

EARLY  
DETECTION &  
PREVENTION  
SAVES LIVES

# Share

Issue 11 2014 | PP9314/08/2012 (030426)



**Sunway Group Takes The Lead To Champion  
Organ Donation & Kidney Transplant**

## Who's Who @NKF

### PATRON

YAB Dato' Sri Mohd Najib bin Tun Haji Abdul Razak

### 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. Tan Sri Datuk Clifford F. Herbert

Mr. MA Sivanesan a/l Marimuthu @ Muthiah

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

### BOARD OF DIRECTORS

#### Chairman

Dato' Dr. Zaki Morad Mohd Zaher

#### Vice-Chairman

Dr. Thiruvethiran Thilaganathan

Mr. Goh Seng Chuan

#### Hon. Secretary

Dr. J. D. John

#### Hon. Treasurer

Mr. Leong Yeng Kit

#### Members

Dr. Prasad Menon

Dr. Ong Loke Meng

Dato' Shamsuddin Mohd Dubi

Mr. Liew Shou Kong

Dr. Tarcisius Chin

Dr. Lee Wan Tin

Dr. Tan Hee Wu

### EDITORIAL COMMITTEE

#### Chief Editor

Dr. Prasad Menon

#### Ex-Officio

Mr. Chua Hong Wee

#### Editorial Writers

S. Shobana

Teo Say Guan

Kher Pui Ling

# Message From Chief Editor

Greetings to all as we move towards the closing of the first half of 2014.

We share many interesting stories in this issue of our newsletter. Many exciting activities followed in the wake of the celebrations for the World Kidney Day 2014.

The tempo of the celebrations reached a high with stories of joy and plight encountered by kidney patients in tackling the dreadful disease.

The pitch was complimented by spectacular activities carried out with renowned organisations like the Limkokwing University and the Sunway Group.

Indeed we are grateful to rejoice in the merriment, while at the same time, are truly appreciative of all our donors' generosity to enable our patients to have a better quality of life.

Happy reading.

Dr. Prasad Menon  
Chief Editor

### NKF DIALYSIS CENTRES

### TEL NO

1. Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar).	04-9777411
2. Pusat Dialisis NKF - Superkids Trinity (Alor Setar).	04-7340215
3. Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar).	04-7352190
4. Pusat Dialisis Amal FO YI - NKF (Unit I) (Penang).	04-2824952
5. Pusat Dialisis NKF - FO YI (Unit II) (Penang).	04-2828701
6. Pusat Dialisis NKF - Lions, Penang.	04-2101555
7. Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping.	05-8041633
8. Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh).	05-3215921
9. Pusat Rawatan Dialisis Ping Rong - NKF (Seri Setia, Sg Way, Petaling Jaya).	03-78746707
10. Pusat Dialisis NKF - Dato' Dr. G.A.Sreenevasan (Petaling Jaya).	03-79549048
11. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor).	03-61371884
12. Pusat Dialisis NKF - Fungates Superflow (Kepong, Kuala Lumpur).	03-62519850
13. Pusat Dialisis NKF - Kelab Apex (Klang).	03-33417009
14. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur).	03-40217704
15. Pusat Dialisis NKF - Bakti (Klang).	03-33239424
16. Pusat Dialisis NKF - Charis (Cheras).	03-91328193
17. Pusat Dialisis NKF - Good Health (Kampung Pandan, Kuala Lumpur).	03-92813451
18. Pusat Dialisis NKF - Che Luan Khor (Kluang).	07-7765313
19. Pusat Dialisis NKF - Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru).	07-3866164
20. Pusat Dialisis NKF (Kota Bharu).	09-7475834
21. Pusat Dialisis NKF - Kuala Terengganu.	09-6249423
22. Pusat Dialisis NKF - Tun Abdul Razak (Kuantan).	09-5141566
23. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kuching).	082-240927
24. Pusat Rawatan Dialisis MUIS - NKF (Kota Kinabalu).	088-538532
25. Pusat Dialisis NKF - Yayasan Buah Pinggang Kemaman.	09-8583393
26. Pusat Dialisis NKF - Sandakan Kidney Society.	089-227852
27. Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim).	04-4080669
28. Pusat Dialisis NKF - Sang Riang (Triang).	09-2505709

#### Disclaimer

While all care is taken to ensure that the information in this newsletter is accurate, 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



# Testimony of a Kidney Failure Patient

My name is Agnes Lim Say Kiang and I am 67 years old.

It began in the year 2000, when I was working and beginning to lose weight and appetite. Subsequently, I started to vomit every time I ate. Suddenly, one night I woke up feeling breathless. On the following morning, my sister immediately took me to a private hospital for check-up. I was found to have kidney failure and was hospitalized. Being totally ignorant of what kidney failure was, I was completely shattered. To add to the whammy, I had to give up my job.

When I was discharged from the hospital, I went for dialysis at Pusat Dialisis Amal Fo Yi - NKF (Unit I) (Penang). Friends visited and consoled me, reminding me that my world had not come to an end.

In the course of my treatment, I have learnt a lot from other patients. One day, a friend and her sister from England visited me, and when they were about to leave my friend's sister turned to me and said "Agnes, do you know that kidney failure patients can't last for more than 5 years?" I was stunned, but vowed that I would look after myself to stay alive. Today, how I wish she comes back to see me so that I can stand right in front of her to tell her, "I am still alive and kicking after 14 years of dialysis".

I have also begun reading and attending talks on kidney disease, but the more important issue for me is to take my medicine regularly.

Every time when I am feeling unwell during dialysis, I will seek the assistance of the nurses. I am used to symptoms like low blood pressure, sweating and vomiting. The nurses have helped me greatly and I have tried not to stop the dialysis session halfway.

I am keeping myself busy most of the time so that I do not have the opportunity to ponder over my illness. If my friends organize a day or short overnight trips outside Penang, I try to go with them because I find satisfaction and enjoy myself.

In getting used to my life routine, I have also learned to understand the problems and sufferings faced by others. Whenever I walk past an old female patient after I have completed my dialysis, my hand will automatically reach out to support her because I fear she may fall right in front of my eyes.

Whenever I have time I would lend my ears to patients pouring out their sorrows and problems and I often realize that after they have done so, they feel so relieved. For this, I am known as a noisy, talkative and restless busybody. As long as I am happy, I am satisfied. I do not know what is in store for me when I get older and may need other peoples' help.

At present, I am helping my niece and her husband in their printing business. I run errands for them such as sending letters or parcels by courier and delivering goods to customers. It is like a family business. This keeps me occupied and I have less time to worry about being a kidney failure patient.



**Dialysis treatment can be very costly. For poor and underprivileged Malaysians suffering from end-stage kidney failure, the medical fees for dialysis treatment, epoetin injections, regular blood tests and medical consultations with nephrologists will definitely take a toll on their finances. NKF spends about RM12 million annually to subsidize dialysis treatments for poor patients.**

Log on to [www.nkf.org.my](http://www.nkf.org.my) to help more kidney failure patients.

## 2nd Renal Nutrition Seminar

NKF in collaboration with Universiti Kebangsaan Malaysia (UKM) and Malaysian Dietitians' Association will be organizing the 2nd Renal Nutrition Seminar on 18-19 August 2014 at the Crystal Crown Hotel in Petaling Jaya.

By drawing on the expertise of Professor Joel D. Kopple, the father of Renal Nutrition, and other eminent practising dietitians, the planners for the seminar have included the following topics:-

- Basics - Kidney Function to the Diseased State
- Fundamentals of Nutrition Knowledge in Kidney Disease
- Current Issues and Applications in Nutritional Management
- Cases Studies

The seminar is thus tailored to dietitians, pharmacists, medical doctors and nurses and will have the following dietitians as speakers:-

- Tilakavati Karupaiah, PhD, APD, AN  
Associate Professor, UKM
- Winnie Chee Siew Swee, PhD  
Professor, International Medical University
- Zulfitri Maat Daud, PhD, RD  
Senior Lecturer, Universiti Putra Malaysia
- Maria Chan, PhD, AdvAPD, AN  
Senior Renal Dietitian, SGH/Conjoint Associate Lecturer, UNSW/Honorary Senior Fellow, The St. George Hospital, Australia

Registration is now open and will be RM500 for locals and USD250 for foreigners.

To register, please fill up the registration form and e-mail to NKF at [training@nkf.org.my](mailto:training@nkf.org.my) or fax to 03-79602359.

For enquiries about the seminar, please contact:  
Ms. Rajeswary/Mrs. Kairani  
National Kidney Foundation of Malaysia  
[Reg. No. 659 (Sel)]  
C23-03 Block C, 3 Two Square, 2 Jalan 19/1, 46300  
Petaling Jaya. Selangor Darul Ehsan. Malaysia  
Tel: 603-7960 2302/Fax: 603-79602359

Closing date for registration is 1 August 2014.

## Effective Counselling in Clinical Practice: A Basic Helping Skills Training

On 10 and 11 May 2014, an 'Effective Counselling in Clinical Practice: A Basic Helping Skills Training' was held at NKF Training Centre in Petaling Jaya, Selangor.

The objectives of this training were to inculcate basic counselling and helping skills to trainees so that they can apply the counselling skills effectively in clinical practice to:-

- improve patient care;
- identify psychological concerns and issues faced by people with kidney related illnesses; and
- enhance communication, caring and mutual respect between trainees and both their patients and colleagues.

This training was attended by 54 participants who came from all over Malaysia, including Sabah and Sarawak.

Participants with various career background including doctors, staff nurses, dialysis assistants as well as centre managers from the National Kidney Foundation (NKF) joined the training with the hope to gather as much knowledge as possible to improve their work quality in patient care.

Mr. Cheang Meng Wai, a registered and licensed counsellor who is also a certified behavioral and career consultant came to share his knowledge and experience with the participants. The key topics discussed during the two days of training were the principles, stages and the six-step process of basic counselling, the psychological concerns and issues of kidney-related illnesses, self-awareness and emotional intelligence (EQ), how to work with difficult patients and how to handle work stress.

Participants valued the knowledge they had gained from this training and felt that it met their needs. Almost all of the participants rated this workshop as excellent. They thought that this course was an eye-opener and very relevant to their career. They liked the trainer's way of interaction with the participants and also the group projects.

Overall, the course was a huge success.





# Healthy Chicken Wrap Recipe

by Ms. Kher Pui Ling, Dietician NKF



## Method

1. Marinate the chicken with the curry powder and light soy sauce for 20 to 30 minutes.
2. Sauté the diced onion in a heated non-stick pan until fragrant.
3. Add the chicken chunks and pan-fry for 5 to 7 minutes. Set aside to cool.
4. Combine Greek yoghurt, honey and garlic. Refrigerate the sauce.
5. Take a piece of wrap and place about 20 g of iceberg lettuce, purple cabbage, carrot and tomato slices onto the wrap.
6. Then take a handful of chicken slices and place them on top of the bed of vegetables
7. Drizzle 1 to 2 tablespoons (tbsps) of the dressing on the chicken.
8. Fold the wrap and serve it while it is hot.

## Nutrition Information per serving

Energy, kcal	140
Carbohydrate, g	13.6
Protein, g	12.6
Fat, g	3.8
Fibre, g	2.8
Sodium, mg	174

## Ingredients:

16 pieces of wholegrain tortilla wrap  
 5 whole tomatoes, sliced  
 200 gm of iceberg lettuce, julienne  
 200gm of purple cabbage, shredded  
 4 whole carrots, julienne

## For chicken marinating:

1 kg of chicken breast  
 (skin removed), cut into chunks  
 3 heaped tbsps of curry powder  
 1 tbsp of light soy sauce  
 1 whole big onion, diced  
 1 ½ tbsps of vegetable oil

## For dressing:

1 tub of Greek yoghurt  
 2 tbsps of honey  
 1 clove of garlic, minced

## Special Highlights:

- Low fat, low sodium, high fibre
- Lean protein
- Colourful vegetables contain vitamins and phytochemicals

This healthy recipe is a perfect pack for a healthy lunch in the office or a healthy snack on the go. It is suitable for people on weight management, diabetes and also for those that want to start a healthy diet to prevent kidney diseases!

WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

## Transplant patients grateful for new lease of life



Abdul Rani says he never thought his dearest wish would come true. After a 27-year wait, he received a kidney transplant at the age of 55.

Twenty-seven years after waiting for a kidney transplant, Abdul Rani Mohd Yusof was finally been given a new lease of life.

The Telekom Malaysia employee from Ipoh had been living a life dependent on haemodialysis after he suffered kidney failure in 1984.

He was only 27 then and had two children. During his long wait, he had 10 evaluations for kidney transplants but he was rejected from them all as there was not a suitable match available.

By the time doctors told him he was at the top of the national transplant waiting list, he was 55. In February 2011, he had the transplant surgery at Hospital Kuala Lumpur (HKL).

"I never thought my dearest wish would come true. It was midnight when I received the call from the doctor, asking me to pack and head down to Kuala Lumpur immediately," he told Malay Mail. And so it was that Abdul Rani received a new kidney but not

before passing an overall physical and mental health evaluation. "Thanks to someone from Johor, I've got a new kidney. I feel like I'm dreaming as I never thought it was possible. My only regret is that I will never get to meet the organ donor and thank the person," he said.

Abdul Rani said his life had improved since he had the transplant. "Previously, I could not travel anywhere as I had to go for dialysis three times a week, and I had to be very careful with my diet. It affected not only my life, but my family's lives too especially in the first five years when we had to constantly travel to Kuala Lumpur for dialysis," he said.

After the transplant, Abdul Rani had to go to the toilet every two hours, as he had to drink a lot of water in accordance with the doctor's advice. "But that's all right, as it will slowly become normal again once the kidney fully adjusts itself to the body. I'm just happy to receive a transplant, as many people had passed on without ever getting their turn," he said. He advised those waiting for an organ transplant to stay healthy so that when the time comes, they would be eligible for a transplant.

Penang born Mohammad Hanis Hanyan, 45, was only 16 when he suffered from end-stage renal failure and he underwent three transplant surgeries over 25 years. Mohammad Hanis received his first kidney transplant from his father at the age of 17 in 1988, three years after undergoing haemodialysis treatment but the new kidney failed after a year due to hypertension. After resuming haemodialysis treatment for another five years, Mohammad Hanis went to India in 1994 for another organ transplant.

But due to wrongly prescribed medication, his second kidney failed after three years. He then continued with haemodialysis treatment again for another 15 years until 2012 when he received a new organ at HKL. "It was a long and difficult journey over 25 years as I could not go anywhere without having a local government hospital available for me to undergo treatment.

"I'm so grateful for my new kidney after undergoing three surgeries, and I'm so happy to be third time lucky," he said.

Mohammad Hanis commended HKL's Nephrology department and surgical teams who dedicated so much effort to help kidney patients.

"Without their dedication and endless encouragement, I would not be able to be here with you today," he said.

"They are constantly helping patients round the clock and I'm eternally grateful to HKL Nephrology Head Datuk Dr Ghazali Ahmad Kutty, who never gives up on his patients," he said.

(Extracted from The Malay Mail - 10 April 2014)



WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

# **Colouring Contest & Cooking Demonstration at NKF's World Kidney Day (WKD) 2014**



Two other activities that were held in conjunction with NKF's WKD 2014 on 16 March 2014 at the 1 Utama Shopping Centre were a colouring contest and a cooking demonstration. These two activities were held together at the same time following the main event for the day, the Dance Marathon.

The colouring contest was made up of two categories - family and individual categories. Colouring was to be done within half an hour with either colour pencils or crayons. The contest was open to youngsters between the ages of 6-12.

15 families participated in the family colouring contest involving parents or guardians/siblings, while 23 children participated in the individual category.

At the end of the contest, the top 3 winners for both the categories were presented with prizes. Consolation prizes were also given to 3 groups for the family category and 7 for the individual category. All the prizes were given away by Maznifah Fatah, the head of NKF Public Education Department together with a representative of Southern Lion Sdn. Bhd., the sponsor for the event.

A cooking demonstration in preparing healthy food for the general public was also presented by NKF Dietician, Kher Pui Ling. She was assisted by students from the International Medical University (IMU). Two recipes were prepared, namely, "chicken wraps" and "fresh fruit yogurt parfait".

The recipe for chicken wrap is shared on page 5.

After the food had been prepared, portions were distributed to the crowd for tasting. Participants found the food tasty.

To round up the NKF's World Kidney Day 2014, a NKF LifeCheck Mobile Health Screening Unit was at hand to provide health screening and counseling.

Overall WKD 2014 was a huge success. Well done to the Organising Committee.



WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

## Activities by NKF Dialysis Centres In Conjunction With World Kidney Day 2014

### Pusat Dialisis NKF-Fungates Superflow (Kepong, Kuala Lumpur)

World Kidney Day 2014 celebrated in March in NKF had been positive and productive involving many of the Dialysis Centres.

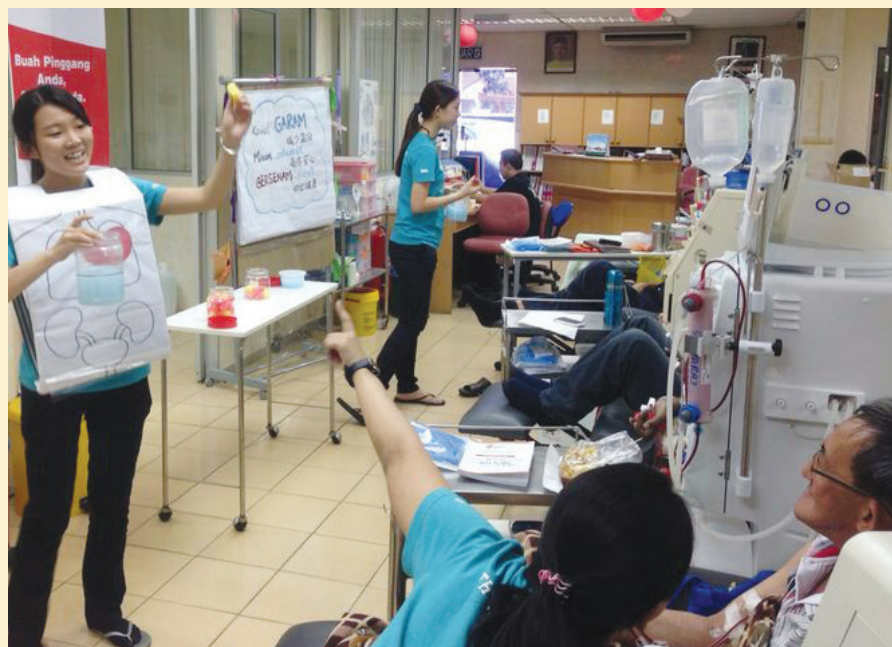
Pusat Dialisis NKF-Fungates Superflow (Kepong, Kuala Lumpur) organized a free health screening on 26 March 2014 at the Hotel Kepong.

The objects of the screening were to raise awareness of the importance of our kidneys to our overall health and to educate the general public on the prevention of chronic kidney diseases. The screening covered diabetes, hypertension, kidney disease, BMI (Body Mass Index) and body fat analysis. Moreover, our exhibition team from Public Education Department was there to provide information regarding kidney diseases and its associated health issues.

NKF would like to sincerely thank the management of Hotel Kepong, for giving their time and support to promote the free health screening session.



### Pusat Dialisis NKF-Bakti (Klang)



Pusat Dialisis NKF-Bakti (Klang) organized the “Kawal Garam, Minum Sihat, Bersenam Sihat” Health Campaign from 24 February to 14 March 2014.

The Centre conducted intradialysis exercises in their dialysis community each day with the aim to encourage active lifestyle among dialysis patients. In addition, a group of dietetics students from the International Medical University held six nutrition education sessions involving small groups with the purpose of teaching them the importance in managing sodium (salt) intake in order to control the intake of fluids.



WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

## Pusat Dialisis NKF - Kelab Apex (Klang)

On 13 & 20 March 2014 Pusat Dialisis NKF - Kelab Apex (Klang) organized the educational talks "Learn your Dry Weight, Engage in Exercise".

The goals of the talks were to help the dialysis patients to understand their dry weights and also to highlight the benefits of exercise for their well being. These talks were delivered by a group of student nurses under the NKF post-basic haemodialysis nursing course and by NKF dietitian, Ms. Kher Pui Ling as well as by dietetics students from the International Medical University (IMU).



### THANK YOU TO ALL OUR DONORS WHO HAVE CONTRIBUTED FROM JANUARY - APRIL, 2014

No	Particulars	Amount (RM)
<b>1</b>	<b>Donation Boxes "Spare A Change, Save A Life Campaign"</b>	
	Alpha Pharmacy	1,597.00
	Parkson Corporation Sdn Bhd	1,585.00
	Mercato Sri Hartamas Supermarket	976.00
	Wan Seng Acupuncture	943.00
	Caring Pharmacy	803.00
	Health Lane Pharmacy Sdn Bhd	488.00
	Pasaraya F& G (USJ) Sdn Bhd	283.00
	Alpro Pharmacy (Jaya 33)	218.99
	<b>Total</b>	<b>6,893.99</b>
<b>2</b>	<b>Environmental Project - "Recycle Paper Into Lives"</b>	
	Soka Gakkai Malaysia (SGM)	939.00
	PJ Fibre Recovery-NKF	102.00
	<b>Total</b>	<b>1,041.00</b>
<b>3</b>	<b>Projects</b>	
	DNMC - Care to Give	5,000.00
	UM Pharmacy Nite	1,199.00
	MBf Cards (M) Sdn Bhd	200.00
	<b>Total</b>	<b>6,399.00</b>
<b>4</b>	<b>Company CSR / Associations / Individuals</b>	
	Tasek Corporation Berhad	45,000.00
	Yayasan Scomi	40,000.00
	Anga AVF Centre Sdn Bhd	20,000.00
	St. John's Cathedral	10,000.00
	Ecomold Technology Sdn Bhd	10,000.00
	Ain Medicare Sdn Bhd	10,000.00
	Halliburton Mfg. & Technology (M) Sdn Bhd	2,761.00
	Magnum Foundation	2,000.00
	<b>Total</b>	<b>139,761.00</b>

WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

## Opening Ceremony of Pusat Dialisis NKF – Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Kampung Boyan, Taiping on 26 April 2014



(From Left to Right : Mr Lee Koi Chuan, Chairman of MULS, YB Teh Kok Lim, MP of Taiping, Mr Chua Hong Wee, CEO of NKF and Mr Song Ho Thiam, Organising Chairman.)



(The new building of NKF – MULS dialysis centre at Kampung Boyan, Taiping).

Recently, our dialysis centre in Taiping was relocated. The new “Pusat Dialisis NKF – Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Kampung Boyan, Taiping” was officially launched by YB Teh Kok Lim on 26 April 2014.

Mr Lee Koi Chuan, Chairman for the Moral Uplifting Society of Taiping, remarked that the establishment of the centre was made possible by the generosity and contribution of many benevolent people with the partnership of National Kidney Foundation of Malaysia providing dialysis management services to the poor and needy patients in Taiping.

The opening ceremony of this dialysis centre, marks 14 years of the successful partnership between National Kidney Foundation of Malaysia and Moral Uplifting Society (MULS) of Taiping. The occasion was attended by Mr Chua Hong Wee, Chief Executive Officer of National Kidney Foundation and Mr Na Lai Chun, Head of Projects and members of the Moral Uplifting Society of Taiping.

The old dialysis centre was established and started operations on 16 September 2000 with 14 dialysis machines at Jalan Berhala, Taiping. This new dialysis building of 2 shoplots has a capacity of housing 22 dialysis machines which can accommodate up to a maximum of 132 patients.

## Workshop for Penang Paramedics in Dialysis Units



clearing their doubts about how to manage haemodialysis patients who have mineral and bone disorder (MBD).

The afternoon session was an introduction to the NATIONAL RENAL REGISTRY which is a very important aspect of the services provided. Datuk Dr. Ong Loke Meng, NKF’s Board Member and Sister Lee Day Quat very eloquently enlightened the audience about the registry.

The event ended at about 5 pm. NKF thanked all those involved in making the workshop a success.

The NKF Northern Branch in collaboration with Hospital Seberang Jaya and ABBIVIE, a international pharmaceutical company, organised a workshop for paramedics of all dialysis units in the state of Penang on 2 March 2014 at the Aroma Hotel, Seberang Perai.

The workshop was well attended by about 100 participants. The morning session was on bone-mineral disease with the participants given a chance to take part in two short exciting games - Building the Strongest Bone and Dividing Foods into Various Categories. In addition, there were two lectures and a case study.

The morning session was very interactive with the participants





WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

## Thank you to our sponsors of World Kidney Day 2014

NKF would like to thank all our sponsors who helped to make the World Kidney Day 2014 a great success.

**Main Sponsor:**



**Venue Sponsor:**



**Supported By:**



## National Kidney Foundation and Limkokwing University Begin Campaign To Reduce Kidney Disease

Looking at the deteriorating state of Malaysians' health, the Limkokwing University President, Tan Sri Dato' Sri Paduka Limkokwing decided to forge a collaboration with the National Kidney Foundation (NKF) of Malaysia to make a major push to revise the trend.

In his words, "We will be going deeper into a campaign that will reach out to Malaysians to embrace a healthier lifestyle. It is not a good sign if every year more than 6,000 Malaysians succumb to kidney disease".

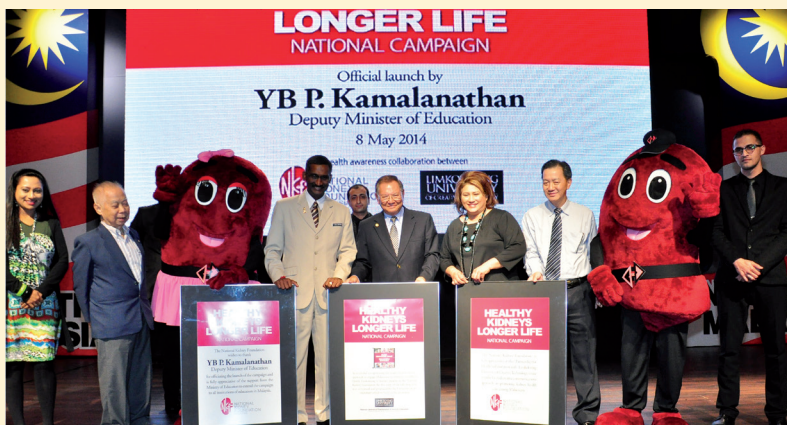
The campaign is an integrated communications package that included print, electronic, social media and outdoor media messages for Malaysians to adopt a healthy way of life.

On 8 May 2014, the Deputy Minister of Education YB P. Kamalanathan officially launched the "Healthy Kidneys, Longer Life" campaign to kick-start the first phase of the University's long-term plan to address this serious issue.

As part of the launch, a free health screening and a health talk were conducted by the health professionals from NKF.

In his speech at the launch, the Deputy Minister of Education mentioned, "The Ministry of Education has always advocated a healthy lifestyle among school children and young adults in colleges. I must congratulate all of you for coming forward to work in this collaboration with NKF. The University reflects the Tan Sri Limkokwing philosophy and its work in corporate social responsibility stretches across continents to touch the lives of millions across the world".

Mr Goh Seng Chuan, the Vice Chairman of NKF Board of Directors, graciously acknowledged the support received from the University which certainly helped NKF to conserve funds in developing new collaterals and use them to help more patients to ease their burden as well as give them a better quality of life.



From left: Ms. S.Shobana (Head, Branding & Communications Department, NKF), Mr. Liew Shou Kong (Member, NKF Board Of Directors), YB P.Kamalanathan (Deputy Minister of Education), Mr. Goh Seng Chuan (Vice Chairman, NKF Board Of Directors), Dato' Fajura Juffa Moh Mustafa Kamal (Limkokwing University Corporate Affairs and Relations Vice President), Mr. Chua Hong Wee (Chief Executive Officer, NKF)

# Dana Asy Syakirin Presented 6 Dialysis Machines to NKF



NKF was truly honoured to receive from Dana Asy Syakirin (Dana), the Petronas Trust Fund, 4 Haemodialysis machines and 2 dialyser reproprocessors amounting to RM244,000.

At a presentation ceremony on 16 April 2014, Dato' Dr. Zaki Morad Mohd Zaher, Chairman of the NKF Board of Directors received a cheque for the machines from Puan Raiha Azni A Rahman, Chairman of the Board of Trustees of Dana. In his speech, Dato' Dr. Zaki said, "Your support today will certainly help our patients. It will help to ease their burden as well as give them a better quality of life. Our sincere thanks to Dana Asy Syakirin for giving hope

to our poor and needy kidney failure patients".

The machines would be placed at the NKF dialysis centres in Kota Kinabalu, Johor Baru, Kuala Trengganu, Alor Setar, Petaling Jaya and Cheras.

In addition to these machines, NKF had received 3 Automatic Peritoneal Dialysis cyclor machines and 2 other Haemodialysis machines from Petronas. NKF subsequently gave away the Peritoneal Dialysis machines to other hospitals which are providing peritoneal dialysis for children.

Following the ceremony Puan Raiha and her entourage were invited to witness for themselves the operations at Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya) as well as the dialysis treatment given to kidney failure patients.





## SPONSORSHIP OF SHARP CONTAINERS AND CLINICAL WASTE RECEPTACLES

On 25 February 2014, Medical Apparatus Supplies Sdn Bhd (MASSB) signed a Memorandum of Understanding (MOU) to sponsor sharp containers and clinical waste receptacles worth RM200,000 to the National Kidney Foundation of Malaysia ('NKF'). The MOU was signed between YB Senator Tuan Hj Abd Shukor bin Hj Mohd Sultan, the Executive Director of MASSB and Dato' Dr Zaki Morad Mohd Zaher, Chairman of the Board of Directors for NKF. The Deputy Minister of Health, YB Dato' Seri Dr Hilmy Bin Hj Yahaya witnessed the ceremony held at NKF's headquarters in Petaling Jaya.

"Over the years, NKF has been doing a great job in helping to reduce the increasing burden of underprivileged end-stage kidney patients, who cannot afford the high cost of dialysis treatment. With the increasing demand for hemodialysis treatment and rising medical costs, we hope our contribution to NKF will further improve its resources in providing quality dialysis care to the growing number of end stage kidney patients," said Mr Azar Ismail, Senior Director of MASSB.

Expressing his appreciation towards this charitable act, Dato' Dr Zaki Morad Mohd Zaher, Chairman of NKF said, "the contribution of the sharp containers and clinical waste receptacles helps NKF conserve funds so that we can continue to give hope to patients with end-stage kidney failures and we are grateful to Medical Apparatus Supplies Sdn Bhd for its contribution. With these new sharp containers and clinical waste receptacles, NKF is inspired to continue providing quality dialysis care to underprivileged dialysis patients."

The sharp containers and other clinical waste receptacles sponsored by MASSB will be delivered to all NKF centres nationwide. To-date, NKF has 28 centres and cares for some 1,550 kidney failure patients.



WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

## Students Donated Towards RO Water System for NKF

In 2013, final year business students of Advanced Learning College (ALC) for that year raised a sum of RM170,000 for charity organisations. ALC is a subsidiary of PKT Logistics Group and is located in Klang.

Of the amount, the students used RM90,000 to purchase an RO water system for NKF. This was the first time that NKF was presented with a water system. The system will be in operation in July 2014 at Pusat Dialisis NKF - Bakti (Klang).

By raising funds as an annual project, the students learnt to exercise their life's potential and contribute positively to the world. They thus had a broader outlook in facing the reality of the world, and became more experienced in coping with life.

In the words of Mr. Edmund Edward, the Chief Executive Officer of ALC, "the students have a tendency to be more "humane" and compassionate after completing the fundraising project. On top of it, some students continue with charitable work even after the end of the project".



## CHARITY RUN BY 3 MALAYSIAN DOCTORS IN PARIS MARATHON 2014

On 6 April 2014, Dr. Rafidah Abdullah, Dr. Mohd. Yani Bahari and Dr. Imelda Balchin participated in the Paris Marathon 2014 in aid of poor kidney patients in the National Kidney Foundation (NKF) of Malaysia. Dr. Rafidah is a consultant physician and nephrologist heading the Department of Medicine in Hospital Sultan Haji Ahmad Shah in Temerloh, Pahang. She is also the consultant nephrologist at Pusat Dialisis NKF - Sang Riang (Triang) and Pusat Dialisis NKF - Kelab Apex (Klang). Dr. Yani works as an anesthetist at the Sentosa Medical Center and Dr. Balchin an obstetrics and gynecology specialist in Leeds, England.

This was the first time the doctors ran to raise funds dedicated to the National Kidney Foundation (NKF). They had chosen NKF to be the beneficiary because as Dr. Rafidah said, "I am a nephrologist and I am trying in this little way to raise funds to help patients ease their sufferings."

The doctors trained for the event for no less than 3 months and were no strangers to participating in marathons other than Dr. Balchin.

For their honourable and worthy cause in running the punishing 42 kilometers from Avenue des Champs-Elysees at 8.45 am in Paris with over 50,000 participants worldwide, including prominent international runners, the doctors had been able to receive donations amounting to RM8,855



WELFARE	TRAINING	DIET	ORGAN DONATION	EVENTS	FUNDRAISING

## Sunway Group Contributes Towards Establishing A Kidney Transplant Promotion Unit



In commemorating its 40th Anniversary, the Sunway Group organized a grand charity dinner on 19 May 2014 with the live Cliff Richard/ABBA tribute show by All Best Entertainment (ABE) from Australia.

The dinner at the Sunway Resort Hotel & Spa was the outcome of the collaboration between Sunway and NKF to raise funds to promote organ donation and increase awareness of kidney transplantation.

RM750,000 was raised from the dinner to aid NKF in setting up a Kidney Transplant Promotion Unit under its Public Education

Department in line with the vision to raise awareness of kidney transplantation as the preferred treatment for kidney failure patients as well as to promote kidney donation from among living related donors.

The vision towards this direction was due to the dismally poor response of the public to pledge their organs as pointed by Tan Sri Dato' Dr. Abu Bakar Suleiman, the President of the NKF Board of Governors who mentioned, "Based on the statistics from the National Transplant Resource Centre there are 18,347 dialysis patients waiting for a transplant. However, sadly less than 1% of Malaysians have pledged to donate their organs"

Even before the dinner on that day, the NKF LifeCheck Mobile Health Screening Unit carried out kidney health screenings for the public from 10 am to 5 pm at the VIP car park of the Sunway Resort Hotel & Spa. The objective of the tests was essentially to not only bring about the awareness of the importance for screenings for early detection and prevention of any illnesses, especially kidney diseases, but also to encourage members of the public to avail themselves to such facilities.

In taking cognizance of the kidney disease and the increasing numbers of dialysis patients in Malaysia, Tan Sri Dr. Jeffrey Cheah, the Founder and Chairman of the Sunway Group said, "We in the Sunway Group recognize the need for the community to be informed and educated on healthcare matters and will continue to support NKF in its quest to increase public awareness on the causes of debilitating kidney failure, the treatment options and organ donation".

NKF is truly thankful to the Sunway Group in particular Tan Sri Dr. Jeffrey Cheah, for its generosity and foresight towards facilitating in the set-up of the pilot Kidney Transplant Promotion Unit.



## Direct Debit Donor Programme (DDDP)

**Date : January - March 2014**

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

We would also like to extend our appreciation to the following organizations for supporting us by providing complimentary booth space for our road shows from the months of January to March 2014.

ABC Exhibition Services Sdn Bhd, Selangor	Mydin Melaka, Melaka
Alpha Special Centre, Selangor	Mydin Terengganu, Terengganu
Amcorp Mall, Selangor	Onexpo (M) Sdn Bhd, Selangor
Boustead Curve Sdn Bhd, Selangor	One Utama Shopping Mall, Selangor
BW Cyans Advertising Sdn Bhd, KL	Pantai Hospital Ampang, Selangor
Caltex - Udini Petrol Station (E-gate), Penang	Pantai Hospital Ayer Keroh, Melaka
EM Exhibitions (M) Sdn Bhd, KL	Park City Medical Centre, KL
Gleneagles Medical Centre, Penang	Pejabat Kesihatan Daerah Langkawi, Kedah
Hospital Putrajaya, Wilayah Persekutuan	Pejabat Pos Bayan Baru, Penang
Hospital Sultan Abdul Halim Sg. Petani, Kedah	Pejabat Pos Dato Keramat, Penang
Hospital Sultanah Nur Zahirah, Terengganu	Pejabat Pos Komtar, Penang
Hospital Tuanku Jaafar Seremban, Negeri Sembilan	Pejabat Pos Pengkalan Weld, Penang
Inokom Corporation, Kedah	Pejabat Pos Pulau Tikus, Penang
Jelas Puri Sdn Bhd, Selangor	Putrajaya International Hot Air Balloon, Wilayah Persekutuan
JFPS Group (M) Sdn Bhd, KL	Senawang Specialist Hospital, Negeri Sembilan
Jobs Central (M) Sdn Bhd, Selangor	Subang SkyPark Terminal, Selangor
Jusco Seremban 2, Negeri Sembilan	Sunway Medical Centre, Selangor
KPJ Hospital Penang, Penang	Sunway Pyramid Shopping Mall, Selangor
Majlis Perbandaran Seberang Prai, Penang	Surian Tower, Selangor
Metro Specialist Hospital, Kedah	

## NKF'S Top 6 Fundraisers

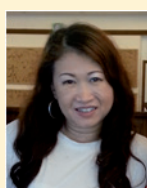
**Cheers to our top 6 fundraisers. We are proud to present to you**



John  
Ngu Haeu Kee



Amirul Bin  
Aluddin



Magdalene  
Hon Nee Fah



Rodziah  
Hassan



Amirul Hanif  
Bin Hamzah



Rajasegara  
A/L Seghar

NKF is pleased to announce our Top 6 fundraisers for the 1st Quarter of 2014. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the efforts they have taken in helping our dialysis patients.



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

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

**70, Jalan 14/29, 46100, Petaling Jaya, Selangor Darul Ehsan, Malaysia.**

**Hotline: 1300-88-3110**

**Tel: 03-7954 9048/49 Fax: 03-7954 0535**

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