



# SHARE

NKF Newsletter

2010 Issue 2

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Can Patients On Dialysis Fast During Ramadhan?  
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Saving Lives through Early Detection & Prevention- NKF LifeCheck pg 8 & 9



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## MESSAGE FROM VICE CHAIRMAN

# World Cup - A Lesson in Self Determination

The biggest football event in the world has just concluded and I am truly amazed by how things turned out. My favorite team didn't make it past the quarterfinals though it was the favorite to lift the coveted trophy. All else being equal, an important factor seems to be self determination and resolve to succeed as shown by the winning team, who has done their country proud. And how is this related to the kidneys, you may ask?

Well an acquaintance of mine, who first consulted me 12 years ago for Diabetes and protein in the urine was recently diagnosed with End Stage Renal Failure and needs to start dialysis soon. She was 35 years old then and I had emphasized to her the nature of the disease and the necessary precautions to prevent progression to kidney failure. Due to her not so good compliance over the years, she is now looking at a life on dialysis. Of course there are many issues involved in disease progression including standards of medical care, lifestyle and social circumstances nevertheless dialysis could have been delayed or prevented with a great deal of self determination.

The advent of modern medicine has enabled numerous diseases to be detected early with the assumption that early detection of medical conditions would then lead to possible cure. However this can only happen if one willingly undertakes the changes needed in lifestyle and daily living. Many a time we think this is unnecessary as bad things can not happen to us, until disaster strikes. Lifestyle related factors including smoking, dietary habits and alcohol consumption go a long way in the control of Diabetes Mellitus, the leading causes of End Stage Renal Failure in the country. We are responsible for our health and with all the information that is now available, its self determination that contributes to a better outcome in certain diseases.

The National Kidney Foundation of Malaysia has embarked on numerous prevention and educational programs for the general public with the hope that these endeavors will ultimately lead to the decline in the number of cases requiring dialysis.

Thank you,

Dr. T. Thiruventhiran FRCP  
Vice Chairman  
National Kidney Foundation of Malaysia

## NKF DIALYSIS CENTRES

	TEL NO
1. Tuanku Syed Putra - NKF Dialysis Centre, Kangar, Perlis	04-9777411
2. Lions Club of Alor Star - NKF Dialysis, Alor Setar, Kedah	04-7352190
3. Superkids Trinity - NKF Dialysis Centre, Alor Setar, Kedah	04-7340215
4. Fo Yi - NKF Dialysis Centre, Unit I, Penang	04-2824952
5. Fo Yi - NKF Dialysis Centre, Unit II, Penang	04-2828701
6. Perak Moral Uplifting Society - NKF Dialysis Centre, Ipoh, Perak	05-3215921
7. Taiping Moral Uplifting Society -NKF Dialysis Centre, Taiping, Perak	05-8041633
8. NKF Dialysis Centre, Jalan Hang Lekiu, Kuala Lumpur	03-20312437
9. Rotary Club of Damansara - NKF Dialysis Centre, Kepong, Kuala Lumpur	03-62517460
10. Nanyang-NKF Dialysis Centre, Setapak, Kuala Lumpur	03-40217704
11. Charis- NKF Dialysis Centre, Cheras, Kuala Lumpur	03-91328193
12. NKF Dialysis Centre, Petaling Jaya, Selangor	03-79542359
13. Ping Rong-NKF Dialysis Centre, Sungai Way, Petaling Jaya	0378746707
14. Bakti-NKF Dialysis Centre, Klang, Selangor	03-33239424
15. Apex Club of Klang-NKF Dialysis Centre, Klang, Selangor	03-33417009
16. Chee Luan Khor-NKF Dialysis Centre, Kluang, Johor	07-7765313
17. Family Development Foundation-NKF Dialysis Centre, Masai, Johor	07-3866164
18. NKF Dialysis Centre, Kota Bharu, Kelantan	09-7475834
19. NKF Dialysis Centre, Kuala Terengganu, Terengganu	09-6249423
20. KAS/ROTARY-NKF Dialysis Centre, Kuching, Sarawak	082-240927
21. Tun Abdul Razak-NKF Dialysis Centre, Kuantan, Pahang	09-5141566
22. Fungates Superflow-NKF Dialysis Centre, Kepong, Kuala Lumpur	03-62519850
23. Majlis Ugama Islam Sabah-NKF Dialysis Centre, Kota Kinabalu, Sabah	088-538532
24. Lions -NKF Dialysis Centre, Penang	04-2101555
25. Good Health-NKF Dialysis Centre, Kampung Pandan, KL	03-92813451

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# CAN PATIENTS ON DIALYSIS FAST DURING RAMADHAN?



Shamsuddin has been fasting diligently all these years.

With the advent to the fasting month of Ramadhan, many patients on dialysis wonder whether they can carry out this very important religious obligation. Dialysis is on three times a week for four hours daily and as Muslims are required to fast daily, this may have an effect on the overall health of the patient.

Here Dato' Zaki Morad Mohd. Zaher provides some insight for those dialysis patients, who are planning to fast during the Ramadhan period.

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 medicines which are 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 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)

1. Traditionally Muslims breakfast with dates followed by their usual meals. Dates contain potassium and thus Muslims should take them sparingly.
2. 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 undergo 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.



Azizi Zakaria, 19 years old and Teen Ambassador for NKF has a soft spot for those in need of help, especially dialysis patients. Having himself experienced a relative with kidney failure, who recently passed away. Azizi decided to put all his efforts into raising funds on a regular basis while promoting the importance of kidneys through awareness programs in schools.

The Leo Club of Anderson School, Ipoh, spearheaded a fundraising activity, 'Save Your Kidneys', designed to raise awareness about keeping the kidneys healthy and the students together with Azizi, raised RM 548 for the benefit of NKF dialysis patients. As a young artiste, Azizi has released his first album titled "Kamu Semua" in March 2009. As a committed ambassador, he donates part of the sales proceeds from his merchandize items to NKF.

In July 2009, NKF held a press conference to officially launch NKF's Teen Ambassador, Azizi Zakaria, who was discovered during the DiGi CelebriTeen 2007.

Last year, Azizi visited NKF PJ Dialysis Centre as part of his program to bring cheer and goodwill to the patients. Azizi said the strength of patients to endure four hours of dialysis treatment was amazing and for him it was a day well-spent in the company of dialysis patients, who appreciated his gesture.

As part of his program to cheer NKF patients, Azizi also dropped in on NKF dialysis centres in Ipoh and Alor Setar, chatting to patients, creating an atmosphere of cheer wherever he went.

This new recording artiste learned how to take blood pressure, which he mastered very quickly and was also able to understand the whole process of haemodialysis. He chatted with patients and even helped lift a patient who is handicapped on to his wheelchair. This gesture touched the hearts of many patients and renal workers at the dialysis centre.

The "Save Your Kidneys" Campaign was launched when Azizi visited schools nationwide, covering the states of Perlis, Kedah, Penang, Perak,

KL, Malacca, Johor and Sarawak. This campaign aimed at educating young school children and teachers, created awareness on the importance of kidneys and their role in the human body as well as other related topics.

As Hari Raya drew near, a time for catching up with old friends and also reaching out to those in need, Azizi paid a visit to Ahmad Rafnan, who is a patient of NKF, at his home. Rafnan said he was happy and overwhelmed at the gesture of support and affection from Azizi and also the surprise birthday cake for his 12 year old daughter, who celebrated her birthday that day.

Not satisfied with just the peninsular, Azizi's passion for reaching out to NKF kidney patients brought him to East Malaysia, where he visited the KAS Rotary-NKF Dialysis Centre, bringing them good wishes and cheer during their 4 hours of dialysis that day.

Never one to be left out during events, Azizi also supported and participated in NKF's Amazing Kidneys Walk Hunt during World Kidney Day 2010 celebration at 1 Utama Shopping Centre. This further boosted his image as an ambassador who cares about spreading the message, 'Early Detection and Prevention Saves Lives'

As a Leo member of the Leo Club of Ipoh Metro Omega, Azizi formed a partnership with the Leo Club of Ipoh Anderson, Leo Club of Sam Tet, Leo Club of St. Michael's and the Leo Club of SMI and raised a total of RM 10,000.00 in aid of NKF from a charity concert themed "117 – Fallen Stars Ipoh Showcase".

As Azizi career grows, with a new single released in July 2010, "Selalu Cinta", his work serves as an example to the younger generation on the importance of reaching out to the less fortunate in society.

There is no doubt, as a Teen Ambassador, Azizi is a shining example of generosity, who not only reaches out to those in need but contributes his time and energy in promoting awareness.

Syabas .....

# THE GIFT OF LIFE



Lee with his family on holiday in China

Lee Chen Hoe, 52 years old, successfully underwent a kidney transplant and today discusses the many challenges he faced during his life.

"I underwent a kidney transplant on 27th July 1996 in Kuala Lumpur Hospital and today I am leading a quality of life which can be attributed to my healthy lifestyle of exercise and good dietary habits.

Of course, I am more fortunate than others when it came to being chosen from the long list of waiting recipients and my donor kidney came from an American expatriate, C.H. Bender, who at the age of 56 died from a brain haemorrhage at a local private hospital.

At 33 years of age, I experienced complete kidney failure for unknown reasons and after undergoing Continuous Ambulatory Peritoneal Dialysis, (CAPD) for 5 years, the doctors at KL Hospital successfully transplanted the kidney, after 4 years of being on a waiting list.

The only motivation I had to undergo the transplant was to witness the graduation of my twin daughters, whom I love dearly. Now they are 21 years of age and will graduate on 24th July from a local private university in accounting.

As an off-campus graduate of Universiti Sains Malaysia in Chemistry, I myself struggled in my early years, having to travel long distances, 60 km away to school. Each day, I would wake up at 4.30am and take the 5.30am bus from my hometown Batu Arang to Kuala Lumpur as I wanted to attend Form Six in St John's Institution, a premier school and have never looked back since then. That struggle and determination to succeed, gave me the courage to go through this experience of being a transplant recipient.

I am an active member of the Green Ribbon Support Association (support group for transplant patients), currently serving as its Hon. Secretary for the past 10 years and feel strongly about giving back to society. My paternal grandmother was an inspiring force in my life and her philosophy was when people help you, you must never forget their kindness.

I pursued my Master of Business Administration in Universiti Putra Malaysia after the transplant operation and graduated in 1999, and today I work as a Management Consultant and spend my leisure time encouraging other transplant recipients. I receive many phone calls from troubled dialysis patients and also transplant recipients, many of whom have difficulty adjusting back to their lifestyles and face stress in their daily lives. I try my best to be of some help to them as I have experienced all this myself and eventually they adjusted."

The organ donation rate in Malaysia is one of the lowest in the world despite the high fatalities from road traffic accidents. In Malaysia, organ donor pledges come under the National Transplant Resource Centre (NTRC) and anyone wishing to pledge their organs after death can fill in the 'The Malaysian Donor' Card together with the 'National Organ Donor Registration Form' available at:-

**Pusat Sumber Transplan Nasional  
Hospital Kuala Lumpur**

Jalan Pahang  
50586 Kuala Lumpur  
Tel: 03-26942704/2705



## NKF 40<sup>TH</sup> ANNIVERSARY CELEBRATION CHARITY DINNER



Presentation of mock cheque for RM877,000 to Tan Sri Dato' Dr. Abu Bakar Suleiman, President, Board of Governors, NKF by Sunway Group Chairman, Tan Sri Dato' Seri Dr Jeffrey Cheah

The Sunway Group, in collaboration with the National Kidney Foundation of Malaysia, has successfully raised RM877,000 net, for another unit of NKF LifeCheck Mobile Health Screening.

This fundraising exercise was carried out in conjunction with the 40th Anniversary dinner of the NKF. The theme, was "40 YEARS OF GIVING HOPE" to all kidney disease patients. The NKF 40th Anniversary coffee table book was also launched during the event, by Dr SS Gill, Dato' Dr Zaki Morad bin Mohd Zaher, and Tan Sri Dato' Seri Dr Jeffrey Cheah, who signed a copy of the book on stage.

Dr Gill, Founder of NKF and Editor of the 40th Anniversary Book felt the book was important as it represented a record of those persons who had contributed to the growth of NKF over the last 40 years and gave due recognition to them. The book also traced the history of NKF and the early years when Harry Kydd, a kidney failure patient, whose death from kidney failure in 1966 prompted Dr Gill to work with the PJ Rotary Club to register a national kidney foundation to help others in a similar predicament.

As Dr Gill put it, "If we do not put it in writing, all the records will vanish as time goes by and while we can still record it, this book will serve as a milestone for NKF's achievements.

Over the last 40 years, NKF has grown from strength to strength, from one centre in 1993 to 25 in 2010 and still growing. The reasons for this phenomenal growth can be attributed to the dedication and leadership shown by its founders as well as the Board of Governors and Managers, who voluntarily contributed their time and effort to the growth of NKF.



Australian 100% "Kylie Show"



Launch of 40th Anniversary Book by Sunway Group Chairman, Tan Sri Dato' Seri Dr Jeffrey Cheah (centre) with Dato' Zaki Morad Mohd Zaher, Chairman Board of Managers NKF (left) and Dr SS Gill (right)

As Dato' Zaki put it, "Thus, the first 40 years has been a 'Journey of Hope' but in years to come, Public Education will be the key to unlocking the hearts and minds of Malaysians to lifestyle changes. This change of mindset will save millions of ringgit of public money as well as avoid the emotional and psychological trauma of dialysis," he said.

This is the second time Sunway and NKF have come together for such an effort. In 2006, Sunway and NKF partnered to successfully raise RM780,000 to fund the first customized 40-seater bus, outfitted with facilities to conduct health screenings around the nation. The NKF LifeCheck was launched in 2008, and has thus far catered to 80,000 people, especially those in the suburban areas.

It is our hope that with this second unit, NKF can achieve its target of screening 120,000 members of the public by the end of 2011.

The extravaganza was opened by Atilia, Malaysia's very own accomplished singer and songwriter, famed for her jazz and evergreen numbers who serenaded the crowd with her melodious voice.

The highlight of the night saw another stage extravaganza featuring renowned international act, Lucy Holmes, showcasing the Australian 100% "Kylie Show".

The event attended by more than 1,300 caring Malaysians. NKF's Journey of Hope continues.....



Presentation of mock bus by Sunway Group Chairman, Tan Sri Dato' Seri Dr Jeffrey Cheah (right) to Dato' Zaki Morad Mohd Zaher (left), Chairman Board of Managers NKF with Dato' Chew Chee Kin, President, Sunway Group (centre)

## IFKF 11th IFKF International Meeting

### Leading the way for Kidney Foundations



*IFKF President -  
Dr Miguel Riella*



*IFKF Group photo*

The 11th International Federation of Kidney Foundations (IFKF) International Meeting held from 9 to 12 May 2010 at Hotel Nikko Kuala Lumpur was a resounding success, with more than 350 local and 60 international delegates from various countries.

According to Lynn Kulasingham, NKF Vice-President and IFKF board member, this was the largest participation attained and the most successful of all IFKF conferences held.

The first time held in Asia, the participants comprised allied health professionals, nurses, dieticians, doctors, IFKF delegates as well as dialysis and transplant patients and their caregivers who gathered to exchange knowledge and 'hands-on' experience on kidney disease, treatment and aid relevant to the Asian region and globally.

The workshop on the dietary needs of kidney failure patients and a forum for dialysis and transplant patients, on the first day, attracted a high attendance from local participants. The 'DIET' workshop delved into the management of kidney disease from an Asian perspective and touched on renal bone disease and anaemia in dialysis patients.

Participants of the dialysis and transplant patients' forum listened to testimonies on the "ups and downs" of being on dialysis and the experiences of organ donors and recipients. Practical issues such as stress and depression, sexual problems and pregnancy as well as the challenges in a working environment were also addressed.

Tourism Malaysia lent their complete support to the event, with booths offering a glimpse of Malaysian culture and local artefacts. Delegates were seen trying their hand at batik painting and even purchased souvenirs for their folks back home. There were mixed response to henna drawing, some were gung ho while others were apprehensive about this temporary tattoo art. The *teh tarik* demonstration drew the largest crowd, some of whom tasted this national drink with great enjoyment and laughter.

YB Datuk Rosnah Rashid Shirlin, Deputy Minister of Health, officiated the event and took the opportunity to view the poster exhibition by members of IFKF. Later in the evening, the international delegates were feted in a welcome Chinese dinner where they were entertained by renowned local violinist Joanne Yeoh. Judging from the unexpected response of the crowd, who delightedly joined in the fun, Joanne was a huge success.

During the dinner, the IFKF's founder, Prof Kopple was honoured to present the inaugural Joel D Kopple Award to the Kidney Transplant Support Foundation of Sri Lanka, represented by Mr. Ajit Perera, in recognition of its innovative development of a critically-needed National Organ Donor Programme.

The meeting emphasised the roles of kidney foundations as well as the prevalence and incidence of kidney disease in the Asian region, particularly in developing countries while identifying prevention strategies of chronic kidney disease as a national cause.

Local participants also attended a session on the licensing requirements of setting up a new dialysis centre as well as the operational technicalities of running a dialysis centre. The participants were exposed to NKF's public health screening and awareness efforts over the past two years.

A review of the World Kidney Day 2010 activities was conducted along with a preview for next year, followed by the poster competition evaluation. During the judging process, delegates were asked to explain the message and significance of their posters. Certificates were awarded to the top 3 winners for the best poster for World Kidney Day activities and Kidney Foundation Programmes. NKF Malaysia won second best poster for Kidney Foundation Programmes.

After a fruitful meeting in Kuala Lumpur, it's over to Vancouver, Canada in 2011!

## Saving Lives through Early Detection & Prevention- NKF LifeCheck



Health screening at Queensbay Mall, Penang

The number of dialysis patients continues to grow in Malaysia and based on the latest National Renal Registry Report, a total of 21,159 dialysis patients were recorded for the year 2009. Of the more than 4000 new dialysis patients, more than half (58%) were due to diabetes and 27% suffered from end stage kidney failure due to unknown causes.

What this simply means is that in the long run, health screening through blood and urine testing will help early detection and prevention of end stage kidney failure. For many Malaysians, their lack of knowledge of the causes of end stage kidney disease simply means public education is the key to saving lives. With this in mind, the Foundation decided to build its own customized bus for health screening.

The NKF LifeCheck Mobile Health Screening Unit, a 40-seater bus, with 7 workstations, launched in January 2008, has screened more than 77,000 members of the public up to June 2010. Those who were detected with abnormalities in their blood and urine specimens have been referred to hospitals and clinics of their choice for further checks.

Tan Sri Datuk Dr. Haji Mohd. Ismail Merican, Director General of Ministry of Health, who was present at the official launch of NKF LifeCheck in 2008 commented, "Health screening plays a vital role in alerting members of the public as to the state of their health early so that necessary action can be taken to arrest any decline in health."

This has proved true.

One of the strongest supporters of NKF LifeCheck mobile health screening, CIMB Foundation through Community Link, has contributed more than RM 480,000 towards carrying out FREE health screening at CIMB branches nationwide covering the states of Penang, Perak, Kedah, Klang Valley, Negeri Sembilan, Melaka, Johor, the east coast states of Kelantan, Terengganu,

Pahang and even Sabah and Sarawak. A Toyota Hiace van, contributed by CIMB Foundation, in September 2008 gave NKF the avenue to form a second LifeCheck team to further extend coverage to areas, which otherwise were inaccessible to our bus. This included small kampongs and villages off the beaten track and also the Orang Asli located in remote areas.



Reaching out to the rural folks in Dungun, Terengganu

Many organizations such as voluntary and service clubs, corporate bodies, banks and others have come forward to support health screening and CIMB Foundation via Community Link has enabled 15,000 members of the public to be screened, of which 30% originate out of the Klang Valley. This funding is especially crucial as it allows those whose screenings reveal abnormal results to take the necessary early action to prevent long term damage to their kidneys. Through check-ups and Public Education on ways to prevent kidney disease, the alarming rise of new dialysis patients year-on-year can be reduced.

Meanwhile we hope other organizations will come forward and support our screening efforts ....

The following page is the itinerary for the NKF Community Health Day till the end of the year, supported by CIMB Foundation.

# Mark your calendar!



## NKF Community Health Day with CIMB Foundation @ 2010

August	Pahang	4/8 & 5/8	CIMB Bank, Jerantut, Pahang
		6/8 & 7/8	CIMB Bank, Jalan Bank, Kuantan , Pahang
		8/8 & 9/8	CIMB Bank, Pekan, Pahang
	Klang Valley	13/8 & 14/8	CIMB Bank, KLCC, Kuala Lumpur
		17/8 & 18/8	CIMB Bank, Jalan P Ramlee, Kuala Lumpur
		25/8 & 26/8	CIMB Bank, Bandar Baru Ampang , Ampang, Selangor CIMB Bank, Jalan Raja Chulan , Kuala Lumpur
September	Terengganu	23/9	CIMB Bank, Al-Muktafibilah Shah , Dungun, Terengganu
		24/9 & 25/9	CIMB Bank, Mesra Mall, Kerteh, Terengganu
		26/9	CIMB Bank, Taman Cukai Utama, Kemaman, Terengganu
	Klang Valley	1/9 & 2/9	CIMB Bank, Damansara Town Centre , Damansara Heights, Kuala Lumpur
		3/9 & 5/9	CIMB Bank, PWTC , Kuala Lumpur
		8/9 & 9/9	CIMB Bank, Bangunan UMNO, Shah Alam, Selangor CIMB Bank, Taman Sri Selayang , Batu Caves, Selangor
October	Perak	17/9 & 18/9	CIMB Bank, Sentul Raya, Kuala Lumpur
		21/10 & 22/10	CIMB Bank, Taiping , Perak
		23/10	CIMB Bank, Kuala Kangsar, Perak
		24/10	CIMB Bank, Tanjung Rambutan , Perak
	Klang Valley	25/10	CIMB Bank, Tanjung Malim, Perak
		5/10 & 6/10	CIMB Bank, Bandar Utama , Petaling Jaya, Selangor
		8/10 & 9/10	CIMB Bank, Jaya One, Petaling Jaya, Selangor
		14/10 & 15/10	CIMB Bank, Jalan Pudu, Kuala Lumpur
November	Melaka	19/10 & 20/10	CIMB Bank, Wisma Genting , Kuala Lumpur
		24/11 & 25/11	CIMB Bank, Taman Melaka Raya, Melaka
		26/11	CIMB Bank, Jasin, Melaka
		27/11	CIMB Bank, Alor Gajah, Melaka
		28/11	CIMB Bank, Bukit Baru, Melaka
	Klang Valley	1/11 & 2/11	CIMB Bank, Wisma Indah, Kuala Lumpur
		3/11 & 4/11	CIMB Bank, Taman Taming Jaya, Balakong, Selangor
		9/11 & 10/11	CIMB Bank, Jalan Tun H.S.Lee, Kuala Lumpur
		11/11 & 12/11	CIMB Bank, Pearl Point, Kuala Lumpur
		2/12	CIMB Bank, Kota Tinggi, Johor
December	Johor	3/12 & 4/12	Kompleks Plaza Angsana, Johor Bahru, Johor
		5/12	Kulai Utama Shopping Mall, Kulai, Johor
		3/12 & 4/12	CIMB Bank, Selayang Mall, Batu Caves, Selangor
	Klang Valley	14/12 & 15/12	CIMB Bank, Bandar Sunway, Petaling Jaya, Selangor
		23/12 & 24/12	CIMB Bank, Bandar Puteri Puchong, Selangor
		30/12 & 31/12	CIMB Bank, The Strand Kota Damansara, Petaling Jaya, Selangor.

\* The above dates may be subject to changes. For confirmation, please contact us at Public Education Dept (PED) Ext. 242/ 235 or our website [www.nkf.org.my](http://www.nkf.org.my)  
 \* Programmes with other organisations are also available. For those interested, please contact PED or email: [edu@nkf.org.my](mailto:edu@nkf.org.my)



Colouring contest



Height measurement for BMI

# Pencegahan Penyakit Buah Pinggang

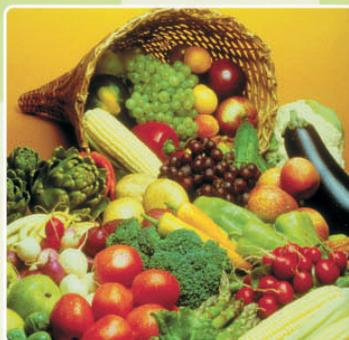
## Pengesanan Awal Melalui Pemeriksaan Tahunan

- Tekanan darah
- Ujian air kencing
- Ujian darah



## Lakukan Pemeriksaan Sekarang, jika anda:

- Menghidap kencing manis
- Mempunyai tekanan darah tinggi
- Sejarah penyakit buah pinggang, kencing manis atau tekanan darah tinggi dalam keluarga
- Menghidapi penyakit batu karang
- Berumur lebih 50 tahun
- Mempunyai berat badan berlebihan
- Mempunyai penyakit *Lupus (SLE)*, *Rheumatoid Arthritis* dan sebagainya
- Mengambil ubat penahan sakit untuk tempoh yang lama



## Pemakanan Seimbang

- Kurangkan kandungan lemak, garam dan gula dalam pemakanan anda
- Banyakkan makan serat, buah-buahan segar dan sayuran
- Minum sekurang-kurangnya 8 gelas air sehari



## Bersenam Selalu

- Bersenam selama 30 minit atau lebih dan sekurang-kurangnya untuk 3 kali seminggu

## Berhenti Merokok

- Merokok boleh menyebabkan saluran darah tersumbat dan kerosakan buah pinggang



## Elakkan Pengambilan Ubatan yang Tidak Perlu

- Sesetengah ubatan adalah toksik kepada buah pinggang, terutamanya jika diambil dalam jumlah yang banyak untuk tempoh yang lama

**Mencegah Adalah Lebih Baik Daripada Mengubati!**

# HOW DONATION MONEY IS HANDLED



Many NGOs out there may need a home as shelter for children, whilst some need food for the poor, the aged and the handicapped. The National Kidney Foundation of Malaysia, NKF needs funds to help the poor patients to subsidise their dialysis fees, medication and other related requirements; as well as to increase the awareness of the public on how to prevent chronic kidney disease. This year NKF needs to source about RM12million to cover its operation costs.

**Fundraising is not just collecting funds but is about planning and execution of projects and activities to raise funds. All funds must be contributed by donors willingly without being forced or threatened.**

The purpose of this article is to outline the established practices of NKF on the handling of donation monies be it cash, cheques or in kind. This is important to NKF for 3 main reasons:

1. To ensure donors that their donations and gifts are used for the purpose for which they were given.
2. To protect NKF from fraud, theft or embezzlement.
3. To protect staff or volunteers from accusations of dishonestly or through temptation to commit fraud.

**“An organization like NKF depends greatly on public funds but we have to maintain transparency and accountability in the way the funds are collected and utilised,”** said Chua Hong Wee, CEO, NKF who believes in prudent management for the overall benefit of patients.

Donations may come in various forms through donation boxes placed at shops, direct mail programme, projects and other activities.

- All cheques received from donations must be made payable to the National Kidney Foundation of Malaysia and not to the named staff or individual. All donations ought to be sent to NKF office and not to the fundraisers' home.
- All cash received from donations/contributions must be acknowledged first with temporary receipts. Donors are discouraged from sending cash donations through the post. Only RM10 and above will be given tax exempt receipt with serial numbers within a week from our Finance & Administration Department.
- For donations in the form of dialysis machines, the esteemed company's name or individual name will be inscribed in a plaque which will be placed on the machine. The donor will be informed once the machine is installed at the centre, and invited to visit the centre and a simple handover ceremony organized and photograph taken for record purposes. (This has been changed after the audit exercise to names placed in a list on a wall mounted plaque)
- All wishes of the donor will be adhered to. Should the donor wish to contribute the funds towards purchase of machine, patients' medication, patients' children, education fund, NKF will follow donor's wishes.
- All donations which go directly into the donation boxes at an outside location like shops, complexes, and a normal receipt will be given to the venue provider with a thank you letter stating the amount collected. The boxes can only be opened and the cash be counted by our authorized agent witnessed by one of the staff of the venue provider.
- All the donors' data will be kept in the donor data bank and not to be given to any third party. A copy of NKF Share newsletter will be sent to the donors once they are captured in our donor list.
- All funds received are properly recorded in our accounts. All individual donors or companies will be acknowledged with a thank you letter attached with the said amount in the receipt. Acknowledgements for major donations will also be highlighted in our website or quarterly SHARE newsletter.
- Our accounts are also annually audited by Ernst & Young to ensure our transparency, accountability and honesty in the operation of the Foundation.

## Direct Mail Appeal

Duration : 1st Jan- 31st May 2010

Raised : **RM 164,478.36**



NKF's ability to provide subsidized dialysis treatment to over 1,300 patients in our 24 dialysis centres nationwide, is made possible by generous Malaysians who have supported us through Direct Mail Appeal.

Should you receive a letter bearing NKF logo, do not be alarmed, open it, take some time to read it and take a positive step to contribute and share with your friends. We need your help to continue our mission.

For those who have contributed, please accept our sincere appreciation, you have given hope to our patients.

### Individual (1st March- 31st May 2010)

Yeoh Seok Kian	RM10,000.00
Lee Tian Wu	RM 2,000.00
Cheah Sek Hon	RM 1,000.00
Yeoh Shih Hoong	RM 1,000.00
Jaspreet Kaur Gill	RM 1,000.00
Wong Kim Loong	RM 1,000.00
Woo Chaw Hong	RM 1,000.00
Abdul Khalil Bin Abdul Hamid	RM 1,000.00
Chong Chee Yong	RM 1,000.00
Chong Kok Keong	RM 1,000.00
Liew Kee Hooi	RM 1,000.00
Choy Fook Kun	RM 1,000.00
Tan Chak Pin	RM 1,000.00
Ahmad Azizuddin Bin Hj. Zainal Abidin	RM 1,000.00

### Company/ CSR Contribution (1st March- 31st May 2010)

WM Link Construction Sdn Bhd	RM10,000.00
Petoskey Sdn Bhd	RM 4,000.00
Nurasakti Corporation Sdn Bhd	RM 2,000.00
Zin Liang Jewellery Sdn Bhd	RM 2,000.00
Nurasakti Corporation Sdn Bhd	RM 2,000.00
The Malaysian Association of Practising Opticians (MAPO)	RM 1,500.00
Goal Jet Technology	RM 1,500.00
Kurnia Sejati Sdn Bhd	RM 1,000.00
Dreamgate Corporation Bhd	RM 1,000.00
Pembinaan Leow Tuck Chin & Sons Sdn Bhd	RM 1,000.00
City Motors Sdn Bhd	RM 1,000.00
MASTERSKILL (M) Sdn Bhd	RM 800.00

ON-GOING

## JOIN THE GROUP, SAVE A LIFE!



Newton Automation (M) Sdn. Bhd. (627406-D) initiated the "JOIN THE GROUP, SAVE A LIFE" campaign where every person who joins the group in facebook, RM 0.10 will be donated to NKF.

YOU can make a difference with just a "Click".

Login to: <http://www.newton-group.net/> and click on the following icon now:



We urge your kind support to make a difference for the dialysis patient.

Our sincere appreciation to Newton Automation (M) Sdn. Bhd. for the contribution of RM 10,000.00.

ON-GOING

## Recycle Papers Into Lives

Welcome to our new partner, Mr Yew Cheng Hoe-Chairperson of Damansara Jaya Residents & Owners Association and his Residents Association at SS22, Damansara Jaya.



Thanks to members of the Lions Club of PJ Metro for their continuous support.



Venue : Seksyen 14, PJ  
Date : 18 April 2010  
Raised : RM460.00



Sincere appreciation to the following supporters for total collection from January to June 2010:

1. Soka Gakkai Malaysia (SGM)	RM 3,391.74
2. Flamingo Hotel & Institutue	RM 414.30
3. Group Associated (C&L) Sdn Bhd	RM 124.00

ON-GOING

## Tukar-beli sambil berbakti



The "Tukar-beli Sambil Berbakti" Campaign will run from 1 July 2010 to 30 September 2010, for 3 months.

This is a nationwide charity campaign organized by SINGER (MALAYSIA) SDN BHD, targeted to raise RM100,000 for NKF. Those who wish to buy SINGER brand LCDTV or furniture and trade in old TV or old furniture will get cash voucher up to RM200. The sale of trade-in items will be contributed to NKF.

ON-GOING

## NKF Online Donation

NKF online donation will be available soon for Master and Visa credit card users. Promising fast and efficient donation without the hassle of deposit cheques and faxing in bank-in slips. With a simple click of the mouse, you have given hope to NKF needy patients. Your actions will make a difference.

Please look out for more updates at our website:

[www.nkf.org.my/onlinedonation](http://www.nkf.org.my/onlinedonation)



UP-COMING

## "The Gift of Love" Mid Autumn Festival

Celebrate Mid Autumn Festival by sending your love ones and friends NKF's "Low in Sugar, Rich in Taste" moon cake from Six Happiness. An eternal symbol of love, friendship and goodwill for all who receive it.

For a donation of RM40.00 you are entitled for one box of moon cake. Each box contains 4 pieces of white lotus paste low sugar.

For more information :

Tel : 03-7954 9048 ext : 208  
Fax : 03-7954 0535  
Email : [fundraising@nkf.org.my](mailto:fundraising@nkf.org.my)  
Website : [www.nkf.org.my/mooncake2010](http://www.nkf.org.my/mooncake2010)



UP-COMING

UP-COMING

**Drink pu-erh tea for your own health & help NKF save lives (MYCN Link Sdn. Bhd.)**



MYCN Link Sdn Bhd aims to educate the public on the intrinsic value of Chinese pu-erh tea and many health benefits of drinking pu-erh tea regularly, which includes prevention of diabetes, one of the known causes of kidney diseases.

A limited edition (only 2,000 boxes worldwide) Malaysia- China 35th Year Trading Relation Anniversary raw pu-erh tea by Fu Hai tea is especially allocated for all to purchase for consumption, collection or even as corporate gift, especially ideal for Malaysian companies with Chinese business counterparts. Prices start from RM 240.00 for 3 cakes including free PosLaju delivery within Malaysia. 30% of revenue from sales of this limited edition pu-erh tea is donated to NKF to help patients with kidney diseases & to support NKF's public education on prevention and management of kidney diseases. Order forms are available at NKF Malaysia head office or <http://www.nkf.org.my>.

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**STEEL WIRE ASSOCIATION OF MALAYSIA**

**The 4th Charity Golf Tournament**



Mr.Chua, CEO of NKF (right), receiving the contribution of RM10,800 at the "SWAM CHARITY GOLF 2010" at Kelab Golf Sultan Abdul Aziz Shah, Shah Alam on 25th JUNE 2010.

**Thank You For The Kind Contribution**



2 units of wheelchair contributed by a anonymous donor are placed at Apex Club-NKF at Klang and PJ-NKF Center for our patients use.



A generous donation of oxygen concentrator by Ms Ng Cheyenne worth up to RM4000.00, located at Tuanku Syed Putra- NKF Dialysis Centre, Kangar.



Our sincere appreciation to SINGER (MALAYSIA) SDN BHD, for offering a special price for NKF to purchase 2 units of refrigerator for medication storage purpose.

Special thanks to our donors:

- Mr Ting Ching Min (RM1,500.00)
- Mr Ooi Say Kok (RM1,200.00)

(1 unit at NKF, Petaling Jaya/ 1 unit at Charis-NKF,Cheras)



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Organised by: A Cut Above Academy



Theme : Cutathon 7  
Date : 9th – 11th April 2010  
Time : 10.00am – 7.30pm  
Venue : Orange Concourse, LG2, Sunway Pyramid

Raised : RM 13,325.00

A charity hair cut by A Cut Above Academy students successfully exceeded the target of 1,300 headcounts. A total of 1,581 headcounts was recorded for the 3 days event. Besides hair cut, other activities are makeup, brow shaping, face painting, and makeover.



**Sincere appreciation**

Sincere appreciation to the family members of the late Dato' Dr and Datin G. A. Sreenevasan for contributing the condolence collection to NKF amounting to RM 12,554.00

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Shirley Koh, Fundraising Manager NKF received a mock cheque of RM5,000.00 through the sales of non-woven bags from Leo Clubs District 308B2 at the LEO Forum in Ipoh.

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**Donation through Recycle Project**



Our deepest gratitude to Community Recycle for Charity for contributing RM1000.00 to NKF through its recycle project on 27/5/2010

COMPLETED

FUNDRAISING

COMPLETED



Organised by: Leo Club of St Michael's Institution, Leo Club of SMK Anderson Ipoh, Leo Club of SMJK Yuk Choy & Leo Club of SMJK Sam Tet

Theme : 117 Fallen Star Ipoh Showcase  
 Date : 2nd May 2010  
 Time : 2.00pm – 5.00pm  
 Venue : SMK Anderson Ipoh School Hall



Raised : RM 8,000.00

As a remembrance for the 3 Leo members who passed away in the Penang Dragon Boat tragedy early this year, the Leo Clubs did a commemorative project called 117 Fallen Stars Showcase. A specially penned song "LISTEN" was launched and performed live during the Ipoh Showcase. Talented Leo members also belted out a few current hit and classic songs. The event ends with some dances and lucky draws.



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**JETS EXPRESS SERVICES SDN BHD**



Date: 24th April 2010  
 Visit by 5 staff from Jet Express Services to PJ-NKF Dialysis Center.

A generous contribution of RM750 was received from the company and its staff after a talk and understanding of NKF's operation.



**SMART KIDS 10**  
 ORGANISER:  
 EXPOMAL INTERNATIONAL SDN BHD  
 Raised RM880.00

**SMART KIDS 2010 ~ MALAYSIA'S LARGEST KIDS' EDUCATION FAIR**

Date : 9 April – 11 Apr 2010  
 Venue : Putra World Trade Centre, KL (Booth no. 3168)

Our gratitude to Expomal International Sdn.Bhd for providing us a complimentary booth opportunity for Smart Kids 2010. A new and unique activity was created to drive interest of the children to the booth. For every RM5 donated, a pin was given to "pop" a balloon. Inside the balloon was a lucky voucher that they could redeem for a gift. The gimmick attracted over 150 children.

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Organised by: Leo Club of SM Sri Kuala Lumpur

Theme : Viva Las Vegas  
 Date : 30th April 2010  
 Time : 7.00pm – 9.30pm  
 Venue : Sunway Resort Hotel & Spa



Raised : RM 10,000.00

The Leo Club of SM Sri Kuala Lumpur raised funds in aid of NKF and the Shepherd's Centre Foundation through their Annual Charity Dinner. A night for the young Leos to put on their best costumes and show their hidden musical talent and their care and concern to serve more and better to those who are in need.



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**Selangor Turf Club- "A Heart For Charity"**

Date : 13th June 2010  
 Time : 4.15pm



This is an annual event of the Club.

Mr Chua Wong Wee (CEO) represented NKF to receive a donation of RM5,000.00.



Booth Opportunity **ACCA**

**ACCA Careers 2010**

Event : ACCA Careers 2010 Date : 10 July 2010  
 Venue : Crowne Plaza Mutiara, Kuala Lumpur

Raised: RM338.00

Our deepest appreciation to ACCA Malaysia Sdn Bhd for a booth opportunity.

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### MALAKOFF "Charity Ride" 2010

Date : 4th – 6th June 2010    Venue : Kota Bharu, Kelantan.  
Raised RM15,000.00

Malakoff Corporation Berhad had contributed RM15,000.00 to NKF through MALAKOFF "Charity Ride" 2010. We would like to express our sincere appreciation for choosing NKF as one of their beneficiaries.

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(Left) NKF CEO, Mr. Chua Hong Wee and GM of Farmasi Vitacare and Ms Aileen Chong

Mr. Liang Peng Guan and Mdm. Low Bee Lian (1 unit) @ Rotary Club of Damansara – NKF Kepong

### Contribution of Dialysis Machines (January – June 2010):

- **Kumpulan Farmasi Vitacare (1 unit) @ Jalan Hang Lekiu NKF Centre, KL-** Kumpulan Farmasi Vitacare has again carried out its CSR project to raise funds for the 6th dialysis machine through the sale of paperclips in Nov 2009 to Jan 2010.
- **Kuwait Finance House (M) Berhad (2 units) @ Pusat Rawatan Dialisis Terengganu – NKF Kuala Terengganu**
- **Mr. Liang Peng Guan and Mdm. Low Bee Lian (1 unit) @ Rotary Club of Damansara – NKF Kepong**



### In' Health & Beauty Expo 2010

Event : In' Health & Beauty Expo 2010    Date : 2 - 4 July 2010  
Venue : Malaysia International Exhibition & Convention Centre (MIECC)

Raised : RM1,337.00

Our deepest appreciation to Mines International Exhibition Centre Sdn Bhd for a booth opportunity.

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(Left) Berjaya Roasters Senior GM - Mr. Lee Siew Weng, Berjaya Roasters Executive Director - Datuk Francis Lee, Subang Jaya state assemblyman - YB Hannah Yeoh, NKF Treasurer - Mr. Leong Yeng Kit

### ROASTERS Chicken Run '10 for Charity

The sixth annual ROASTERS Chicken Run was a resounding success this year as it raised RM60,000.00 for NKF. About 3,000 people of all ages gathered at Sunway Lagoon recently to join the fun-filled charity run. It was a sight to behold as runners were seen balancing an egg on a cone while running the routes – 4.8km for adults and junior categories and 2.8km for children – around Bandar Sunway.



### Donation Box – "Spare A Change, Save A Life" as at 30th June 2010

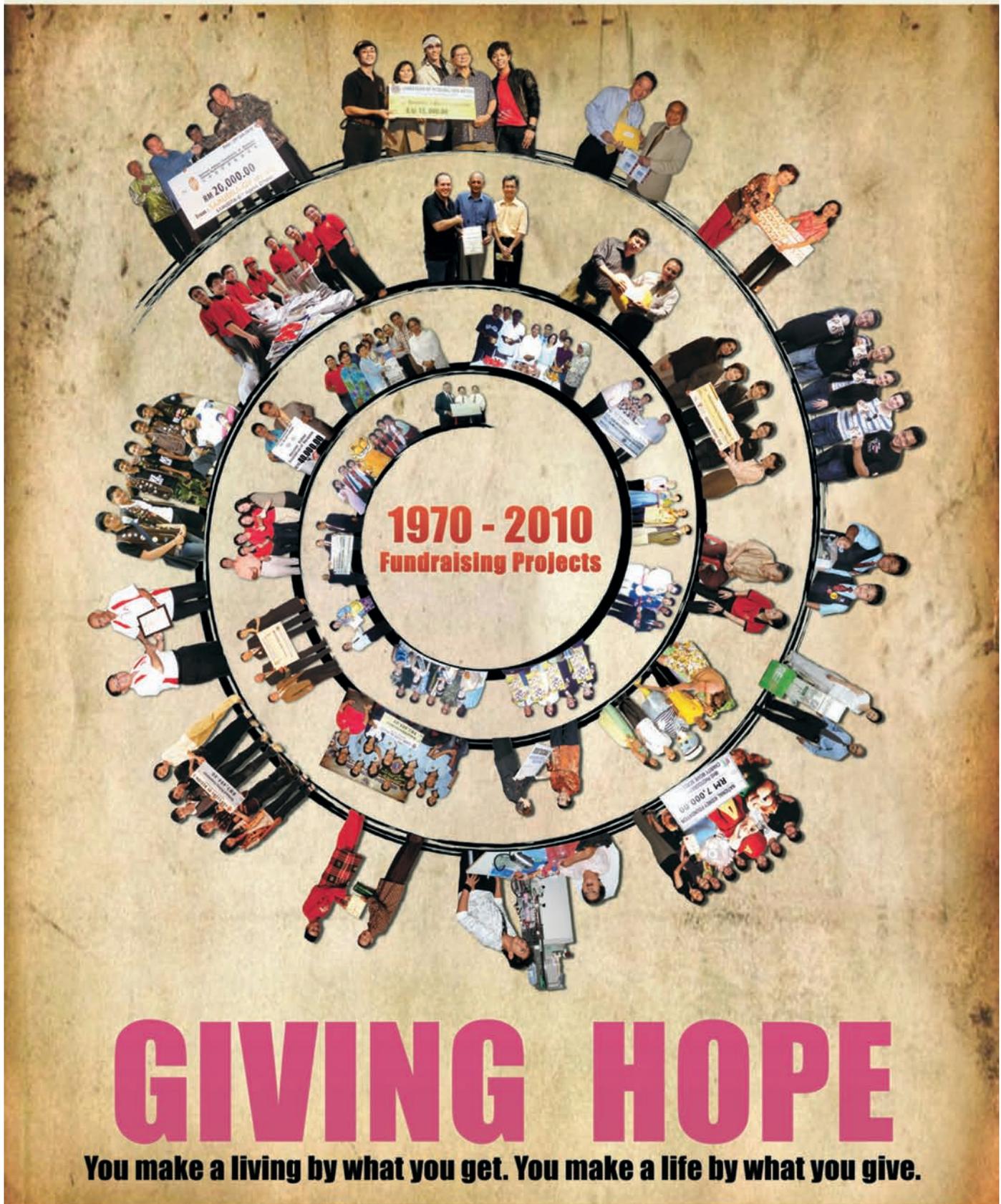
#### Outlets

Outlets	RM
Bintang Supermarket Sdn Bhd	5,667.25
UO Superstore Sdn Bhd	2,099.60
Alpha Pharmacy	3,039.90
Parkson Corporation Sdn Bhd	1,874.40
Health Lane Family Pharmacy Sdn Bhd	1,728.70
Caring Pharmacy Sdn Bhd	1,990.80
Wan Seng Acupuncture	716.50
10th Avenue Food Mall Sdn Bhd	569.45
Pasaraya F & G (USJ) Sdn Bhd	308.00
Stesen Servis Naz Jinjing	442.00
Yit Mun Café	379.00
<b>Total</b>	<b>18,815.60</b>



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

馬來西亞腎臟基金會 மலேசிய தேசிய சிறுநீரக அறநிறுவனம்

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