



www.nkf.org.my

SHARI

NKF Newsletter

2009 Issue 2

PP9314/08/2010 (025329)

*NKF Wishes
Its Muslim Readers
Selamat Hari Raya
Aidilfitri*



Community Healty Day

Patient FORUM 2009



**GUIDELINES for
Infection Control**

**FASTING During
RAMADHAN**

**WORKING with the
COMMUNITY**



MESSAGE

Challenging times ahead for NKF Malaysia

The financial crisis has hit home. NKF Malaysia has seen donations decreasing in the last few months. NKF like other charitable organisations depend on the generosity and goodwill of the public to fund its many programmes and projects throughout the country.

NKF has taken cognisance of the financial situation way back in 2008 and has trimmed the budget. However, dialysis treatment has to be continued for the patients receiving such treatment in the 23 dialysis centres scattered throughout the country. This accounts for the main bulk of the funds raised each year.

We believe that there are still a lot of people and organisations who would still wish to contribute to charity but would like to see that the money donated is well spent. They can be rest assured that every penny donated to NKF is accounted for. Nearly 90% of all monies raised goes towards funding the projects undertaken by NKF.

Mindful of the H1N1 influenza pandemic, NKF has also taken precautions to prevent the spread of this infection among the thousand patients dialysing in its centres. These patients are among the high risk groups for severe infection. The guidelines for the control of this infection in dialysis patients can be found on page 12 of this newsletter.

Finally, this is the month of Ramadhan. Advice on patients on dialysis who would like to fast is included on page 11.

NKF would like to wish all Muslims – Selamat Berpuasa and Selamat Hari Raya Aidilfitri.

Dr Lim Yam Ngo

Editor
SHARE

NKF DIALYSIS CENTRES

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

DISCLAIMER

While all care is taken to ensure that the information in this newsletter is correct, the authors and publishers of this newsletter cannot be held liable for any loss or harm suffered by any person, by any reason of information contained in this newsletter or any inaccuracies, omissions or misrepresentations in any article in this newsletter. Readers are at all times cautioned to consult a suitably qualified medical practitioner before acting on any information contained in this newsletter.

WHO'S WHO@NKF

PATRON

YAB Tun Dr. Abdullah Ahmad Badawi

BOARD OF GOVERNORS

President

Y. Bhg. Tan Sri Dato' Dr. Abu Bakar Suleiman

Deputy President

Y. Bhg. Tan Sri Dato' Seri Dr. Jeffrey Cheah

Vice-President

Mr. Lynn Kulasingham

BOARD MEMBERS

Y. Bhg. Dato' Lam Peng Chong

Y. Bhg. Dato' Dr G.A. Sreenevasan

Y. Bhg. Tan Sri Datuk Clifford F. Herbert

Y. Bhg. Dato' Syed Sidi Idid bin Syed
Abdullah Idid

Dr. V. Sivabalasingam a/l Veerasingam

Y. Bhg. Tan Sri Dato Dr. R. V. Navaratnam

(Alternate to Y. Bhg. Tan Sri Dato' Seri Dr.
Jeffrey Cheah)

BOARD OF MANAGERS

Chairman

Dato' Dr. Zaki Morad Mohd Zaher

Vice-Chairmen

Dr. Tan Chwee Choon

Dr. Thiruvethiran Thilagananthan

Hon. Secretary

Mr. Goh Seng Chuan

Hon. Treasurer

Mr. Leong Yeng Kit

Members

Mr. Tai Lung Khoo

Dr. Lim Yam Ngo

Dr. Lee Wan Tin

Dr. SS Gill

En. Fareen Ali

Dato' Tan Gin Soon

Dr. J. D. John

EDITORIAL COMMITTEE

Chief Editor

Dr. Lim Yam Ngo

Editorial Co-ordinator

Dharshini Ganeson

Committee Members

Dr. Tan Chwee Choon

Dr. Sunita Bavanadan

Ms. Shirley Koh

Ms. Mah Ah Noye

Mr. Na Lai Chun

Ms. Sharleen Lee

COMMUNITY HEALTH DAY

success in the East Coast, Johor and Sabah

Chronic Kidney Failure in Malaysia is on the rise. There is little doubt where the increasing numbers come from - **the increase in numbers of those with diabetes, and high blood pressure has contributed greatly to ailing kidneys across Malaysia.**

Efforts have been made to bring health screening to the doorstep or place of work. The National Kidney Foundation of Malaysia (NKF) with the support of CIMB Foundation is now carrying out health screening in out of town areas, especially in the smaller towns along the East Coast of Peninsular Malaysia and also Sabah and Sarawak.

Patricia Soepadmo, one of the healthcare professionals running the health screening noted that some of those screened with sugar in their urine or who tested positive for high cholesterol, did not understand the impact of it on their overall health, especially their kidneys in the long term. She felt many did not understand the connection between the sugar in their urine, diabetes mellitus and the eventual damage it would cause to their kidneys if the diabetes was not treated. With two workstations in the LifeCheck bus manned by counsellors, those whose results revealed abnormality would be counselled and directed to the nearest hospital or their family doctor for follow up.

"By catching them early, we hope to avoid the serious complications of diabetes or high blood pressure. Some may have been screened before but were they counselled and given advice on lifestyle changes and the consequences of high sugar and fat content?"

1. A disabled member of the public, waiting his turn to be screened.



2. NKF LifeCheck staff with CIMB volunteers in Johor.



3. Members of the public listening to kidney care health talk during NKF Community Health Day at Batu Pahat Mall, Batu Pahat, Johor.



4. Kampung folks at Pasir Mas being counselled by NKF LifeCheck staff after the health screening.

CIMB Foundation, through its Community Link Program, has extended its sponsorship of NKF Community Health Day to Johor, the East Coast and also to the shores of East Malaysia i.e. Sabah & Sarawak. This has proven to be a hit with residents living in these areas, as it was a first for some. **Community Health Day or Hari Kesihatan Komuniti simply means, the LifeCheck team will conduct tests for blood pressure, cholesterol, blood glucose, urine, obesity and counselling for the members of the public for free.**

According to members of the LifeCheck team, those who turned up at the screening venues were happy to be screened as many commented they were usually left out, being located in areas out of town and inaccessible to most NGOs and other organizations, who did not have the means to reach out to them.

The motto for the health screening program is **'Early Detection and Prevention Saves**

Lives! Chronic Kidney Disease requiring dialysis is a 'silent killer' but is preventable or delayed with early detection.

As part of Community Health Day, NKF opened up its dialysis centres located in Kota Bahru, Kuala Trengganu and Kuantan to members of the public for health screening. This has the added effect of bringing home the message to many of the difficulties involved in undergoing dialysis three times a week, four hourly sessions. Many had never been inside a dialysis centre and Community Health Day had the effect of exposing them to the harsh realities of dialysis.

According to Patricia, it was quite a challenge when she led the LifeCheck team to Sabah and despite the fact they experienced 'power failures' and a cut in water supply in some locations, the enthusiasm and eagerness displayed by the crowds, waiting patiently to be screened, was a reward in itself.

7th NKF PATIENT FORUM - 26th

'The Role, Financial Assistance and Job Opportunities of Agencies for



Many dialysis patients travelled from far and wide to attend the forum



Patient requesting for more information on government assistance for disabled dialysis patients



The Guest of Honour, YB. Dr. Robia bte Dato Haji Kosai, Chairperson, Committee for Development of Women & Family, Welfare & Health, Johor (centre), Dr. J. D. John (right) Chairman of the Patient Selection & Welfare Committee and Koh Kia Heong, Finance & Administration Manager, NKF (left)

The Patient Forum held annually provides dialysis patients with a platform to meet, exchange views and information, while seeking solutions for these problems. This year, the Forum addressed the role, financial assistance and job opportunities made available by government and other agencies for those with End Stage Kidney Disease. The 400 who attended comprised mostly of dialysis patients, their family members and caregivers, from the southern part of the peninsular including Johor, Malacca, Negeri Sembilan and Pahang. They wanted to clarify issues related to the benefits in terms of transport and other financial assistance they are entitled to as dialysis patients, as well as job opportunities for those willing and able to work.

Among the speakers were representatives from the various agencies providing financial assistance to those eligible, the Social Welfare Department (SWD) Johor, the National Welfare Foundation (YKN), the Social Security Organisation (SOSCO) and the Labour Department, Johor. To encourage as many dialysis patients to attend, NKF subsidized the cost of the one-day Forum and participants were charged a nominal fee of RM 10 per participant.

The various representatives from the government agencies outlined the various allowances and benefits available for not only dialysis patients but also their families. To ensure the dialysis patients could get in touch with them after the Forum, the representatives also extended their personal cell phone numbers to enable easy contact.

During the course of the Patient Forum, those present raised many questions related to the many forms of financial assistance offered by the various agencies for dialysis patients.



Rosly bin Abdul Kadir (left), Administration Officer, representative from SOSCO, answering questions put forward by dialysis patient, on financial assistance.

July 2009, Johor

End Stage Kidney Failure Patients'

Below are some of the questions raised at the Forum.

Q1. Will SOSCO pay for transport costs for dialysis patients?

A. SOSCO will consider subsidizing the cost of the cheapest mode of transport provided the patient lives in another district with a different postcode from where the patient is dialyzing.

Q2. Can SOSCO subsidize the cost of EPO injections to SOSCO patients?

A. Yes, SOSCO will make payment for 2 injections per week with the recommendation from the Consultant Nephrologist .

Q3. Can teachers or their parents undergoing dialysis obtain approval letters from the Ministry of Education for dialysis centres to charge directly to the Ministry concerned?

A. At the moment, teachers/patients have to pay first and claim from the Ministry of Education. However they can write to the Ministry to consider issuing letters to dialysis centres to charge directly to the Ministry concerned as in the case of SOSCO and MOH patients.

Q4. What sort of work is suitable for dialysis patients?

A. Dialysis patients can apply to work in places where the employer can adjust the work schedule to accommodate the dialysis treatment of three times a week, four hourly sessions per dialysis.

Q5. Is there any financial aid available to single parents?

A. The Social Welfare Department provides financial aid for poor families of dialysis patients from a minimum of RM100 to a maximum of RM 450, depending on the circumstances of the case. This is given to those with family income below RM 720 and for children below the age of 18.

"Co-Morbidity in End Stage Renal Disease"

7th NKF Annual Dialysis Meeting

11th - 13th December 2009 | Friday - Sunday | Hotel Nikko Kuala Lumpur

Our theme this year is "Co-Morbidity" in End Stage Renal Disease reflecting a specific issue facing dialysis patients. It is well-accepted that the various co-morbidities affecting dialysis patients are directly linked to the higher than normal mortality that dialysis patients face.

For those who wish to attend the 7th NKF ADM 2009, please log on www.nkf.org.my for the application form or call Nelly/Zai, Tel: 03-7954-9048 respectively for more information.



Some of the attendees



Lucky Draw



'Open Discussion' at the Forum, where questions were put to the Panel from the floor.

PEMAKANAN SIHAT UMUM

Cadangan Zat Pemakanan Harian

Sumber Makanan

Makanan Yang Perlu Dikawal

Lemak & Kolesterol

- Hadkan pengambilan lemak tepu & kolesterol



Potasium

- Terhad kepada 2,000 - 3,000mg sehari
- Seboleh-bolehnya pilih makanan yang rendah potasium
- Pilihan daripada kumpulan makanan potassium tinggi atau sederhana tidak digalakkan



Fosforus

- Terhad kepada 800 -1,000mg sehari
- Seboleh-bolehnya pilih makanan yang rendah fosforus
- Pilihan daripada kumpulan makanan fosforus tinggi atau sederhana tidak digalakkan

Lemak tepu dalam sumber haiwan:

- Daging proses contoh, sosej, *burger*, nuget, *hotdog*, daging awet, daging asin
- Lemak daging
- Daging ayam dengan kulit, kepek, kaki
- Pau daging, *dumpling*, pai daging
- Produk tenusu penuh krim termasuk keju, susu masam, ais krim
- Mentega, lemak haiwan, minyak sapi

Lemak tepu dalam sumber tumbuhan

- Produk kelapa contoh, santan, minyak kelapa, kerisik, kaya, acar
- Minyak isirung sawit dalam biskut

Sumber kolesterol

- Lemak daging
- Daging bahagian dalaman contoh, otak, usus, hati, perut, buah pinggang, paru, hempedu
- Kuning telur & telur ikan

Tinggi

- Kelapa & santan, ulam, jantung pisang, rempah segar & cili, daun kelor, bayam, sawi, pisang, nangka, petai, kentang, keledak, keladi, produk mil penuh, kekacang & dhal, ikan & udang kering, jeruk

Sederhana

- Kacang panjang, tomato, lobak, oren, epal, mangga, terung, sengkayang, labu

Rendah

- Daun keledak, kangkung, taueh, kobis, peria, timun, tembikai, pir, betik

Tinggi

- Teh tarik, sardin, mi segera, nasi lemak, roti canai, nasi ayam, keju, susu, dhal, kuning telur, daging bahagian dalaman, minuman berkoko

Sederhana

- Bubur ikan, tosai, putu mayam, mi goreng biasa, ulam, ubi kentang, ikan bilis

Rendah

- Air tebu, krim bukan susu, nasi putih, sayur hijau, kebanyakan buah

- Kurangkan penggunaan mentega, lemak haiwan, minyak sapi & santan
- Gantikan susu penuh krim dengan susu skim dalam minuman dan masakan bagi menggantikan santan
- Gunakan daging yang tidak berlemak dan buang lemak yang menyalutinya
- Buang kulit ayam dan elakkan bahagian yang berlemak
- Buang kepala ikan, udang & ikan bilis

Kolesterol

- Hadkan pengambilan ginseng, akar kayu & jamu
- Elakkan minuman jus batang pisang
- Hadkan minuman yang diekstrak daripada ayam / daging atau sup rebusan daging / ayam/ itik

Potassium

- Elakkan mengunyah tulang lembut, kepala ikan, kaki ayam
- Hadkan produk tenusu contoh, susu, susu masam, keju
- Kurangkan pengambilan makanan & minuman berasaskan koko contoh, coklat & minuman berkola

* Anda perlu mengambil pengikat fosforus (*tablet* kalsium karbonat) apabila makan makanan berprotein



UNTUK HAEMODIALISIS

Cadangan Zat Pemakanan Harian

Sumber Makanan

Makanan Yang Perlu Dikawal

Tenaga & Karbohidrat

- Makan 6 - 8 hidangan bijirin sehari



1 hidangan (mengandungi 30g karbohidrat)

- 1 cawan nasi
- 2 keping roti
- 3/4 cawan mi, koay teow, laksa
- 1 cawan mi hun
- 1 keping tosai / capati saiz kecil
- 2 keping idli / putu mayam

Tambahan makanan di bawah membantu anda mendapat tenaga yang diperlukan

- Sagu
- Tepung jagung
- Tang hun
- Minyak / marjerin / mentega
- Glukos / gula

- Hadkan bijirin yang bergaram contoh, biskut / kerepek yang bergaram atau sos soya dalam mi / nasi
- Kurangkan ubi yang kaya dengan potasium contoh, kentang & keladi
- Kurangkan gula & makanan yang bergula bagi pesakit kencing manis



Protin

- Makan 2-3 hidangan sehari

1 hidangan (mengandungi 14g protin)

- 2 biji telur
- 1 ketul peha ayam
- 1 ekor ikan (sederhana)
- 2 ekor sotong
- 2 ketul daging (saiz kotak mancis)
- 1 1/2 keping taufu
- 1 cawan dhal / kacang yang dimasak

- Elakkan makan daging masin
- Elakkan makan ikan masin
- Kurangkan makan daging yang diproses contoh, *hotdog*, *burger*

* Anda perlu mengambil pengikat fosforus (*tablet* kalsium karbonat) apabila makan makanan berprotin)

Sodium

- Terhad kepada 2 - 3g sehari

Tinggi

- Daging proses seperti *hotdog*, *burger*, ikan masin, telur & udang masin, sos & kicap, jeruk, sayur masin, taucu, makanan dalam tin

- Kurangkan makan di luar
- Gunakan bahan perisa semulajadi contoh, herba & rempah berbanding dengan garam, sos atau MSG

* Gunakan 1/4 - 1/2 sudu kecil garam dalam masakan harian

Cecair

- 750 -1,000ml sehari (bergantung kepada jumlah air kencing dan aktiviti fizikal)

- Pelbagai jenis cecair pada suhu bilik contoh, air kosong, air minuman, bubur, sup, kuah
- Termasuk ais, ais krim, jeli, kastard, susu masam

- Kawal pengambilan garam jika anda minum banyak air

Cecair

Visit to Dialysis Centre



Date: 12th May 2009
Contribution: RM6,100.00
 A generous contribution by staff of Biaxis (M) Sdn Bhd to "Give Hope" to our poor & needy dialysis patients.

"Health Awareness Week"

Organized by Leo Club of Monash University

Raised: RM2,285.45 at Sunway Campus

Charity starts from the young ones.



"CHARITY MOTOR HUNT 2009" FROM PJ TO MALACCA

Organized by Lions Club of PJ City



Raised: RM 2,000.00
Date: 16th May 2009

A creative & enjoyable way to raise fund.



"Love to Save" Just click and donate

Organized by DiGi Telecommunications Sdn Bhd

Duration: 1st – 30th June 2009
Raised: RM 10,055.00

Thanks for giving us the opportunity. A simple and hassle free way to do charity!



"Get Groovin wit Urban Groove"

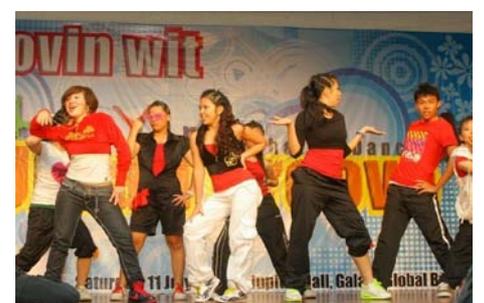
Organized by Lions Club of PJ Metro

Raised : RM 15,110.00
Date : Saturday, 11th July 2009
Time : 7.00pm – 10.30pm
Venue : Galaxy Global Business Park, Section 19, Petaling Jaya



The dance concert supported by Urban Groove Street Dance Academy with 80 performers and over 400 teenagers in attendance. The performers felt proud to be able to use their talent to raise funds and help save lives.

Our sincere appreciation to the organizer, the main supporter of the event; Urban Groove Dance Network & Galaxy Group of Companies for the venue.



“Wish Upon A Crane”



Presented by: Student's of Taylor's Business Studies Club & Centre Stage Production

A true story of a girl diagnosed with leukemia due to the atomic bomb radiation in Hiroshima. Today, paper cranes are recognized as an international symbol of peace. A stage play full of enthusiasm, narrates a story of belief, family love and friendship of a girl, Sadako Sasaki, who touches the hearts of all audiences.



Date : 14 & 15 August 2009
Time : 7.30pm – 10.00pm
Venue : Multi-Purpose Hall (Floor C)
 Taylor's University College
 1, Jalan SS15/8, 47500
 Subang Jaya, Selangor

Raised : RM6,093.60



Cottage Patch
 Raised: RM2,000.00

Home Living Fair

Date:
 5th-16th August 2009

Venue:
 North Court, Mid Valley

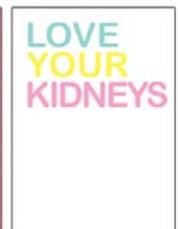
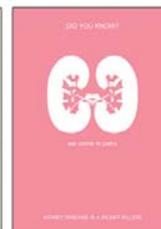
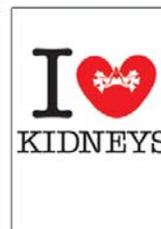
Little things that matter to your home, make a difference in our dialysis patients lives too.



Lily Handicraft
 Raised: RM5,000.00

Charity Postcard

DASEIN academy of art sponsored 1,000 set of postcards of 6 different designs by their students.



For just a donation of RM5.00, a set of these beautiful postcards is yours.

Best Fundraising Centre

Our sincere appreciation to a team of dedicated and helpful staff nurses, dialysis assistants and administrative assistants from **Moral Uplifting Society – NKF Dialysis Centre Ipoh** who have given effort beyond their job scope by providing service and caring for dialysis patients.

The team assisted in all fundraising activities, when being approached. Thank you for working as “One”.



As pledged, this young lad visited schools in Johor, Perak & Malacca to create awareness and educate the school children as well as the teachers on the importance of our kidneys.

Within months of being appointed as teen ambassador, Azizi raised a total of RM3,864.22 through activities, sales of album and merchandize items.

Teen Ambassador - Azizi Zakaria -



NKF The Gift of Love 2009

Let's welcome the Mid-Autumn festival by sending our friends and loved ones a "Gift of Love" from the National Kidney Foundation of Malaysia.

An eternal symbol of love, friendship and goodwill for all who receive it. The "Gift of Love" campaign supports more than 1,200 poor dialysis patients in 23 NKF dialysis centres nationwide.

For more information:

T : 03-7954 9048 ext: 208/207
E : fundraising@nkf.org.my
F : 03-7954 0535

Every box ordered can be collected at NKF, Secretariat Office
70, Jalan 14/29, 46100 Petaling Jaya, Selangor.

FREE delivery for order of 10 boxes and above to areas within Klang Valley.

4 Flavours in ONE Box

Donation of **RM50.00** per box

单黄金翡翠 Mini Pandan Paste with Single Yolk 构子当归 Mini Angelica Lotus with Chinese Wolfberry	单黄上海奶皇 Mini Shanghai Custard with Single Yolk 单黄白莲蓉 Mini White Lotus Paste with Single Yolk
---	--

*with a packet of chinese tea

Eastin Hotel Mooncake

4 Flavours in ONE Box

Lotus Paste Single Yolk 单黄莲蓉	Pandan Lotus Single Yolk 单黄翡翠
White Lotus Paste 白莲蓉	Red Bean with Green Tea Paste 豆沙绿茶

Donation of **RM40.00** per box

Six Happiness Mooncake

Recycle Papers Into Lives



We have but **ONE** Earth.
We do not inherit it from our ancestors;
we borrow it from our children.

Join NKF in its recycling campaign by dropping off your unwanted paper products;

When : Every day except Sunday
Time : 8.30 am to 6.00 pm
Venue : Berjaya-NKF Dialysis Centre
No 72, Jalan 14/29,
46100 Petaling Jaya, Selangor



"A Taste of Love" Campaign 2009

(1st June – 30th Nov 2009)



"A Sumptuous Treat"

Our sincere appreciation to Mr Low Teik Kien, for sponsoring 19 NKF dialysis patients for a sumptuous lunch at the Cubes Restaurant. It was indeed a memorable moment for the patients, something they had not experienced for a long time.

Date : 5th July 2009
Time : 1pm
Venue : Cubes Restaurant,
Level 1, Jaya One, PJ



The project has successfully raised RM7,650.00 as at 30th July 2009. Coupons can be obtained from NKF Fundraising Department at 70, Jalan 14/29, 46100 Petaling Jaya, Selangor or call 03-7954 9048 ext 218 for more information.

MBA Agency - "Lending a Helping Hand"



Date: 1st May- 31st Dec 2009
Raised: RM2400.00 as at 30th July 2009

Will be contributing RM20.00 from each new solution plan/ policy signed with MBA Agency.



“Let Music Bring Joy to Charity”

While enjoying life through music, you can make a difference to NKF 1,200 over patients in 23 dialysis centres nationwide. Let music bring joy & Give Hope to those who need to endure 4 hours dialysis treatment 3 times a week.

For a donation of RM 118.00, you'll get this powerful little portable speaker, the X-Mini II from NKF secretariat, No.70, Jalan 14/29, 46100 Petaling Jaya, Selangor.

One X-Mini II is enough to blast the night off!

For more information, contact 03-7954 9048 ext 207 (fundraising department) or email fundraising@nkf.org.my

“Drink With Love”



Grab a packet of DEHO product (DEHO 3-in-1 Teh Tarik” & “DEHO Ipoh White Coffee) to do your bit for charity today at NKF secretariat office in PJ for contributions of RM13.00 per packet.

“Wash for Charity, Smile for Harmony”

Organized by: Leo Club of Georgetown Mutiara



- 16/8/09:** Car washing by Leo members.
- 16/8/09 - 15/9/09:** For a donation of RM 5.00 will get a coupon for a car wash.
- 16/9/09 - 30/10/09:** Redemption of coupons.

Support the Leo members for this charity car wash project! Donate for a coupon and bring your car to L.A Car Wash (Jalan Dato Keramat) or Dragon Car Wash (Jalan Masjid Negeri) in Penang and be a part of this charitable cause.

NKF relies on the public for their generous contributions to enable us to continue providing our quality service and to subsidize our poor and needy patients for their dialysis treatment.



We have currently opened a new opportunity for the public to do their bit for charity by contributing to NKF through the CIMB Cares project. Just log on to <http://www.cimbclicks.com.my/cimbcares.htm> for more information.

Contributions to NKF can also be done through Maybank2u.



With just a few clicks, you are Giving Hope to our dialysis patients.

Donation of Dialysis Machines

(From April - Aug 2009)

- 1. Pertubuhan Keselamatan Sosial**
(1 unit at MULS-NKF, Perak / 2 units at Bakti-NKF, Klang)
- 2. Catholic Welfare Services**
(1 unit at KAS/ROTARY-NKF, Kuching)
- 3. Mr. Yap Phing Cern & Mdm. Lee Foot Yin**
(1 unit at Che Luan Khor-NKF, Johor)
- 4. Project 8 Sdn Bhd** (1 unit at Nanyang-NKF, Setapak)

- 5. District 308B2 Lions Foundation**
(2 units at Lions-NKF, Alor Setar & 2 units at Lions – NKF, Penang) 
- 7. Tanjung Balai Quarry Sdn Bhd**
(1 unit at Charis-NKF, Cheras) This is the 3rd unit contribution.



INDIVIDUAL / COMPANY CONTRIBUTIONS

1. Perusahaan Muster Sdn Bhd - 30th Anniversary	RM 5,000.00
2. Naza TTDI - Charity Golf	RM 5,000.00
3. Selangor Turf Club - “A Heart For Charity”	RM 5,000.00
4. Mr.Tai Lung Khoo - Family Contribution	RM 4,067.00
5. Alphamatic Group of Companies - CSR	RM 3,000.00
6. International Tuition School - Open Day	RM 2,500.00
7. H&L Supermarket Sdn Bhd - Charity Sales Campaign	RM 1,625.12
8. Leo Club of Taylor’s - Health & Charity Campaign	RM 1,500.00
9. Ooi Say Kok - Taxi fare for patient	RM 1,180.00
10. Cynergy Fitness Sdn Bhd - Membership Card	RM 750.00

- 6. **S.C. Johnson & Son (M) Sdn Bhd** (2 units at Charis-NKF, Cheras)





FASTING During RAMADHAN for DIALYSIS PATIENTS

Dato' Dr. Zaki believes dialysis patients can fast, if they have no medical complications

An Interview with Dato' Dr Zaki Morad Mohd Zaher, Consultant Nephrologist & Chairman of the Board of Managers, NKF.

Q. 1. What is the importance of fasting to Muslims?

Fasting during the month of Ramadhan is obligatory to all Muslims as it is part of the five pillars of Islam. However if a person is sick during this period he can replace it by fasting during another time. If a person is chronically ill and cannot fast, the religion allows him to pay an *alm in lieu of fasting

Q.2. Is there any barrier to dialysis patients fasting and If there is what are they?

It is understandable that patients on dialysis would like to fulfill their religious obligations although the religion allows some alternative. There is no barrier for patients to fast. They must however take some specific measures:-

1. Medicines have to be taken only during dawn before the start of fasting and in the evening on breaking fast. Hence any medicine which is taken three times a day should be taken twice a day.
2. Many patients are diabetics and diabetic medications have to be adjusted. In general as they are taking more after the break of fast, the higher dosage of diabetic medications

* money



Shamsuddin has been fasting regularly and experiences no problems

should be taken in the evening while the lower dosage in the morning (this is the reverse of the usual dosing schedule on non-fasting days)

3. Traditionally Muslims break fast with dates followed by their usual meals. Dates contain Potassium and thus they should take it sparingly.

4. Most dialysis patients are careful with the amount of fluids. The same care should be exercised during breaking of fast and during the non-fasting hours

Q.3. How many dialysis patients fast? Is it a lot?

We have no figures but from observation many do

Q.4 Do they fast on the days they have dialysis?

They can fast on both dialysis and non-dialysis days. Patients should note carefully if they feel unusual symptoms such as giddiness, tiredness, low BP after dialysis, cramps etc if they fast on dialysis days. If they do have these symptoms, they should break fast and take some fluids as this may indicate lack of fluids.

ANNOUNCEMENT



NKF educational pamphlets are now available at selected clinics in the Klang Valley.

Thank You IDS Asia

Guidelines for the Prevention of H1N1 infection in Dialysis Centres



An Interview with Dr Shahnaz Shah Firdaus Khan, Consultant Nephrologist, Tengku Ampuan Rahimah Hospital, Klang

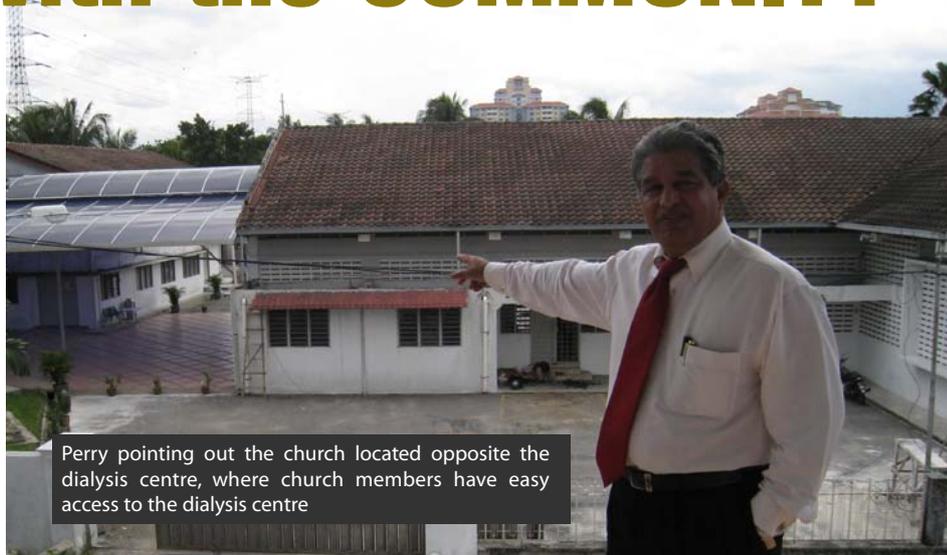
Dr Shahnaz Shah, as with other doctors in hospitals located throughout the country, has been battling hard to bring awareness to patients on the importance of hygiene to curb the spread of H1N1 virus. Patients with kidney failure is one of the high risk groups for H1N1. The following guidelines are modified from the guidelines issued from the Ministry of Health.

- ☞ All dialysis patients coming in to the dialysis centre should be screened for fever. Patients with fever should be isolated from those with no fever as soon as possible.
- ☞ Patients should wear masks.
- ☞ If a separate room is not available for those with fever or running nose, they should be treated in one corner away from the main flow of traffic, separated by at least six feet from the next station.
- ☞ Healthcare personnel should use surgical mask, non-sterile gloves eye protection and gown when coming into contact with a patient suspected to have H1N1. The surgical mask, gown and gloves should be removed and discarded after use. Hand hygiene should be observed at all times. with soap and water or alcohol based sanitizer, before and after seeing patients and prior to leaving the dialysis centre.
- ☞ All supplies taken to the station should be reserved for that patient alone and either discarded after use or cleaned and disinfected before use for another patient.
- ☞ Environmental surfaces should also be cleaned and disinfected in accordance with standard safety protocols after the station has been vacated before the arrival of a new patient.
- ☞ These precautions should be kept in place for 7 days after the onset of the patient's symptoms or at least 24 hours after symptoms have resolved, whichever is longer.



WORKING with the COMMUNITY

The Pusat Rawatan Dialisis Good Health - NKF, Kg Pandan, Kuala Lumpur



Perry pointing out the church located opposite the dialysis centre, where church members have easy access to the dialysis centre

The survival of non governmental organizations (NGOs) is dependant on the support they receive from their local communities. In some cases, where the need for funding is high as is the case of NGO dialysis centres, partnerships with organizations such as community service clubs, religious organizations, charitable organizations and even the state government, maybe the solution.



The newly completed Pusat Rawatan Dialisis Good Health-NKF, a joint effort between NKF and the St Vincent DePaul Church in Kg Pandan, sponsored by Tex Cycle and the community.

With 23 dialysis centres located nationwide, the National Kidney Foundation of Malaysia (NKF), owes much of its success to the many partnerships forged over the last forty years.

One such dialysis centre taking shape in Kg. Pandan, Kuala Lumpur provides one such example of a successful partnership between the Society of St. Vincent DePaul Conference of Sacred Heart, KL and NKF. The Pusat Rawatan Dialisis Good Health – NKF, Kg Pandan, was born from the good intentions of S. Perry, Managing Director of Tex Cycle, an environmental specialist for waste disposal and Past President of St. Vincent DePaul Conference of Sacred Heart, a religious organization devoted to the upliftment of the poor. It was 15 years ago that Perry came into contact with a poor dialysis patient in the Church and the plight of the poor dialysis patient motivated him to seriously consider setting up a dialysis centre for poor patients.

“When I first realized how expensive dialysis was, I persuaded the Society to purchase a house in Taman Midah but later we found out, it was not suitable for a dialysis centre,” said Perry.

But according to Perry, he never gave up hope of setting one up and last year mooted the idea to his company, Tex Cycle as part of their Corporate Social Responsibility Program, as the St. Vincent DePaul committee members had decided to re-activate the idea of setting up a dialysis centre in the locality.

Having heard of NKF, Perry then approached NKF and thus the project became a reality with Tex Cycle as the sponsor, supported generously by donations from the members of The Society of St Vincent DePaul as well as those living in the community.

The newly renovated dialysis centre, located right in the heart of Kg. Pandan, is in a good position to provide dialysis for the poorer members of the community. With the church located opposite, Perry was confident the church members would play a key role in assisting the Board members by forming cell groups, where they would visit and give support to dialysis patients. Perry further added that the project had been made possible only through the unity and team effort by all parties, in this case, NKF, Tex Cycle, church members and the donations, not only from within the community but from the St Vincent DePaul members from all over the country.

Che Luan Khor -NKF Dialysis Centre, Kluang, Johor



Lee, chatting with one of the dialysis patients on her weekly visit to the Che Luan Khor Dialysis Centre, Kluang



Centre Manager Maenah, showing a dialysis patient how to work the electric lift-chair at the dialysis centre.

“The Society is happy with the progress of the Dialysis Centre and we do not have to worry about the shortage of staffing anymore and the quality of dialysis care has improved tremendously,” said Tzong Shii.

At the recent 37th year celebration of the Che Luan Khor Society, Kluang, Johor, the President, Chen Tzong Shii, spoke on the successful partnership between the NKF Malaysia and the Society in the running of the Che Luan Khor-NKF Dialysis Centre in Kluang, Johor. As a charitable organization, the Society had run into administrative problems in 2005 with the day to day management of the dialysis centre as many of the patients were old and Society could not cope and had turned to NKF for help. Today, the dialysis centre, with 76 patients, is a well-managed centre, under a trained Centre Manager and a clerical assistant.

Lee Mui, one of the committee members, spends time weekly looking into the welfare needs of the dialysis patients at the centre and according to her, the Society spent between RM 6,000 – 7,000 monthly sponsoring poor patients. Recently, as many of the patients are old, the Society decided to purchase an electric Lift-Chair at a cost of RM 53,000 to enable patients to be transported to the second floor without having to climb the flight of steps. **Also, at the 37th Anniversary Celebration, a fundraising dinner was held for the purpose of raising funds for their various projects and a total of RM 120,000 was raised from the sale of 160 tables, indeed**

testimony to the commitment of the members towards their charitable obligations.

It is due to the efforts of such charitable organizations and the generosity of Malaysians that enable poor patients to have easier access to dialysis care.



Che Luan Khor Fundraising dinner in Kluang

Tanda-tanda Penyakit Buah Pinggang



- Kencing berdarah



- Kerap buang air kecil pada mulanya, terutama pada waktu malam



- Tekanan darah tinggi



- Kencing berbuih disebabkan kehadiran protin di dalam air kencing



- Bengkak kaki, buku lali atau di sekeliling mata



- Keletihan



- Loya, muntah



- Gatal badan

Amaran:

Tanda-tanda & simptom di atas merupakan tanda-tanda lewat penyakit buah pinggang, oleh itu ujian saringan adalah amat penting dilakukan, terutamanya jika anda berisiko tinggi.

Dipersembahkan oleh:



www.nkf.org.my



www.nkf.org.my

The National Kidney Foundation of Malaysia (NKF)

No. 70, Jalan 14/29, 46100 Petaling Jaya, Selangor

Tel: 03-7594 9048 Fax: 03-7954 9048 / 7954 0535

Website: www.nkf.org.my E-mail: info@nkf.org.my