

EARLY
DETECTION &
PREVENTION
SAVES LIVES

Share

Issue 2 2017 | PP9314/08/2012 (030426)



WORLD KIDNEY DAY
2017

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

Puan. Suhara Binti Husni

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. Thiruventhiran Thilaganathan

Mr. Goh Seng Chuan

Hon. Secretary

Dr. J. D. John

Hon. Treasurer

Mr. Prabakaran a/I A.P. Mukundan

Members

Dr. Prasad Menon

Dr. Lee Wan Tin

Dr. Tan Hee Wu

Mr. Liew Shou Kong

Dato' William Ng How Hon DIMP, AMP

Dr. Tarcisius Chin

Mr. Maniam Raman Chettiar

EDITORIAL COMMITTEE

Chief Editor

Dr. Prasad Menon

Ex-Officio

Mr. Chua Hong Wee

Editorial Writers

Datin Shobana Kamalanathan

Teo Say Guan

Kher Pui Ling

Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia.

With the end of celebrations for the World Kidney Day 2017, we are happy to share our events with you in this issue.

For this year, World Kidney Day 2017 with its theme "Kidney Disease and Obesity" was celebrated commencing on the morning of 13 March with a spectacular cycleton which was compensated by 15 pit stops. The journey transversed across much of the West Coast of Peninsular Malaysia starting from Perlis and passing through Kedah, Perak and ending on 18 March in the centre of Selangor amidst which was held the grand finale to the event at Taman Botani, in the Federal Territory of Putrajaya.

We were fortunate that in hosting the event we had the collaboration of the Ministry of Health (MOH), Malaysian Society of Nephrology (MSN) and Malaysian Health Promotion Board (MySihat). We also had the enthusiastic support from DYTU Tuanku Syed Faizzuddin Putra Ibni Tuanku Syed Sirajuddin Jamalullail, the Raja Muda of Perlis, his consort Tuanku Lailatul Shahreen Akashah Khalil and Y.B. Datuk Seri Dr. Helmi Yahaya, the Deputy Minister of Health, apart from a host of personnel from the government and non-government sectors.

In the forefront of our activities was our LifeCheck Health Screening which carried out measurements and tests on blood pressure, urine, body mass index (BMI) and provided counselling associated with such health screenings. Consequently, for the duration of the celebrations in conjunction with the global event 692 persons were screened at 7 different sites.

For all the activities of the Foundation, we had been fortunate that they had been greatly sustained by predominantly the generosity and kindness of the men in the street who had not curtailed severely their cash gifts to us, thereby enabling us to sustain our operations.

Until then, do have an enjoyable time reading!

Cheers.

Dr. Prasad Menon
Chief Editor

NKF DIALYSIS CENTRES

TEL NO

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

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

The Kuala Lumpur Convention Centre (The Centre) Hosted The 10th Consecutive Charity “Buka Puasa”



On 29 May 2017, the Centre played host to 50 patients from the National Kidney Foundation of Malaysia (NKF) and their families as well as 100 children from Living Hope (LH) and Yayasan Generasi Gemilang (GG) in conjunction with its 10th Annual “Buka Puasa”.

All the guests were treated to the Centre’s “kampung classics” which was a sumptuous “buka puasa” feast combining current and traditional delicacies.

As to the special occasion, Mr. Alan Pryor, the Centre’s General Manager said, ‘It is always a pleasure to host this event. The children’s smiles and laughter not only warm our hearts, but also brighten the venue. We are proud to celebrate the hosting of our 10th “Buka Puasa” and look forward to many more years of partnership with Living Hope, Yayasan Generasi Gemilang and The National Kidney Foundation of Malaysia’

The eventful night ended with Mr. Pryor and his senior management team handing out sweet treats courtesy of the Centre’s culinary team and “duit raya” to the children from LH and GG as well as NKF patients and their families.

51st Anniversary Dinner of Lions Club of Alor Setar (Host)

On 25 March 2017, the Lion’s Club of Alor Setar (Host) in celebrating its 51st Anniversary, like before, held a grand Chinese dinner at the Fuller Hotel in Kedah.

8 members of the Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar) staff together with 62 persons comprising the dialysis centre patients, their spouses and children attended the function where Lion Ooi Guan Kheng, the Education Trust Chairman of the Club presented education financial awards to children of the patients studying in primary and secondary schools and colleges/universities.

18 children of the patients received the financial assistance as follows:-

- i) 3 in primary schools received RM100 each;
- ii) 9 in secondary schools and 6 in colleges/universities were given RM200 each.



The award presentation ceremony was witnessed by Lion Fong Han Yan, the President of the Lion’s Club of Alor Setar (Host) and Lion Jennifer Kim, the Lion’s Club District Governor, both for the term of 2016/2017.

NKF sincerely thanks the club for the dinner and for providing education financial assistance to the children of its patients.

Water Treatment Plant Visit



On 27 April 2017, an educational visit to the Sungai Selangor Phase 2 (SSP2) Water Treatment Plant in Bestari Jaya, Selangor was organised for the students of the Post Basic Haemodialysis Nursing Programme.

The visit aimed to provide understanding on the importance of clean and treated water in haemodialysis treatment. Water treatment system is an important component in haemodialysis treatment and has to be well maintained and monitored in order to prevent any complications that may arise from chemical and microbiological contamination.

The field trip was participated by 20 students and 2 teaching staff from the NKF Training Department and the group was welcomed by Encik Izan Suhaini, the Officer of SSP2 Water Treatment Plant.

With the designated capacity of 950 MLD (millions of litres per day), the Sungai Selangor Phase 2 Water Treatment Plant (WTP) is one of the largest WTPs in Malaysia and the first WTP in Malaysia and South East Asia to use the Actiflo clarification process.

This system is able to consistently produce high quality treated water despite fluctuations in raw water quality.

We hope that the students had gained valuable experience and new knowledge from this visit.



Cauliflower Baked Samosa

by Ms. Kher Pui Ling, NKF Dietitian



Ingredients (5 Servings):

Samosa Filling Cauliflower.....	50 grams
Chicken Breast Meat.....	100 grams
Large Onion	30 grams
Coriander Leaves	1 stalk
Green Chillies	1 whole
Garlic	3 cloves
Cumin Powder	1 teaspoon
Masala Powder	1 teaspoon
Chili Powder	1 teaspoon
Turmeric Powder.....	½ teaspoon
Lime Juice	3 tablespoons
Corn Oil.....	2 tablespoons
Salt	1 teaspoon

Samosa Dough

Corn Oil	50grams
All-purpose Flour/ Plain flour.....	150 grams
Water	¼ cup

Dietitian's Tip:

Bake your samosa instead of frying if there is an oven at home.

For convenience, you can opt for puff pastry or spring roll sheet for the samosa wrapping.

Nutrition Information per serving (2 pieces)	
Energy (kilocalories)	303
Carbohydrate (grams)	27.6
Protein (grams)	9.4
Fat (grams)	17
Fibre (grams)	2
Phosphorus (milligrams)	96
Sodium (milligrams)	524
Potassium (milligrams)	186

Samosa Making Process:

Dough:

1. Mix the flour, oil and water together to make a soft dough (add water if needed).
2. Knead the dough for about 1 to 2 minutes until the dough becomes smooth.
3. Set the rolled dough aside and cover it with a plastic wrapper and refrigerate it for at least 30 minutes.

Filling:

1. Cut the cauliflower into florets. Boil the cauliflower florets until they are soft. Sieve the florets and set them aside.
2. Heat the oil in a wok over a medium-high heat. Stir in chopped onion, ginger and garlic until they turn light golden brown.
3. Then add green chilli, chicken meat, all the different types of spice powder, coriander leaves, cauliflower florets and lime juice. Stir for 3 minutes.
4. Add some salt to taste.
5. Finally, remove them from the wok and set aside to cool.

Assemble Samosa:

1. Separate the dough into several small balls. Roll each small ball into an inch circle.
2. Cut each dough circle into half. Fold each half into cone shape. Spoon slightly less than 2 table spoons of the filling into the cone.
3. Close the top of this cone into a triangle shape. Press the edges together to seal completely.
4. Bake the samosas in a preheated oven at 180 degrees for 30 to 35 minutes until the crust is golden and crispy.

Serve with chutney.

My Late Husband's Short Stint As A Dialysis Patient

On 28 April 2017, the Editorial Team of the Share Newsletter was greatly honoured to meet Madam Sitha Letchumi a/p V S Ponniah, the grieving widow of the late Mr Rasa Ratinam @ Rajaratnam, a patient who was on dialysis at Pusat Dialisis NKF – Rotary Damansara in Selayang.

In the course of the meeting she often broke down as she recalled the sweet and fond memories of the loving husband she had been married to as well as the treatment he had received during the short stint he had to be on dialysis from 6 September 2016 to the day he passed away on 20 February this year.

With the good, considerate and kind husband passing away before our meeting it tore into every strand of her emotional fibre as she narrated how the man dealt with his daily life when he was afflicted with diabetes for 15 years before succumbing to chronic kidney disease (CKD).

Even when he was treated for diabetes he was still working with the travel industry until he was 62 years of age. While suffering from the dreaded disease, he would diligently and conscientiously trust his independent streak by driving himself for his regular medical check-ups, treatment and medication in order not to be burdensome to his wife as a care-giver. As a follow up, he would strictly adhere to his regime of medication without complaints and by keeping his cool. In addition, as he had been advised that exercise is good for diabetics, he would regularly go for walks around the neighbourhood.

However, over the course of years with diabetes being the mother of all deadly ailments and the precursor of chronic kidney disease (CKD), his kidneys began to deteriorate in function and eventually were damaged. He was recommended to see a nephrologist, Dr Prasad Menon, in the Subang Medical Centre who is also a Board member of the National Kidney Foundation of Malaysia (NKF). Dr Prasad in turn referred him to Hospital Selayang where he was later informed that his kidneys had failed and had to undergo dialysis. Subsequently, both he and his wife were advised that for his diet he had to consume less salt and small quantities of water.

As a person who was not fussy with the overall services provided by the hospital, he together with his wife was full of praises for the professional and caring attitude of all the staff. On the other hand since the treatment given by the hospital was only for the interim, the hospital authorities advised him to scout for a dialysis centre near his place of residence.

As a result, he landed at Pusat Dialisis NKF – Rotary Damansara in Selayang where he began his dialysis in the later part of September 2016. He was happy with the warm reception as well as the friendly and professional treatment given by members of the staff of the centre, who often enquired about his well-being. He always expressed his satisfaction of the care by the staff of the centre who had at all times maintained high professionalism in discharging their duties beyond boundaries.

At this juncture, since the dialysis was a tiring affair and as he had to commute between his house and the centre 3 times a week for a 4-hour dialysis each time, his independent stance took a dent when he had to be accompanied by his wife. She witnessed for herself how the staff cheered him up when he was down and cared for him when he was hungry and feeling cold.

Sad to say, his treatment at the centre had to be cut short and he had to go back to Hospital Selayang for a replacement fistula in early January 2017. He stayed with the hospital for nearly 3 weeks before resuming his dialysis at the centre until he passed away at the age of 65.

Madam Sitha Letchumi a/p V S Ponniah is very appreciative of the assistance rendered to her husband and came personally to the Foundation to thank the people who had rendered assistance to her and her late husband during their hour of need.

Sitha Letchumi a/p V S Ponniah has this to say:-

“When your loved ones go through the dialysis process, please provide the best care and love to the patient. It’s our duty and responsibility to be patient, caring and loving to the patient.

Again, my appreciation and thank you to the wonderful staff of Pusat Dialisis NKF – Rotary Damansara in Selayang as well as all those responsible in assisting us in one way or another at the NKF Malaysia Secretariat Office in Petaling Jaya.

Together we shall render assistance and services to the patients in the time of their need.

Thank you National Kidney Foundation Malaysia”.



Cycleton “Kayuhan Amal Putrajaya” In Celebrating World Kidney Day 2017



In the early morning of 13 March 2017, Duli Yang Teramat Mulia Tuanku Syed Faizuddin Putra Jamalullail, the Raja Muda of Perlis, sounded the horn to start the cycling tour “Kayuhan Amal Putrajaya” at Hospital Tuanku Fазiah in Kangar.

Covering a distance of 634 kilometres, the cycleton was participated by 30 individuals who cycled past 15 pit stops before finally reaching their destination of Taman Botani in Putrajaya on 18 March 2017.

The event was organised by the Ministry of Health (MOH), Malaysian Society of Nephrology (MSN), Malaysian Health Promotion Board (MySihat) and National Kidney Foundation of Malaysia (NKF) to commemorate the World Kidney Day (WKD) 2017 which was on 9 March.

With this year’s WKD theme being “Kidney Disease and Obesity”, the objectives of the cycleton were to:-

1. foster closer ties between the public and medical personnel in understanding that a healthy life is essential for caring the kidney;
2. encourage physical activities such as cycling to prevent obesity and other illnesses in taking care of health;
3. expose the public to ways of preventing and early diagnosis of kidney disease with information conveyed through different channels; and
4. widen the functions of MOH, NKF, MySihat and MSN as primary institutions in society.

At the departure point in Kangar, the 30 cyclists were accompanied by additional cyclists until their next pit stop where the additional cyclists were replaced by other additional cyclists. This process of accompanying and replacement additional cyclists went on at each pit stop until the original 30 were at the last stop before Taman Botani in Putrajaya.

The pit stops of the group were:-

1. Hospital Sultanah Bahiyah, Alor Setar, Kedah;
2. Hospital Yan, Kedah;
3. Hospital Sultan Abdul Halim, Sungai Petani, Kedah;
4. Hospital Kulim, Kedah;
5. Hospital Parit Buntar, Perak;
6. Hospital Taiping, Perak;
7. Hospital Kuala Kangsar, Perak;
8. Hospital Raja Perempuan Bainum, Ipoh, Perak;
9. Hospital Sungai Siput, Perak;
10. Hospital Kampar, Perak;
11. Hospital Teluk Intan, Perak;
12. Hospital Tengku Ampuan Jemaah, Sabak Bernam, Selangor;
13. Hospital Tanjung Karang, Selangor;
14. Hospital Selayang, Selangor; and
15. Hospital Serdang, Selangor

All along their trip, the core cycling group brought along a giant banner and a signature book to gather signatures on both the items as a symbolism of the WKD programme, apart from promoting awareness to the public of taking care of the public’s health and well-being of their kidneys. They also gave health talks and distributed health leaflets at the stops.

Eventually, both the banner and signature book were handed over to Y.B. Datuk Seri Dr. Helmi Yahaya, the Deputy Minister of Health at Taman Botani.



World Kidney Day 2017 Celebrated With Open Day At NKF Secretariat



In conjunction with the World Kidney Day (WKD) 2017 on 9 March, an Open Day was held within the secretariat grounds of the National Kidney Foundation of Malaysia (NKF).

Activities for the day commenced at around 9 o'clock in the morning.

To kick off the action was the "jazzercise" involving a majority of the members of the NKF Secretariat staff, and they underwent the half an hour exercise under the guidance-cum-instruction of Ms. Janet C. Ginibun from the Jazzercise Group.

At the end of the exercise, the participants together with guests coming to participate in other activities were feted to a mid-morning of refreshments consisting mainly of fruits and fruit juices.

Visitors who were mainly members of the public and NKF patients went about the eight booths and NKF bus to seek screenings and whatever consultations that were available.

The bus provided the platform for health checks on amongst others blood pressure, diabetes, body mass index and counselling. Other booths available were by:-



1. Spectrum of Life to provide assessment on the examination of the iris and brain;
2. Vista Eye Specialist for eye screening;
3. Perfect ENT Hearing & Speech Centre Sdn Bhd for screening the ear, nose and throat;
4. Breast Cancer Welfare for clinical breast examination;
5. MediFeet to analyse the feet;
6. Organ Donation Campaign for promoting awareness of organ donation and to secure pledges of organ donation;
7. Kidney Disease Awareness Exhibition to promote awareness and early detection of kidney diseases; and
8. MTAAG+ Positive Malaysia Treatment Access & Advocacy Group which provided free hepatitis C test for the first 48 persons.

The highlight of the activities was the talk by the NKF dietitian, Ms. Kher Pui Ling, on "Healthy Eating" which ended with draws for lucky prizes. Thereafter, the screening and other activities proceeded until the afternoon.

NKF thanks all the parties for their contributions in making the Open Day a success.

World Kidney Day 2017 Celebrations At Taman Botani, Putrajaya



On 18 March 2017, hundreds of participants, including health and cycling enthusiasts, joined in the last leg of the marathon cycleton of 30 kilometres at Taman Botani, Putrajaya to commemorate the World Kidney Day (WKD) 2017 with its theme of "Kidney Disease and Obesity".

Many had come to participate in a joyous atmosphere with the principal focus in giving a rousing welcome to the 30 cyclists who had cycled all the way from Kangar since 13 March 2017. Of greater emphasis was their show of solidarity in advocating a healthier lifestyle and countering obesity through physical activities such as cycling.

In reinforcing the prevailing fun and family-friendly environment carnival-like activities were held. Amongst these were a Zumba dance, a five kilometre fun run, free health checks, health exhibitions, a blood donation campaign, CPR lessons and a colouring contest among school children. All these activities saw the participation of people of all ages.



On top of these, for some of the people feeling thirsty and hungry, food and drinks were available by food trucks serving a variety like milo, fruit juices, curry puffs, rice with meat dishes and "kuih".

Many major companies dealing in health-care products also joined in the cause in reducing the risk of kidney disease especially amongst those at high risk like diabetics and persons with hypertension by reaching out to as many people as possible. The companies included Lucenxia (M) Sdn Bhd, Baxter International, Fresenius SE & Co Ltd, Roche Holding AG Kirin and AJ Pharma Holding.

Not left out too were the organisers of the World Kidney Day (WKD) 2017 celebrations, namely, the Ministry of Health (MOH), Malaysian Society of Nephrology (MSN), Malaysian Health Promotion Board (MySihat) and National Kidney Foundation of Malaysia (NKF). They set up their booths which among other things showcased their services, sold their merchandise, promoted organ donation, carried out health screening and disseminated information on kidney disease.

In officiating the event, Datuk Seri Dr. Helmi Yahaya, the Deputy Minister of Health said, "Many are not aware of the link between kidney disease and obesity. 20 years ago only 4% of the Malaysian population was obese. However, 10 years later the total had increased to 14%. The latest data from the 2015 National Health and Morbidity Survey reveal that the obesity rate in 2015 was 18%. An interesting part of this survey is that the Federal Territory of Putrajaya had the highest percentage among the obese and 40.3% of the civil servants in the country were obese".

Also present at the event were:-

Dato' Dr. Haji Azman Bin Haji Abu Bakar, Director of Medical Development Division and Patron of the Selangor Paramedic Volunteer Association;
 Professor Dr. Goh Bak Leong, President of Malaysian Society of Nephrology (MSN);
 Tan Sri Dato' Sri Dr. Haji Mohd Nasir Bin Mohd Ashraf, Chairman, Malaysian Health Promotion Board;
 Dato' Dr. Zaki Morad Bin Mohd Zaher, Chairman, National Kidney Foundation of Malaysia Board of Directors;
 Dr. Lily Mushahar, Organising Chairperson, World Kidney Day 2017; and
 Mr. Chua Hong Wee, Chief Executive Officer, National Kidney Foundation of Malaysia

The highlight of the event was the presentation of the gigantic banner with signatures and signature book which the original 30 cyclists had carried with them all the way from Kangar, Perlis, to the Deputy Minister. Subsequently, the Deputy Minister in turn presented the 30 each with a medal.

Finally, in the words of Dr. Lily Mushahar, the organising chairperson for the WKD 2017 celebrations and Head of Nephrology as well as Consultant Nephrologist at Hospital Tuanku Jaafar in Seremban, "Being obese is very closely linked to chronic kidney diseases which can be prevented if more people are aware of their unhealthy eating habits and their sedentary urban lifestyle that lacks exercise".

World Kidney Day 2017 Celebrated At Pusat Dialisis NKF – Kuala Terengganu



Like any other World Kidney Day (WKD) which is celebrated on the second Thursday of March every year, the WKD 2017 was held on 9 March.

In conjunction with the event, Pusat Dialisis NKF – Kuala Terengganu organised a walkathon on 7 March 2017 at the Tasik Stadium in Gong Badak, Kuala Terengganu.

31 persons comprising all staff members and patients participated in the event covering a distance of about 1 kilometre.

Before the start of the walkathon, the participants were led by some centre staff in carrying out a warm-up exercise at 8 a.m. for half an hour.

Following the exercise, they proceeded with the walkathon which came to an end at around 9.30 a.m. and were subsequently feted to breakfast before they dispersed.



Visit By YTM Tunku Temenggong of Kedah to Pusat Dialisis NKF -Yayasan Sultanah Bahiyah (Kulim)



On 18 February 2017, YTM Tunku Temenggong of Kedah, Tunku Puteri Intan Shafinaz Binti Sultan Abdul Halim Muadzam Shah, made a scheduled visit to Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim) at around 12.30 p.m.

YTM Tunku Temenggong is the Chairman of Yayasan Sultanah Bahiyah, a partner of the centre, and was accompanied by Y. Bhg. Dato Haji Nasir Mustafa, a member of the Board of Trustees of the Yayasan and other dignitaries. They were Tuan Hj. Mohamad Bin Che Nai, the District Officer of Kulim District, Tuan Hj. Rhaizad Bin Hj. Rashid, the President of Kulim Municipal Council and staff of the Yayasan and Kulim District Office.

On hand to welcome YTM Tunku Temenggong's entourage was Ms. Puspa a/p Arjunan, the staff nurse-in-charge of the centre, who subsequently proceeded to brief the royal party on the role of the dialysis centre.

YTM Tunku Temenggong at the briefing raised questions with regard to the centre and praised the centre for its tidiness as well as charging its patients low fees. YTM Tunku also expressed a willingness to assist in providing transport for the centre.

At the end of the briefing, patients that were dialysing during that shift were given goody bags and "ang-pows".

Subsequently, the royal party was entertained to light refreshments, and thereafter departed from the centre at about 1.30 p.m.

Stella Maris Primary School's "No Uniform Day"

On 10 March 2017, to commemorate the World Kidney Day 2017 it was a "No Uniform Day" for students and staff of the Stella Maris Primary School in Bukit Damansara, Kuala Lumpur.

On that day, with the generosity and kind-heartedness of the school management and staff, students as well as the students' parents, RM10,000 was raised for the benefit of the National Kidney Foundation of Malaysia (NKF).

After the Stella Maris Annual Cross Country on 8 April 2017, The Right Reverend Julian Leow Beng Kim, the Catholic Archbishop of Kuala Lumpur, presented a mock cheque for the amount to Mr. Chua Hong Wee, the NKF Chief Executive Officer. The presentation ceremony was witnessed by the Chairman of the school's Board of Governors, Brigadier-General (Retired) Dato' Richard Robless and staff members of the Stella Maris Primary School.



NKF is sincerely grateful to the management, staff and students of the school as well as the students' parents for their unwavering support and assistance.

Generous Donation From Adapt Systems and Solutions Sdn Bhd

On 22 March 2017, the Head of Branding, Communications and Fundraising of the National Kidney Foundation of Malaysia (NKF), Datin Shobana Kamalanathan, presented a token of appreciation to Mr. George Lim Aik Lee, a director of Adapt Systems and Solutions Sdn Bhd, witnessed by his partner, Mr. Jerry Choong Hon Sheng at their office in Wisma Tai Yoon, Kuala Lumpur.

Adapt Systems and Solutions Sdn Bhd donated a generous amount of RM99,000 in aid of NKF from the company's revenue as part of the company's Corporate Social Responsibility programme.



We are truly grateful to Adapt Systems and Solutions Sdn Bhd for its kind and generous gift which will definitely go towards providing dialysis treatment to NKF's poor patients.

Kind-Hearted and Generous Mr. Ong Kan Bin Continued To Donate To Assist NKF Patients In Klang



24 March 2017 witnessed the presentation of the 5th and 6th dialysis machines by Mr. Ong Kan Bin to Pusat Dialisis NKF-Kelab Apex, Klang, at the premises of the dialysis centre.

On hand to receive the machines on behalf of the National Kidney Foundation of Malaysia (NKF) was the NKF Chief Executive Officer (CEO), Mr. Chua Hong Wee.

For the past 2 years, the ever kind - hearted and generous businessman had donated 4 dialysis machines to NKF.

Once again, we greatly appreciate and sincerely thank Mr. Ong Kan Bin for his generous and kind donation and support, which continue to inspire us to carry on doing what we do best, that is, providing dialysis treatment to our poor patients.

ALC College – 9th Successive Year Of Donations

ALC College had been a fervent supporter of the National Kidney Foundation of Malaysia (NKF) since 2008. For the past 8 years, the college had not only donated 3 dialysis machines and 1 RO water system but also made monetary donations through their corporate social responsibility programme.

For this year, the ALC College students successfully raised RM44,732 to purchase one dialysis machine in aid of NKF.

At a presentation ceremony at Pusat Dialisis NKF-Kelab Apex, Klang on 8 March 2017, a mock cheque for the amount was handed over to the NKF Chief Executive Officer (CEO), Mr. Chua Hong Wee by the ALC College CEO, Mr. Edmund Edwards. The event was witnessed by some students and staff members of the college

We are humbled that this donation had greatly aided in providing haemodialysis treatment to our poor and needy patients.



From Gifts to Gifts 4 Charity Concert

On 1 April 2017, Lions Clarence Koh, teacher advisor Madam Ng Yoke Chan of the Leo Club of Sekolah Menengah Kebangsaan (SMK) Damansara Jaya and members the school's Leo Club Committee presented a haemodialysis machine to the National Kidney Foundation of Malaysia (NKF).

On hand to receive the machine at the auditorium of Majlis Bandaraya Petaling Jaya (MBPJ) on behalf of NKF was its Chief Executive Officer (CEO), Mr. Chua Hong Wee.

This was the 4th machine presented at the 4th charity concert, which was part of the series of concerts held by the Leo Club of SMK Damansara Jaya under the continued guidance and leadership of Lions Clarence Koh and Madam Ng Yoke Chan. The hand-over was witnessed by Mr. Ganapathy a/l Bass, the school principal.

Once again, NKF Malaysia would like to express its sincere thanks and deepest gratitude to the Leo Club of SMK Damansara Jaya and Lions Club of Petaling Jaya – District 308 B2 for the generous gifts for the past 4 years since 2014.



Toyota Tsusho (Malaysia) Sdn Bhd Donated Towards The Education Of Primary & Secondary School Children Of NKF Poor Patients



On 15 March 2017, the Managing Director of Toyota Tsusho (Malaysia) Sdn Bhd, Mr. Kitagawa, presented a mock cheque for RM15,000 to Mr. Chua Hong Wee, the Chief Executive Officer (CEO) of the National Kidney Foundation of Malaysia (NKF) at the premises of the Foundation.

Witnessing the presentation were the company's Deputy Managing Director, Mr. Sadamoto and Corporate Social Responsibility Committee members.

The donation would be channeled towards the education of primary and secondary school children of NKF's poor patients under the Foundation's Children Welfare Fund.

It arose from the policy of Toyota Tsusho (Malaysia) Sdn Bhd's parent company that a certain proportion of the company's revenue be allocated for educational, welfare, social related support and other

activities under its programme for corporate social responsibility(CSR).

We would like to express our gratitude to the management and staff of Toyota Tsusho (Malaysia) Sdn Bhd for bringing joy to and relieving the hardship of the poor NKF patients and their children.

Sri UCSI Secondary School's Health Awareness Week

On 7 March 2017, the Principal of Sri UCSI Secondary School in Subang Jaya, Mrs. Tan See Miin presented a mock cheque for RM13,138.85 to Mr. Chua Hong Wee, the Chief Executive Officer (CEO) of the National Kidney Foundation of Malaysia (NKF) at the school hall during a school assembly.

The money had been raised during the school's Health Awareness Week from 21-24 February 2017 through sales at the booths by the Business Studies' students and of NKF merchandise in addition to generous donations from parents of the students and companies.

NKF thanks the management and students of the school, the students' parents and companies who had generously donated to the Foundation.



Kunzang Chokhor Ling 2017 Charity Night

On 25 March 2017, Mr. Chua Hong Wee, the Chief Executive Officer (CEO) of the National Kidney Foundation of Malaysia (NKF) at a presentation ceremony received a mock cheque of RM5,000 on behalf of the Foundation from the Chairman of Kunzang Chokhor Ling Buddhist Association, Mejar Dato Seri Daniel Lim Hock Sing at the Kunzang Chokhor Ling Charity Night held at Plaza 51 Starlight Arena in Petaling Jaya.

The ceremony was witnessed by the Kunzang Chokhor Ling Buddhist Association Founder, the Venerable Master Palden Nyima.

The night was eventful with an array of performances which included a song rendition by local veteran singers and live auctions of Master Palden Nyima's masterpieces.

We would like to extend our sincere thanks to Kunzang Chokhor Ling Buddhist Association for its kind donations to NKF.



Freelance Cartoonist Donated To NKF



On 22 March 2017, at the premises of a well-known franchised restaurant in Kuala Lumpur, Encik Mohd Azmi Mohd Hussin, a freelance cartoonist presented a cheque amounting RM7,200 to Ms. Joanne Sim, a NKF Donor Relations and Events Executive.

The money for the National Kidney Foundation of Malaysia (NKF) was part of the sum raised by the 33 year-old cartoonist in drawing 320 live caricatures within 24 hours from 10 am on 18 March to 10.40 am of 19 March 2017 in front of the Penang Kapitan Keling mosque.

NKF would like to express our gratitude to Encik Mohd Azmi Mohd Hussin for donating the amount to aid our poor kidney failure patients.

Just Run Lah!!!



On 26 March 2017, Olympia College Ipoh organized a 5km run as part of its Corporate Social Responsibility project. At the track ground, Ms. Cindy Chong Evans the Principal of the college presented a mock cheque of RM5,500 to the NKF Youth Ambassador, Shawn Lee in the presence of the Rejuvenate Dance Crew.

About 400 individuals from all walks of life participated in the event, which ended with performances by the Rejuvenate Dance Crew and Shawn Lee.

NKF would like to thank Olympia College Ipoh for the donation, and looks forward to continuous support from it.

#COOLBEAN 3.0



On 24 March 2017, Leo Club of Ipoh Central Omega together with the Leo Clubs of 3 schools also in Ipoh successfully raised RM10,000 through the #COOLBEANS 3.0 Concert which was held at the Ipoh St John's Hall specifically in aid of the National Kidney Foundation of Malaysia (NKF). The schools concerned were Sekolah Menengah Jenis Kebangsaan (SMJK) Sam Tet, SMJK Poi Lam and SMJK Ave Maria Convent.

The #COOLBEANS 3.0 is another "Make A Difference (M.A.D) Concert" which features performances by NKF Youth Ambassador Shawn Lee and the Rejuvenate Dance Crew.

NKF would like to extend our sincere our thanks to the 4 Leo Clubs for the donation.



Direct Debit Donor Programme (DDDP) January - March 2017

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

We would also like to extend our appreciation to the following organizations for supporting us by providing complimentary booth space for our road shows from the months of January to March 2017.

All Seasons Place, Penang	Putra Medical Centre, Kedah
Batu Pahat Mall, Johor	Putrajaya Botanical Garden, Wilayah Persekutuan
CityOne Megamall, Sarawak	Sime Darby Medical Centre, Selangor
Danga City Mall, Johor	Star Avenue, Selangor
DPulze, Selangor	Sultan Ismail Petra Airport, Kelantan
Hospital Ampang, Selangor	The Spring Mall, Sarawak
Hospital Melaka, Melaka	
Hospital Seberang Jaya, Penang	
Hospital Serdang, Selangor	
Hospital Shah Alam, Selangor	
Hospital Tengku Ampuan Afzan, Pahang	
Hospital Tuanku Jaafar Seremban, Negeri Sembilan	
Johor Premium Outlets, Johor	
Kedah Medical Centre, Kedah	
Kluang Mall, Johor	
KPJ Perdana Specialist Hospital, Kelantan	
KPJ Seremban Specialist Hospital, Negeri Sembilan	
Kuching Specialist Hospital, Sarawak	
Metro Specialist Hospital, Kedah	
Normah Medical Hospital, Sarawak	
Pantai Hospital Klang, Selangor	

NKF's TOP 5 FUNDRAISERS

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



**Nur Syazwani Binti
Shahroel Nizam**



**Emei Syaira
Binti Mohd Yusuff**



Chan Kam Moon



**Norain
Binti Jamri**



**Neshia Kumar
Rao Vengadasan**

NKF is pleased to announce our Top 5 fundraisers for the 1st Quarter of 2017. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the efforts they have taken in helping our dialysis patients.



**YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA
NATIONAL KIDNEY FOUNDATION OF MALAYSIA** PPM-002-10-12021969

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

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