kidney Disease is becoming a major health problem amongst Malaysians. There are currently about 15,000 patients with severe chronic kidney disease undergoing a life sustaining treatment called dialysis. Though commonly known as End Stage Kidney Failure, there is an average increase of 10-15% in the number of new cases diagnosed every year. It is estimated that for every one person with severe chronic kidney disease, there will be about 500 people with varying degrees of chronic kidney disease ranging between mild disease to severe disease but not yet requiring dialysis. This is indeed worrying as the majority of them are unaware of their life threatening ailment.

Earlier stages of most diseases can be detected through routine medical check-ups and tests including blood and urine tests. These should be done on a yearly basis with your family doctor who is the best person to advise on your personal health. Its time to re-look at our investment strategy and make health our number one priority.

Dr. Thiruventhiran
Honorary Secretary, Board of Managers,
NKF Malaysia

Directory of 20 NKF Dialysis Centres

Tuanku Syed Putra – NKF Dialysis Centre, Kangar, Tel:04-9777411 • Lions Club – NKF Dialysis Centre, Alor Star, Tel:04-7352190 • Superkids Trinity – NKF Dialysis Centre, Alor Star, Tel:04-7340215 • FoYi – NKF Dialysis Centre (Unit 1), Penang, Tel:04-2824952 • FoYi – NKF Dialysis Centre (Unit 2), Penang, Tel:04-2825367 • Moral Uplifting Society - NKF Dialysis Centre, Ipoh, Tel:05-3215921 • Moral Uplifting Society - NKF Dialysis Centre, Taiping, Tel:05-8041633 • NKF Dialysis Centre Jalan Hang Lekiu, Kuala Lumpur, Tel:03-20312437 • Rotary Club Damansara – NKF Dialysis Centre, Kepong, Tel:03-62517460 • Nanyang – NKF Dialysis Centre, Setapak, Tel:03-40217704 • Charis – NKF Dialysis Centre, Cheras, Tel:03-91328193 • Berjaya – NKF Dialysis Centre, Petaling Jaya, Tel:03-79549048 • Ping Rong – NKF Dialysis Centre, Petaling Jaya, Tel:03-78802103 • Bakti – NKF Dialysis Centre, Klang, Tel:03-33239424 • Apex Club – NKF Dialysis Centre, Klang, Tel:03-33418009 • Che Luan Khor - NKF Dialysis Centre, Kluang, Tel:07-7765313 • Family Development Foundation - NKF Dialysis Centre, Johor Bahru, Tel:07-3866164 • NKF Dialysis Centre, Kota Bharu, Tel:09-7475834 • Terengganu – NKF Dialysis Centre, K. Terengganu, Tel:09-6249423 • KAS/Rotary - NKF Dialysis Centre, Kuching, Tel:082-240927

World Kidney Day - "Are Your Kidneys OK?"

When Chong Siew Chin, 35, found out that both her kidneys were failing and she had to face the prospect of being on dialysis for the rest of her life, it came as an utter shock to her. Having had a clean bill of health for most of her life, she could not understand how her kidneys had failed when she had not experienced any symptoms earlier.

This is the dilemma faced by some 15,000 Malaysian dialysis patients due to end stage kidney disease. These 15,000 Malaysians join the more than 500 million people worldwide or about one in ten adults, who have some form of kidney damage. As a result of these alarming statistics, the success of the inaugural World Kidney Day last year prompted the declaration of the 2nd World Kidney Day 2007 on 8th March this year.

Malaysia joined hands with the hundreds of thousands of healthcare professionals, kidney patients, their families and friends in more than 40 countries to participate in World Kidney Day 2007. The theme for this year, "Kidney Disease is Common, Harmful but Treatable – Are Your Kidneys OK?" provides a wake-up call to those who have taken for granted the general good health of their kidneys to ensure this is maintained and to provide moral support to those who have been diagnosed with some form of kidney disease, that it is treatable.

For this year's World Kidney Day, a successful collaboration between NKF, the Malaysian Society of Nephrology and the Ministry of Health resulted in a host of activities, an official launch in Penang by the Health

Ministry Parliamentary Secretary, YB Datuk Lee Kah Choon, who expressed his concern on the rising cost of treating kidney disease in the country, with an estimated RM200 million to be spent on treating the disease. The rising number of patients with kidney failure is worrying.

The other activity, a World Kidney Day Walkathon on 10th March, organised in the heart of Kuala Lumpur at Taman Tasik Titiwangsa, with 400 participants, both dialysis patients, their families and hospitals staff, attracted not only the attention of the media but also early morning joggers and tai-chi exponents, regular users of the park on Sunday mornings. To add to the excitement of the morning, The Datuk Bandar of Kuala Lumpur, YB Dato' Abdul Hakim bin Borhan, officiated at the opening and won the hearts of the crowd with his inspiring speech on the importance of diet and exercise for overall good kidney health.

With prizes awarded in the various categories, the patients, their families and staff of Hospital Kuala Lumpur, felt that it had been a memorable day for all with a fun workout. Dr. Tan Chwee Choon, President of the Malaysian Society of Nephrology and Vice-Chairman of Board of Managers, NKF, felt more could be done to slow or reduce the progression of chronic kidney disease if corrective treatment is started early. "Since there are no obvious symptoms in the early stages, many people are not even aware they have kidney problems," said Dr. Tan. According to Dr. Tan, the number of patients with chronic kidney disease in Malaysia is unknown. The present numbers relate to those with end stage kidney disease who are on dialysis.



The second series of activities for World Kidney Day, i.e. Exhibition, Health Screening & Children's Art Competition was held at Berjaya Times Square, Kuala Lumpur on Sunday, 11th March. It attracted more than 500 shoppers, many of whom had heard of the activities over radio or read about it in the newspapers. The activities, officially launched by Dr. E.G. Palaniyappan, representing the Deputy Minister of Health, said the time had come for members of the public to take responsibility for their health needs,

▲ VIPs attending WKD Walkathon (L to R) Goh Seng Chuan, Tan Sri Sabarudin Chik, Dr. Tan Chwee Choon, Datuk Bandar Kuala Lumpur, Dr. Zaininah, Dato' Dr. Zaki Morad, Dr. S.S. Gill

especially in relation to their kidneys as the medical bill for subsidising the cost of dialysis was becoming too large for the government and public awareness was the key.



▲ Consultant Nephrologists providing counselling to members of the public at the health screening.

More than 400 members of the public were screened for diabetes, high blood pressure and kidney disease at the health screening. The art competition, eagerly anticipated by more than 40 children proved a hit as Consultant Nephrologist, Dr. Chow educated the children with a Q&A session on kidneys and their functions.

World Kidney Day 2008 will be held on 13th March 2008 and we urge the public to join hands with us, healthcare providers, patients and their families to spread the word about World Kidney Day.



▲ Dr. Chow educating children participating in the art competition on the role of kidneys.

With prizes won for two categories, 4-7 and 8-12 years, the children went home with goody bags and memories of an afternoon well-spent and for some a lucky handshake with the Marrybrown mascot, Chipmunk.

With many hospitals around the country organising their own activities and forums, World Kidney Day 2007 succeeded in raising the awareness level of members of the public through the many articles published in the newspapers as well as coverage by radio stations and TV.

Goh Seng Chuan, CEO of National Kidney Foundation of Malaysia, stressed the importance of early detection and prevention of kidney disease. NKF does it through public education by conducting public forums, exhibitions, health screening and counselling etc. In 2006, NKF conducted 74 public forums and exhibitions throughout the country by working with corporate organizations, clubs, community centres, universities/colleges, hospitals and other NGOs to carry out these activities.

Announcement

5TH NKF ANNUAL DIALYSIS MEETING

Theme : CLINICAL PRACTICE GUIDELINES IN DIALYSIS

Date : 3rd – 4th November 2007

Venue : Istana Hotel Kuala Lumpur

Doctors, nurses and paramedics are invited to participate in the 5th NKF Annual Dialysis Meeting to be held in Kuala Lumpur. This national level meeting is targeting 400 delegates and the lectures will be delivered by an expert panel of speakers on various topics with the aim to improve the quality of life of dialysis patients. Please contact Zai or Ying at 03-7954 9048 for further information.

Penyakit Buah Pinggang sering Berlaku, Memudaratkan tetapi boleh Dirawat. Adakah buah pinggang anda SIHAT?

Anda boleh menilai status kesihatan buah pinggang anda dengan menjawab soalan-soalan mudah seperti berikut. Kongsilah bersama ahli keluarga anda.

Adakah anda menghidap diabetes? ☐ Ya ☐ Tidak

Adakah anda mempunyai tekanan darah tinggi? ☐ Ya ☐ Tidak

Adakah ahli keluarga anda mempunyai sejarah diabetes, tekanan darah tinggi atau penyakit buah pinggang? ☐ Ya ☐ Tidak

Adakah anda mempunyai berat badan berlebihan? ☐ Ya ☐ Tidak

Adakah anda berumur lebih 50 tahun? ☐ Ya ☐ Tidak

Pernakah anda mengalami penyakit batu karang? ☐ Ya ☐ Tidak

Adakah anda mengalami gejala-gejala berikut?

- Letih, lemah ☐ Ya ☐ Tidak

- Mata bengkak ☐ Ya ☐ Tidak

- Sukar untuk kencing, kencing yang menyakitkan ☐ Ya ☐ Tidak

- Muka, tangan, abdomen, buku lali dan kaki yang bengkak ☐ Ya ☐ Tidak

- Kencing berbuih ☐ Ya ☐ Tidak

- Kehausan bertambah ☐ Ya ☐ Tidak

- Kencing berwarna merah jambu, gelap (darah dalam air kencing) ☐ Ya ☐ Tidak

- Kerap kencing (terutama waktu malam) ☐ Ya ☐ Tidak

Jika jawapan anda ialah ya kepada mana-mana soalan-soalan di atas, sila rujuk kepada doktor anda untuk pemeriksaan tekanan darah, gula dalam darah dan protein dalam air kencing atau hubungi NKF di talian 1300-88-3110 untuk keterangan lanjut. Jika anda menghidapi penyakit diabetes atau tekanan darah tinggi, pastikan kandungan gula dalam darah atau tekanan darah anda dikawal dengan baik.

腎臟病是普遍，有害，但可治療。您的腎臟 OK 嗎？

您可以通過回答以下簡單的問題來幫助自己評估您腎臟的健康狀態。幫助您的家庭成員也做同樣的評估。

您有患上糖尿病嗎？ ☐ 有 ☐ 沒有

您有患上高血壓嗎？ ☐ 有 ☐ 沒有

您有近親患上高血壓或糖尿病或腎臟病嗎？ ☐ 有 ☐ 沒有

您是否超重？ ☐ 是 ☐ 不是

您是否超過 50 歲？ ☐ 是 ☐ 不是

您是否曾經患有腎結石？ ☐ 是 ☐ 不是

您有沒有以下的任何症狀？

- 疲勞，衰弱 ☐ 有 ☐ 沒有

- 眼睛浮腫 ☐ 有 ☐ 沒有

- 排尿困難，疼痛 ☐ 有 ☐ 沒有

- 臉部，手，腹部，腳腕，腳水腫 ☐ 有 ☐ 沒有

- 尿液有泡沫 ☐ 有 ☐ 沒有

- 經常性口渴 ☐ 有 ☐ 沒有

- 桃紅色，暗色的尿 (尿中有血) ☐ 有 ☐ 沒有

- 頻尿 (特別是在晚上) ☐ 有 ☐ 沒有

如果你對上述問題的任何一個答案是“有”或“是”的話，請向您的家庭醫生查詢以做簡單的血壓、血糖和尿液蛋白質檢查或聯絡馬來西亞腎臟基金會熱線 1300-88-3110。如果您患有糖尿病或高血壓，請確保您的血糖或血壓得到很好的控制。

NKF Best Service & Long Service Awards

For the second year running, NKF, in recognition of the need to promote continuous service awareness and centre efficiency at all its 19 dialysis centres nationwide, awarded the 2006 Best Service Award to the Bakti-NKF Dialysis Centre, Klang headed by Sister Meenachee Achutan Nair.

The award, in the form of a Challenge Trophy and a cash sum of RM1,000 was presented to Sister Meenachee by Dato' Dr. Zaki Morad Bin Mohd Zaher, Vice-Chairman of Board of Managers, to be shared among the staff of the centre.

NKF also recognised the loyalty of 9 of its staff by presenting watches as a token of appreciation for their 10 years of service at the Staff Get-Together Celebration held at the Crystal Crown Hotel in Petaling Jaya on 1st April 2007.

- Chee Gaik Tee, Staff Nurse: Terengganu - NKF DC
- Ang Bee Moy, Staff Nurse: Lions Club - NKF DC
- Nuratul Rahmah Bte Amad, Dialysis Assistant: Tuanku Syed Putra - NKF DC
- Jamilah Bte Endot, Staff Nurse: NKF DC Hang Lekiu
- Norsimah Bte Abdul Karim, Dialysis Assistant: NKF DC Hang Lekiu
- Emmie Noor Salmie Bte Ahmad, Dialysis Assistant: Lions Club - NKF DC
- Punchakalyani d/o Subbiah, Sister: Charis - NKF DC
- Irene Lim, Finance & Admin Assistant: Finance & Admin Dept
- Sarinah Bte Mat Yusof, Project Executive: Fundraising Dept

* DC - Dialysis Centre



▲ Staff working for more than 10 years being recognised for their loyalty with the Long Service Award, posed with (L to R) Dato' Dr. Zaki Morad and Goh Seng Chuan.



▲ Sr. Meenachee posing with staff of Bakti-NKF Dialysis Centre, Klang, recipients of the Best Service Award for 2006 and (L to R) Goh Seng Chuan, Dato' Dr. Zaki Morad and Dato' Syed Sidi Idid.

Official Opening Of NKF'S 20TH Dialysis Centre Fo Yi – NKF Dialysis Centre (Unit 2)



◀ The Ribbon Cutting Ceremony at the Official Opening in appreciation of the various donors who contributed to the Fo Yi-NKF Dialysis Centre (Unit 2).

It was indeed a day of festivity at the official opening ceremony of Fo Yi-NKF Dialysis Centre (Unit 2) at 29, Jalan Hamilton, Penang, on 20th April 2007. The event was even more memorable for the dialysis patients and members of the public as YB Datuk Lee Kah Choon, Parliamentary Health Secretary represented YB Tan Sri Dr. Koh Tsu Khoo, Chief Minister of Penang in officiating the opening ceremony.

In his speech, YB Datuk Lee Kah Choon addressed the large crowd and thanked the Fo Yi Committee for so promptly responding to the needs of the community and he pointed out that the official opening also coincided with the 10th Anniversary of the founding of Penang Fo Yi Haemodialysis Society. The government was also

working hard to improve the lives of dialysis patients by encouraging organ donations, not only of the kidneys but all parts of the body.

The Fo Yi Dialysis Centre (Unit 1), established in 1997, started off with 5 machines ten years ago and today looks after the needs of 61 dialysis patients with 18 machines. In his welcome speech, Mah Nai Hock, Committee Chairman, Fo Yi-NKF Dialysis Centre (Unit 2) thanked members of the public for their kind donations and said without their generosity; Fo Yi-NKF Dialysis Centre (Unit 2) would not have been established.

Mah said the main reason for the setting up of the Unit 2 was to accommodate the growing number of dialysis patients on the waiting list and the result was the purchase of a spacious bungalow. It would eventually reduce the financial burden of those on the waiting list.

On 1st July 2002, the National Kidney Foundation of Malaysia, as a leading NGO with its vast expertise and experience in the management of dialysis centres was invited to professionally manage the daily operations of the centre. This successful partnership continues till today and NKF will continue to provide quality dialysis care.

TO MAKE A DONATION (Donations of RM10 and above are tax-exempt)

Cash/Cheque/Credit card :- Go to www.nkf.org.my to download donation form.
 Deposit :- Please forward the deposit slip together with your personal details (full name, address and contact info)
MBB account no. 014011450041 or AmBank account no. 2342012001232
 Online :- www.maybank2u.com.my or www.ambg.com.my

FUNDRAISING DEPT - GET IN TOUCH WITH US (For enquires and fundraising projects)
 (T) 03-7954 9048, (F) 03-7954 0535, (E) fundraising@nkf.org.my

Parent & Child Look-Alike Competition



Ever wondered how much alike you are with another member of your family? Find out if you share more than just DNA and looks....

The Parent & Child Look-Alike Competition organised by NKF is open to all parents and their children (only 2 participants per entry / team). Participants can be either father & son/daughter or mother & daughter/son of all ages. Participants must be Malaysian citizens or permanent residents.

Date 8 July 2007 (Sun) • Time 10.00 am

Venue • South City Plaza (Concourse Area)
 Persiaran Serdang Perdana, Taman
 Serdang Perdana, Seksyen 1,
 43300 Seri Kembangan Selangor



Registration Fee is RM30.00 per team / entry. All entries must be submitted together with photograph(s) of the participants. Closing date for registration is 1 June 2007 (Fri).

Visit the NKF website (Fundraising Upcoming Activities) for entry forms or request from NKF Fundraising Dept (Janice Chai).

Spare A Change, Save A Life



In 2006, RM40,804.81 was raised through the generosity of the Malaysian public who dropped their cash donations into NKF donation boxes at 85 locations nationwide.

NKF proudly welcomes Bintang Retail Industries (Taman Cheras Utama and Bangi Utama Shopping Centre), UO Superstores (Galaxy Ampang Shopping Complex) and 13 Health Lane Family Pharmacy outlets into the project this year.

'Jahit Sayang' Charity Sewing/Handicraft Course

In conjunction with Masih Ada Yang Sayang campaign, the organiser, Mostwell Sdn Bhd, is holding a charity sewing course themed 'Jahit Sayang' to enable various charities to raise funds. Proceeds from all voucher sales by NKF will help fund our subsidised dialysis treatment programme for poor kidney patients.

For just RM19, here's an opportunity for learn to how to make ONE of the following items and help NKF achieve its life-saving mission;

- Handphone cover
- Polo T-shirt tissue pouch
- 'Tulip Garden' patchwork (without frame)
- Cheongsam pouch
- Costume jewellery (rose ring)

The course will be conducted at the following Pusat Latihan Kraftangan Epal locations from mid-Apr to Aug 2007;

- Bandar Puteri, Puchong
 - Jalan Meru, Klang
 - Kompleks Kota Raya, KL
 - Terminal 1 Shopping Centre, Seremban
 - Wisma Datuk Haji Mohd, Melaka
 - Bandar Perai Jaya, Perai
 - Taman Sentosa, Johor Bahru
 - Plaza Wawasan, Kota Kinabalu
 - Kompleks Fajar, Tawau
- HOTLINE 1800-88-5505 • www.epal.com.my

Call or email NKF Fundraising Dept to request for the vouchers.

Beauty Within, Comes From A Charitable Heart

Bird's nest is well-known as nature's wonder food supplement. It was once the treasured meals of royal families. Now, bird's nest has become popular among common folks. It is nourishing, helps improve complexion, conditions the lungs and lubricates the intestines. Its ability to promote cell revival will also help reinforce one's basic health, giving the necessary boost for the body.

NKF is currently in a partnership with Zhang Jia Birdnest Enterprise (ZJ), whereby 20% of the value of every box of Zhang Jia bird's nest purchased through NKF will be contributed towards NKF's good work among poor kidney patients.

Zhang Jia bird's nest comes in 2 handy sizes;
 Box of 4-packs RM450.00
 Box of 2-packs RM250.00

Each pack weighs about 100gms. Delivery is free within Peninsular Malaysia. This product is 100% natural and contains no preservatives. It serves as a perfect gift for all occasions. Visit the NKF website (Fundraising Current Activities) for order forms or contact NKF Fundraising Dept (KL Gan).





Clean & Protect To Save Lives

Do you remember the last time you cleaned your sofa or car seat? Have them looking brand new with MySofa Cleaning Services. What's more, 5% of all sales proceeds will be donated to NKF. Charges start at RM20 and RM25 per seat for leather/fabric car seats and sofas respectively. Services are also available for mattresses and carpets.

To mark the launch of the campaign on 13 Mar 2007, MySofa contributed all proceeds from the first 20 customers to NKF.

Visit the NKF website (Fundraising Current Activities) for more info or contact Alex Soon (03-6140 8010 or 012-878 8007).

Recycle Papers Into Lives



NKF is very much indebted to the members of Soka Gakkai Malaysia (SGM) for their tireless effort in collecting unwanted paper products every third Sunday of the month since 2001. This is one of NKF's longest running projects, held in collaboration with the Malaysian Newsprint Industries Sdn Bhd (MNI), to inculcate the habit of recycling and help NKF with its life-saving mission.

Thank you, SGM, MNI, Crimson Kelana Condominium, Diaman Ria Condominium (Petaling Jaya) and Flamingo Hotel (KL) for raising RM9,672.76 in 2006. Other condominiums in PJ are cordially invited to participate in this programme.

For drop-offs, please go to the Berjaya-NKF Dialysis Centre (No 72 Jalan 14/29, 46100 PJ) every Mon to Sat from 8.30am to 6pm.

'Light Up A Life' Charity Ball

In aid of the Tun Abdul Razak-NKF Dialysis Centre in Bentong, Pahang

The district of Bentong in Pahang is in desperate need of a kidney dialysis centre. Although such facilities are available in larger towns like Kuantan and Kuala Lumpur, distance plus the high cost of long-term treatment make regular visits prohibitive. To some extent, a well equipped and professionally managed centre in a small town like Bentong can help address this problem. This will also enhance our ongoing effort to make professional dialysis services not only more affordable but also within the reach of as many patients as possible.

A new dialysis centre costs about RM1 million. This includes purchasing 11 dialysis machines at RM40,000 each, the reprocessing system, and a reverse-osmosis (RO) water system. Running on three shifts, a dialysis machine can save the lives of up to six patients. However, its estimated useful life is between 6 and 8 years, after which it must be replaced.

As such, a charity dinner will be held on 18 and 19 May 2007 at Crowne Plaza Mutiara Kuala Lumpur. Your contribution will go a long way towards lessening the anguish of less fortunate Malaysians. Please make cheques payable to National Kidney Foundation of Malaysia. All donations of RM10 and above will be acknowledged with tax-exempt receipts.



Thank you for your support!

WTW Real Estate Sdn Bhd (above) - RM10,000.00

AmGroup Foundation - RM10,000.00



2nd Collaboration with the Boy's Brigade in Malaysia

Once again, more than 6,000 members of the Boys' Brigade of Malaysia (BBM) in almost 100 companies around the country will embark on a mission to raise RM500,000 for NKF. Through this second REACHOUT initiative, the BBM is continuing to expose its young

people to the hardship of people less fortunate than them, so that they may appreciate life and be grateful for what they have.

The project was launched in Apr 2007 during the annual Brigade Council Meeting in Penang. Running until Dec 2007, funds will be raised primarily through donation cards and boxes.



Managed by:



In aid of:



Supported by:



RM1 To Save A Life



NKF is proud to embark on a fundraising campaign with the School of Management and Information Technology of University College Sedaya International (UCSI) in Cheras. Its students are targetting to raise RM9,360 to meet 60% of the annual dialysis treatment fee for 2 patients.

Besides a donation drive every first Wednesday of the month, a host of other activities will be held until Apr 2008. The campaign was launched on 16 May 2007.

NKF wishes UCSI the very best in this endeavour!

Colours For Charity ~ One Wish One Hope



Our deepest appreciation to members of the participating Leo Clubs of Region 5 North for successfully raising RM3,614.00 from Sept to Nov 2006;

- Leo Club of Monash University
- Leo Club of SMK Assunta
- Leo Club of SMK Seri Garing
- Leo Club of SMK Taman SEA
- Leo Club of PJ Integrity
- Leo Club of SMK Damansara Jaya
- Leo Club of PJ Metro

Several Leos, together with advisor Lion Karen Lee, presented their contribution to NKF on 19 Jan 2007.



Region 5 Leo Idol 2007

The Leo Club of PJ Metro, together with the Leo Clubs of SMK Subang Jaya and La Salle Klang, organised this singing competition for the third year running to raise funds for charity. SEGI College and The Summit USJ auditorium were venues for the preliminary round and finals on 24 Mar and 21 Apr respectively. Out of 20 people who auditioned, 6 made it to the finals,



Approximately RM3,000 was raised from participation fees, ticket sale and donations. This will be shared equally between NKF and the National Cancer Society of Malaysia.



Make-over & Cover Model Search 2006

Scores of male and female model wannabes waited patiently over the weekend of 9 and 10 Dec 2006 to undergo makeovers by Zig Hair Salon, all in the name of charity. This was made possible with the joint effort of the Leo Club of PJ Metro and Zig Hair Salon.



Net proceeds from the event amounting to RM3,600 were donated to NKF. A mock cheque presentation was held on 3rd March 2007 at Loong Foong Restaurant, PJ in conjunction with the club's 10th anniversary.



18th Anniversary Celebration cum 'The Miracles of Giving' Charity Dinner



The Lions Club of PJ Metro celebrated its 18th Anniversary with 'The Miracles of Giving' charity dinner on 13 Jan 2007 at Bangsar Seafood Garden Restaurant, One Bangsar, KL which successfully raised funds for 2 dialysis machines worth RM80,000. The club also received support from main sponsor Scientific Digital Business Sdn Bhd for the night's food and entertainment amounting to RM30,000. Besides good food, more than 600 guests were treated to a night of great entertainment, including singing, line dancing, belly dancing, 'changing face', magic show and lucky draw.



During the dinner, the Lion Group Medical Assistance Fund also took the opportunity to present their contribution of one dialysis machine worth RM40,000 to NKF. All three units of dialysis machine will be placed at the new NKF dialysis centre at Section 14, Petaling Jaya.



Third gift of dialysis machine through Touch A Life 2006

Having contributed dialysis machines in 2003 and 2004, Kumpulan Farmasi Vitacare embarked on its annual campaign from 17 Nov 2006 to 7 Jan 2007 to make a difference in the lives of poor kidney patients, coinciding with Christmas and New Year.

This time, donors who made a minimum contribution of RM10 in NKF donation boxes at 15 Farmasi Vitacare outlets in the Klang Valley as well as the Body Basic outlet in Bangsar received a bear-y cute token of appreciation. Furthermore, Farmasi Vitacare donated RM1 for every RM50 purchase by their customers.

RM40,000 was raised to fund the purchase of a dialysis machine for our new dialysis centre in PJ.



Bursa Malaysia and the Federation of Public Listed Companies 17th Bursa Malaysia - FPLC Golf Tournament 2006 (Cheque presentation 26 Jan 2007)
RM20,000.00

Japan Club of KL and Japanese Women Association (Katorea-Kai) Japan Charity Fiesta & Bazaar 2006 (Cheque presentation 30 Jan 2007)
RM3,000.00



Resorts World Berhad 2007 Chinese New Year Contribution (13 Jan 2007)
RM4,000.00

ENE (Selangor) Sdn Bhd
Magnum Cares For The Community (Chinese New Year cheque presentation 24 Feb 2007)
RM4,000.00



▲ The Boeing Company
Cheque presentation 27 Feb 2007
US\$26,320.00

Association of Malaysia Chinese Artists
AMCA Trophy National Talentime 2006 (13 Jan 2007) RM3,000.00

Persatuan Persahabatan Cina Taman Murni, Cheras for Charis-NKF Dialysis Centre, Cheras (4 Mar 2007) RM2,000.00

Participants of VISEXECUTARIES workshop Organised by World Class Training Centre (26 & 28 Mar 2007) RM1,647.20

Malaysian Association of Practising Opticians 22nd Anniversary Annual Dinner 2007 (21 Apr 2007) RM1,000.00

WM Development Services
Give A Gift, For A Life To Live (Christmas/CNY 2006/07) RM 86.00



Lions & Lioness Clubs of KL North Anniversary & Charity Dinner 28 Oct 2006 (Cheque presentation 7 Mar 2007)
RM3,635.00

Thank you for your generosity & compassion!

ROLL OF HONOUR

Cash Donors

NKF thanks the following for their financial support, thus enabling us to pursue our life-saving mission.

- Dato' Chew Swee Hock
- Haw Par Recreation (M) Sdn Bhd
- Kelab Rekreasi & Kebajikan TTDI Development KL
- Kwan Inn Teng Foundation
- Lee Yan Lian Charitable Foundation
- Lim Chooi Kui
- Orix Leasing Malaysia Berhad
- Pan Malaysian Pools Sdn Bhd
- Persatuan Amal Siao Ji Shi KL
- Petroleum Nasional Berhad
- PLUS
- RHB Unit Trust Management Berhad
- SOCSO
- Tan Sri Tan Foundation
- Yayasan Tenaga Nasional
- Zhulian Marketing

Partners & Supporters

NKF records its deepest appreciation to the following for their invaluable service, contributions-in-kind and effort in assisting in our fundraising projects.

- Alpha Pharmacy
- Bilden Creative Learning
- Bintang Supermarket
- Caring Pharmacy Sdn Bhd
- Cotra Enterprise Sdn Bhd
- Doris Ngun
- Godell Parking Sdn Bhd
- Kuanyin Beauty & Figure Sdn Bhd
- Leo Club of PJ Metro
- Lioness Club of Subang Jaya
- Lioness Club of KL North
- Lions Club of Ampang
- Lions Club of KL North
- Lions Club of PJ Metro
- Magic Xpression & Things Services
- Malaysian Newsprint Industries Sdn Bhd
- Nestle Product Sdn Bhd
- Parkson Corporation Sdn Bhd
- Persatuan Soka Gakkai Malaysia
- Pertama Cake House
- Rotary Club of PJ
- Rotol (M) Sdn Bhd
- Sin Loong Sing Paper Sdn Bhd
- Sunflower Paper, Passion & Things Sdn Bhd
- Tetrapak Sdn Bhd
- The Sunway Group
- United Print Process
- UO Superstores

Upgrading skills for the future

The PDRM (Polis DiRaja Malaysia) Dialysis Centres

On the graduation day of the 7th Group of Dialysis Assistants on 29th November 2006, the NKF Training Room took on a different look as 7 police personnel, dressed smartly in their white uniforms and boots saluted Chief Inspector Napri Bin Sahlan, head of the Pusat Latihan Polis, otherwise known as PULAPOL, as they received their certificates.

Unknown to many, the Polis DiRaja Malaysia have 17 dialysis centres located throughout Malaysia, providing dialysis to 150 police personnel and their family members, suffering from End Stage Renal Disease nationwide. To ensure the skills of all the Dialysis Assistants are up to the mark, Napri, currently in charge of all the dialysis centres, felt that it was important to benchmark the skills of his Dialysis Assistants, many of whom had not received formal training as they had opted out of the police force to join the Dialysis Units as Dialysis Assistants.

One such former Corporal, Sudishkumar, 51, had served in the force for 26 years before he opted to become a Dialysis Assistant. Sudishkumar had much to be proud of as he had been chosen as the Best Student among his peers, based on his academic results as well as leadership qualities.

"It has been a fantastic experience and I hope to use my knowledge well for my dialysis patients when I return to my Dialysis Unit in Shah Alam," he said.



▲ The proud graduates, with Chief Inspector Napri bin Sahlan, flanked by (L to R) Dr. K. Sivashanker, Goh Seng Chuan, Dr. S.S. Gill and Dr. T. Thiruvethiran

He said the biggest challenge had been the learning experience as he had left school 35 years ago but his caring course-mates ensured they studied together as a team and this had meant everyone in the class had passed.

Another graduate, Nor Rozita Bte Idris, 35, from the Pusat Hemodialisis Yayasan Veteran ATM Sungei Besi, felt that the Standard Operating Procedures (SOP) were important in establishing a uniform system for all dialysis centres and thus improving the quality and care of dialysis management.

School aid from Rotary Club of Petaling Jaya



▲ Dr N. Ganesan, Chairman, Patient Selection & Welfare Committee handing over the cheque, flanked by (L to R) Maniam Raman Chettiar, Goh Seng Chuan and Mah Ah Noye, Welfare Manager.

In early February this year, 20 students who are children of dialysis patients of the National Kidney Foundation of Malaysia were the lucky recipients of school aid of RM100 each from The Rotary Club of Petaling Jaya to assist in their school expenses. At the presentation ceremony where parents accompanied the school-going children, cheques of RM100 were given to each of the 9 primary and 11 secondary school children.

Also present at the ceremony was Goh Seng Chuan, CEO, NKF, Mah Ah Noye, Welfare Manager, Maniam Raman Chettiar, Senior Welfare officer, both from the Welfare Unit, Dr N. Ganesan, Chairman, Patient Selection and Welfare Committee of NKF and Yap Swee Fatt representing the PJ Rotary Club in giving away the cheques.

In his speech, Yap said the PJ Rotary Club felt the school-going children would benefit from the school aid as their parents were on dialysis and the money would provide some financial relief for books and other expenses.

Keperluan Segera Penderma Organ

Di Malaysia, mereka yang menunggu untuk pemindahan organ terpaksa menunggu lama dan kebanyakan daripada mereka, peluang mendapat organ adalah tipis. Kenapa ini boleh berlaku?

Pusat Sumber Transplan Nasional (NTRC) telah diasaskan pada November 1997 sebagai sebuah projek komuniti di bawah Kelab Rotary Bangsar, Persatuan Pemindahan Organ Malaysia dan Kementerian Kesihatan Malaysia. Pada masa ini, NTRC diuruskan oleh Hospital Kuala Lumpur dan dibiayai oleh Kementerian Kesihatan. Fungsi NTRC adalah untuk meningkatkan tahap kesedaran dikalangan umum tentang keperluan penderma organ dan bertindak sebagai pusat sehati bagi pendaftaran penderma dan pemindahan organ dan juga memelihara pengkalan data penderma organ.

Walaubagaimanapun, statistik telah menunjukkan keengganan rakyat Malaysia untuk membuat kebenaran perakuan bagi menderma organ mereka. Sejak Mac 2007, terdapat 104,460 rakyat Malaysia yang telah mendaftar sebagai penderma organ, 66,623 daripadanya adalah wanita. Kaum Cina merupakan penderma tertinggi dengan 64,961 orang, diikuti kaum India iaitu 24,369 orang, 12,034 adalah Melayu dan yang lain-lainnya adalah 3,034 orang. Ini menunjukkan satu gambaran yang suram kepada sebuah negara yang mempunyai kes kemalangan jalan raya yang tinggi, di mana banyak nyawa boleh diselamatkan jika ahli keluarga terdekat mangsa bersetuju untuk menderma organ mereka atau mangsa kemalangan itu sendiri yang telah mendaftar sebagai penderma organ.

Pada tahun 2006, Unit Pengurusan Pemerolehan Transplan Nasional telah berjaya memperolehi 13 'pasang' buah pinggang untuk pemindahan berbanding hanya lima pada tahun 2005, sembilan pada tahun 2004 dan lapan pada tahun 2003. Tetapi jumlah pesakit dalam senarai menunggu adalah sebanyak 9,000 orang dan jumlah ini dijangka meningkat seramai 2,500 setiap tahun.

Memetik kata-kata Dato' Dr. Zaki Morad Bin Mohd Zaher, Pakar Runding Nefrologi, "Semuanya adalah tidak munasabah. Banyak nyawa boleh diselamatkan jika terdapat ramai penderma organ atau 10 peratus buah pinggang daripada 6,000 orang yang mati akibat kemalangan jalan raya setiap tahun diperolehi untuk pemindahan." Dr. Zaki yang juga Timbalan Presiden Yayasan Buah Pinggang Kebangsaan Malaysia berkata, seorang pesakit dialisis boleh hidup secara berkualiti sehingga sepuluh tahun atau lebih jika melakukan pemindahan buah pinggang. Tetapi sejak 10 tahun yang lalu, hanya 195 buah pinggang sahaja yang telah diperolehi untuk tujuan pemindahan.

Jadi, kenapa rakyat Malaysia dan keluarga terdekat masih enggan menderma atau mendaftar sebagai penderma organ?

- Tidak boleh menerima kematian otak sebagai pesakit sudah mati
- Berfikir bahawa menderma organ adalah dilarang oleh undang-undang atau agama
- Tidak mengetahui hasrat si mati
- Bimbang jasad si mati tidak sempurna tanpa organ mereka
- Bimbang urusan pengkebumian akan dilambatkan
- Bimbang ia akan mencacatkan jasad si mati

Yang nyatanya, doktor akan melakukan penjagaan yang khas untuk mengembalikan jenazah supaya berada dalam keadaan

sempurna kepada keluarga mereka. Oleh itu, ahli keluarga tidak perlu bimbang kerana kecacatan kepada jenazah tidak akan berlaku.

Ketua Penyelaras Pusat Sumber Trasplant Nasional, Dr. Lela Yasmin Mansur berkata, masyarakat sedar akan kepentingan menderma organ tetapi tidak ramai yang tampil melakukannya. Katanya lagi, pada Januari dan Februari 2007, sambutan yang diterima agak baik, banyak pertanyaan dikemukakan dan dalam bulan Mac sahaja terdapat 7 orang penderma dengan 4 buah pinggang diperolehi.

Katanya lagi, satu penderma kadaverik boleh memanfaatkan 10 penerima atau lebih kerana mereka bukan sahaja memperolehi buah pinggang, malah jantung, hati, paru-paru, pankreas, injap jantung, kornea mata, kulit, tulang, arteri/urat, tendon, ligamen dan anggota badan. Di samping dapat menyelamatkan banyak nyawa, kesan positif kepada masyarakat adalah pelbagai, seperti orang buta dapat kembali melihat, meningkatkan kualiti hidup penerima organ, dan juga memberi kesan positif kepada keluarga penerima dan penderma organ.

Melihat kepada aktiviti pendermaan dan pemindahan organ pada 2006 seluruh dunia, keseluruhan aktiviti pendermaan dan pemindahan organ di Malaysia adalah penderma kadaverik atau pendermaan hidup. Malaysia mempunyai kadar yang paling rendah berbanding sejuta populasi penduduknya. Berbanding dengan pendermaan kadaverik di Arab Saudi dan Malaysia sehingga 2006, situasi di Malaysia adalah amat menyedihkan.

KADAR AKTIVITI PENDERMAAN DAN PEMINDAHAN ORGAN 2006
populasi per sejuta - pps

	Spanyol	USA	UK	Australia	Arab Saudi	Malaysia
Penderma Kadaverik	33.8	26.9	10.5	9.8	4.9	0.9
Pemindahan Buah Pinggang Kadaverik	46.0	35.7	20.6	15.9	6.7	1.0
Pemindahan Buah Pinggang Hidup	2.3	21.6	11.2	12.6	9.7	0.9
Pemindahan Hati Kadaverik	23.5	21.3	10.1	7.5	2.2	0.2
Pemindahan Hati Hidup	6.1	7.3	2.6	3.3	0.6	0.0

ORGAN KADAVER DIPEROLEHI SEHINGGA 2006

	Arab Saudi	Malaysia
Pemindahan Buah Pinggang Kadaverik	1,321	146
Pemindahan Hati Kadaverik	370	18
Pemindahan Jantung Kadaverik	90	11
Populasi 2006	22.7	26.64
Permulaan Program Kadaverik	1986	1976

Sumber: IRODaT International Registry for Organ Donation and Transplantation

* Kadaverik = Organ yang dipindahkan selepas kematian

Statistik ini agak mencemaskan kerana ramai yang mati sementara menunggu penderma organ dan nyawa mereka boleh diselamatkan jika lebih ramai masyarakat tampil ke depan mendaftar sebagai penderma organ. Persidangan Islam Antarabangsa Malaysia (Muzakarah Fatwa) telah membenarkan pemindahan organ sejak tahun 1970-an lagi.

Dr. Zaki berkata, tiada larangan agama dikalangan semua kaum untuk menderma organ, oleh itu beliau berharap ramai yang akan tampil untuk mendaftar sebagai penderma organ atau memberi keizinan kepada ahli keluarga yang mendaftar organ untuk manfaat kehidupan.

當您的腎臟衰竭時，他們不能：

- 排除體內的廢物
- 平衡體內的液體和電解質
- 調整血壓、紅血球的數目和體內礦物質的含量
- 產生活性維生素 D，使骨頭健康

透析治療的健康飲食包括：

- 提供正確量額的卡路里和蛋白質
- 達到健康的體重
- 減少體內廢物引起的併發症

每日營養攝取的建議



卡路里	如果年齡 < 60 歲, 35 千卡路里/公斤體重 如果年齡 > 60 歲, 30-35 千卡路里/公斤體重
碳水化合物	6 - 8 份
蛋白質	1.2 -1.3 克/公斤體重 (至少一半是動物性蛋白質)
磷	800 -1000 毫克
鉀	2 - 3 克
鈉	2 - 3 克
流體	750 -1000 毫升, 取決於排尿 量和活動量

卡路里

對營養狀態很重要，他們：

- 幫助您的身體使用蛋白質以製造肌肉和組織
- 提供身體能量



碳水化合物

消化後將變成糖以提供身體能量。包括五穀、水果、蔬菜和牛奶。我們每日需要 6 - 8 份碳水化合物。1 份碳水化合物相當於 2 片麵包或 1 杯飯或 1 杯米粉。



蛋白質

幫助身體製造和修復肌肉。富含蛋白質的食物包括：新鮮的肉、家禽 / 雞、魚、蛋或蛋白。素食者需要諮詢營養師有關富含蛋白質的替換食物來源。

磷

血液含高磷水平將減弱骨頭，導致皮膚過敏和關節痛。用餐時服用碳酸鈣片可以結合食物中的磷，減少磷的吸收。

高磷食物主要是蛋白質食物：

- 雞，肉，魚 • 軟骨 • 乳製品
- 堅果，印度豆(dhal)，豆類

鉀

太高的鉀水平對心臟和其他肌肉功能是有害的。避免食用含高鉀的蔬菜：

- 豆類，扁豆 • 蕃茄 • 馬鈴薯
- 南瓜 • 菠菜

避免食用富有高鉀含量的水果：

- 香蕉 • 蜜瓜類 • 芒果 • 木瓜
- 橙

鈉

食用過量的鹽會增加：

- 口渴
- 透析治療期間重量增加
- 血壓

每日營養攝取建議

- 2 - 4 克鹽 (1 茶匙 ≈ 2.0 克)

無鹽飲食。

避免食用所有的高鈉食物，例如：

- 罐頭食品
- 快餐
- 加工食品

避免使用食鹽代替品(如：醬油，蠔油)，使用其他調味料：

- 大蒜粉 • 香料 • 蔥

減少鈉用量的建議：

- 烹調時，不要加過多的鹽
- 不要在餐桌上置放醬油



流體

過多的流體會提升血壓，導致身體腫脹，心臟過勞和呼吸困難。透析治療時，過多水分的排除導致抽筋。

流體包括：

- 水、咖啡、茶、湯、粥和其他飲料



Pemakanan Sihat untuk Pesakit Dialisis

APABILA BUAH PINGGANG ANDA GAGAL BERFUNGSI IANYA TIDAK BOLEH:

- Menyingkirkan sisa buangan dari badan.
- Mengimbangkan cecair serta elektrolit dalam badan.
- Mengawal tekanan darah, bilangan sel darah merah dan jumlah mineral dalam badan.
- Menghasilkan Vitamin D aktif untuk kesihatan tulang.

PEMAKANAN YANG BETUL BAGI PESAKIT DIALISIS DIPERLUKAN UNTUK:

- Memperolehi jumlah kalori dan protein yang betul.
- Mendapatkan berat badan yang sihat.
- Mengurangkan komplikasi yang disebabkan oleh sisa buangan dalam badan.

CADANGAN KHASIAT PEMAKANAN HARIAN

Kalori	35kcal/ berat badan kg jika umur < 60 tahun 30-35kcal/ berat badan kg jika umur > 60 tahun
Karbohidrat	6-8 hidangan
Protein	1.2-1.3g/ berat badan kg (sekurang – kurangnya separuh dari protein haiwan)
Fosfat	800-1000mg
Potassium	2-3 g
Sodium	2-3 g
Cecair	750-1000ml bergantung pada jumlah air kencing dan aktiviti fizikal

KALORI

Penting kepada status khasiat pemakanan. Ianya:

- Memberi tenaga pada badan.
- Membantu badan menggunakan protein bagi membina otot dan tisu.



KARBOHIDRAT

Menghasilkan gula untuk badan serta membekalkan tenaga apabila makanan dihadamkan. Terdapat pada gandum, buah-buahan, sayuran dan susu. Kita memerlukan 6 – 8 hidangan karbohidrat setiap hari. 1 hidangan karbohidrat bersamaan 2 keping roti/ 1 cawan nasi/ 1 cawan mi hun.



PROTEIN

Membantu badan membina otot dan memperbaiki otot badan yang rosak. Makanan dengan kandungan protein yang tinggi adalah daging segar, ayam, ikan, telur / putih telur. Pesakit vegetarian dinasihatkan merujuk kepada pakar pemakanan untuk makanan gantian yang mengandungi protein yang tinggi.

FOSFAT

Tahap fosfat yang tinggi dalam darah akan menyebabkan tulang menjadi lemah, kegatalan kulit dan sakit tulang. Ubat kalsium karbonat perlu diambil bersama hidangan makanan supaya ianya boleh bergabung dengan fosfat dalam makanan untuk mengurangkan penyerapan fosfat dalam badan.

Makanan yang tinggi fosfat adalah makanan yang berprotein seperti ayam, daging, ikan, tulang lembut, produk tenusu, kacang dhal dan tumbuhan kekacang.

POTASIMUM

Tahap potassium yang tinggi boleh mendatangkan keburukan pada hati dan fungsi otot. Elakkan sayuran yang mengandungi potassium yang tinggi seperti kekacang, tomato, kentang, labu dan bayam.

Elakkan buah-buahan yang mengandungi potassium tinggi seperti pisang, tembikai susu, mangga, betik, dan oren.

SODIUM

Terlalu banyak garam akan menambahkan dahaga, berat badan di antara dialisis dan tekanan darah tinggi. Cadangan khasiat pemakanan harian adalah 2-3 gram garam (1 sudu teh = 2.0g). Elakkan makanan yang mengandungi sodium seperti makanan dalam tin, makanan segera (fast food) dan makanan yang diproses. Elakkan garam gantian (kicap, sos tiram), gunakan agen perasa seperti serbuk putih, herba dan bawang.

Langkah-Hangkah untuk mengurangkan sodium:

- Jangan menambahkan garam berlebihan ke dalam makanan.
- Elakkan sos soya ketika menikmati hidangan.



CECAIR

Cecair berlebihan di dalam badan menyebabkan bengkak badan, bebanan kepada jantung, meningkatkan tekanan darah serta kesukaran bernafas. Kekejangan otot akan berlaku semasa dialisis apabila cecair yang berlebihan dikeluarkan.

Cecair ini termasuk:

Air, kopi, teh, sup, bubur dan pelbagai jenis minuman.



DO YOU KNOW THAT...

1 At least 100 out of every one million Malaysians suffer from End Stage Kidney Disease each year.

2 Each year, an additional 2,500 Malaysians will require dialysis treatment or a kidney transplant to continue living.

3 More than half of kidney failures can either be prevented or treated to slow down the progress to eventual End Stage Kidney Disease.

4 Diabetes and High Blood Pressure are the two leading causes of kidney failure in Malaysia.

5 Many Malaysians know they have Diabetes or High Blood Pressure but do not know that they may also have kidney disease.

