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**LAUNCH OF  
COOK BOOK FOR  
DIALYSIS PATIENTS**

# Who's Who @NKF

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# Message From Chief Editor

Greetings from the National Kidney Foundation (NKF) of Malaysia and "Selamat Hari Raya Aidilfitri".

With time encroaching into the second half of 2018, we had not only witnessed but also experienced many events.

However, these events have not severely impacted our life-line of donations be they from the corporations or individuals.

As such we have been able to carry on all our activities, especially those associated with health screening, exhibitions and talks. These can be seen in our active participation in areas which were part of the World Kidney Day (WKD) 2018 celebrations organised by ourselves and other organisations many of which were hospitals.

Moreover, riding on the pervasiveness of the social media, we promoted our organ donation commencing October 2017. The campaign is still continuing to this day and was complemented by the NKF Organ Donation Volunteer Programme, which tapped on the volunteer work of students from a few universities.

With these sustained efforts, it is our fervent hope that the organ donation campaign will be more fruitful and more organ pledges will be more forthcoming.

Happy reading and 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).	013-9170722
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
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28. Pusat Dialisis NKF - Chempaka	03-78650971

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# Pusat Dialisis NKF – Kuala Terengganu Celebrated World Kidney Day (WKD) 2018



In conjunction with WKD 2018 celebrated throughout the world on 8 March, Pusat Dialisis NKF – Kuala Terengganu held the event on 9 March.

The venue for the festivity was Tasik Gong Badak near the Sultan Mizan Zainal Abidin Stadium in Kuala Terengganu.

With the organisation of the event headed by the Centre Manager, Ms. Chee Gaik Tee the activity started at about 7.30 in the morning with the assembling together of the participants, made up of staff members, patients and their family members. The activity kicked off with a warm-up exercise for about an hour.



At the end of the exercise at 8.30 a.m., the participants numbering around 40 persons went on a cycling trip around the lake with tandem bikes, adult tricycles and quadracycles.

The cycling trip took about an hour and at the end of it, the participants were given a breakfast treat before the celebrations came to an end.



# Join Us for the 15th Annual Dialysis Meeting from 27 to 28 October 2018



The 15th Annual Dialysis Meeting (ADM) 2018 entitled "Exploring the Possibilities" will be held from 27 to 28 October 2018 at the VE Hotel & Residence, Bangsar South, Kuala Lumpur. The meeting is organized by the National Kidney Foundation (NKF) of Malaysia annually.

The 15th ADM is intended to highlight the new development in research and the industry, in addition to exploring new evidence or techniques and products to achieve the best outcomes for dialysis patients and care-givers. It is crucial to ensure that sufficient resources are made available to support clinically-led change in order to meet their clinical, emotional, psychological, and social needs.

We are excited about the value the 15th ADM will bring to the sponsors and participants. Thank you to each and every participant and sponsor that has helped to make the annual ADM a success.

#### Seminar Fee

##### Early Bird Rate

(Registration before: 28 August 2018)  
Local Participants: RM470.00 per pax  
(0% GST)

##### Standard Rate

(Registration after: 28 August 2018)  
Local Participants: RM520.00 per pax  
(0% GST)

#### Registration

To register, please fill up the Registration Form which can be found on the NKF's website and then email it to us at [training@nkf.org.my](mailto:training@nkf.org.my) or fax it to 03-79602359

#### Mode of Payment

Cheque payable to : National Kidney Foundation of Malaysia

#### Cash Deposit to:

Account No. : 80-0238247-8  
Bank Name : CIMB Bank Berhad  
Bank Address : Jaya Shopping Centre Section 14,  
L1-21 (First Floor) Jalan 14/14, 46100 Petaling  
Jaya, Selangor

#### Contact Us

If you have further inquiry and need clarification regarding this event, please do not hesitate to post your questions directly to:  
Ms. Rebekah / Pn. Khairani  
Tel: 03-79602301/ 03-79602302  
E-mail: [rebekah@nkf.org.my](mailto:rebekah@nkf.org.my)/ [khairani@nkf.org.my](mailto:khairani@nkf.org.my)  
[training@nkf.org.my](mailto:training@nkf.org.my)  
Fax: 03-7960 2359



# Nutrition and Haemodialysis

## by Ms. Kher Pui Ling, NKF Dietitian

### 1. Have adequate energy intake.

Dialysis patients need to have adequate energy. Likely reasons for patients not obtaining enough energy from food are:-

- With dialysis diet omitting/limiting foods from some food groups, patients may eat fewer calories.
- Short or long-term appetite problems affect patients' food intake.
- Elderly patients with denture problems may avoid foods they cannot chew or swallow. The more foods they do away with from their diet the greater is their likelihood of developing malnutrition.

To increase calorie intake, fat and simple sugar such as soft margarine and sugar on toast are good sources of energy with small amounts of minerals. A special oral nutrition supplement is recommended for dialysis people struggling to eat adequately or who have poor nutritional status (malnourished).

### 2. Have right amount of protein intake.

Protein builds muscle, repairs tissues and fights against infection. During dialysis, an average of 10 to 12grams of protein is lost. They are, therefore, encouraged to consume sufficient

amounts of protein to stay healthy. The amount of protein a person needs depends on several factors such as body size, activity, laboratory values and types of dialysis treatment.

Protein food sources: meat, poultry, fish, eggs and soy products.

### 3. Control phosphorus intake.

Phosphorus supports the calcium absorption in our body. However, dialysis may not be able to remove enough excess phosphorus from the blood, causing matters such as itchy skin and weak bones.

Haemodialysis patients are required to limit their phosphorus intake.

High phosphorus food sources: processed foods, dairy products, bone soup, internal organs, wholegrain products, cocoa based drinks, dry beans and nuts.

To maintain their phosphate level within range, patients may need to take their phosphate binders together with meals.

Are you aware that up to 100% of phosphorus added (food additives) to processed food is completely absorbed by the body?

### 4. Control potassium intake.

Potassium plays an important role in muscle contractions and heart health.

However, for haemodialysis patients, too much potassium may lead to heart problems. Hence, dialysis patients may need to limit their high potassium foods in their diet if the blood potassium is high.

High potassium food sources: herbal products, salt substitute (potassium salt), bananas, jackfruits, tubers, coconut water, fruits and vegetable juices.

### 5. Control fluid intake.

A major function of the kidney is to remove excess water from the body. Hence, kidney failure patients need to restrict their fluid intake.

Fluid foods: all kinds of drinks, ice cream, jelly or gelatine, ice cubes, soups, porridge, gravy, sauces and fruits.

### 6. Control sodium intake.

Haemodialysis patients are advised to limit their sodium intake as high sodium consumption can lead to increased thirst and greater fluid consumption. Too much sodium will cause the body to retain water, making it more difficult to remove fluids during dialysis.

High sodium food sources: canned food, pickles, curled meat, bottled sauce and condiments.

# Organ Donation With #AmbilSerius and #KidneyKomunitiVolunteer Programme

In line with the National Organ Donation Awareness Week 2018, the National Kidney Foundation (NKF) of Malaysia carried out a social media campaign from October 2017. The campaign will run till October 2018.

The campaign arose principally because there was a dire need for more organ donation pledgers since only an insignificant 1.3% of the Malaysian population had done so

With its objective being to promote awareness amongst members of the public at large of the seriousness of kidney disease together with the attendant option of organ donation and transplantation, the campaign via the hashtags #AmbilSerius and #KidneyKomuniti kicked off using the Foundation's Facebook, Instagram and website.

Furthermore, with the campaign NKF also worked closely with student volunteers from Sunway College, Sunway University, Universiti Tun Abdul Razak (UNITAR) and Management & Science University (MSU) through the NKF Organ Donation Volunteer Programme.

The main objective of this programme was to raise awareness among and educate the public on the importance of organ donation and organ transplantation with the students assisting in answering enquiries about organ donation. In addition, they went on to try to convince members of the public to sign up as organ donor pledgers.

For their efforts under the programme, they had managed to persuade 461 individuals to sign up as organ donor pledgers. It was indeed a remarkable feat by the students and with the programme ongoing it was the fervent hope of NKF to get students from other universities to participate in the programme to spread the word on organ donation and transplantation so as to secure more sign-ups as organ donor pledgers.



# NKF LifeCheck & Organ Donation Promotion Teams In Peninsular Malaysia During World Kidney (WKD) 2018 Celebrations

With WKD 2018 celebrated throughout the world on 8 March 2018, many organisations held activities in conjunction with the occasion. As a result, all the NKF LifeCheck Teams as well as staff involved in health exhibitions from the various parts of Peninsular Malaysia were deployed to carry out free health screening and, where needed, health exhibitions not only in the Klang Valley but also in other parts of the Peninsula

Teams from the various Regional Units in Alor Setar (Kedah) Kota Bharu (Kelantan) and Batu Pahat (Johor) together with those from Petaling Jaya (Selangor) carried mainly health checks in these states as well as in Pahang, Negeri Sembilan, Melaka and the Federal Territories of Kuala Lumpur and Putrajaya.

They carried out their tasks from 10 a.m. to 4 p.m. at the respective

locations in the states and Federal Territories under their team leaders with the assistance of co-ordinators from 8 March to 16 April.

With the screening activities covering blood pressure readings, urine tests, blood glucose and body mass index ending up with counselling, 1,305 persons had their health checked during the duration. Those found to have irregularities in their screening were advised to seek further medical examination from hospitals and clinics.

As to the health exhibitions, where requested, booths were set up to distribute pamphlets and to answer questions in relation to kidney diseases in order to promote awareness of the diseases as well as to take measures to deal with them, including encouraging members of the public to pledge in donating their organs, including kidneys.



# HAPPY NURSES DAY 2018



NKF celebrated "Nurses Day" at all our centres nationwide on 12 May 2018. Your dedication and care shown towards all our patients.



## Patients & Staff of Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar) At Dinner of Lions Club of Alor Star (Host)



On 4 May 2018, the Lions Club of Alor Star (Host) in celebrating its 52nd anniversary held a dinner at the Fuller Hotel in Alor Setar.

Invitations were sent to the patients together with their family members and staff of Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar) for the dinner.

As a result, a total of 82 individuals made up of 71 patients and their family members and 11 of the centre staff went to the dinner.

At the function, education awards up to a value of RM3,600 were handed to 20 children of the patients.

4 children in primary school received RM100 each with 9 in secondary school getting RM200 per person and 7 in college and university given RM200 an individual.

The awards were given by Dr. Liew Yin Fong the local committee chairman of the club.

NKF is truly grateful to the Lions Club of Alor Star (Host) for entertaining the patients and their family members as well as the staff of the centre to the dinner in addition to providing monetary assistance towards elevating the financial burden in the education of their children.



# NKF Raised Healthcare Awareness For Women



On 8 April 2018 at the Sunway Pyramid, the National Kidney Foundation (NKF) of Malaysia celebrated the World Kidney Day (WKD) 2018 with the theme “Kidneys & Women’s Health: Include, Value, Empower”.

In celebrating the event NKF promoted affordable and equitable access to health education, healthcare and prevention for kidney diseases for all women and girls in the world.

Jointly organised with KPJ Hospital, the event covered fun and educational activities, among which was the Kidney’s Zumba Fitness dance led by Ms. Joelle Teh. About 50 persons participated in the dance.

Other activities were a free health talk by Dr. Nor Fadhlina Bte Zakaria, a Nephrology and Internal Medicine Consultant from Universiti Putra Malaysia (UPM), cooking demonstration by Chef Abang Brian

and Young Chef Academy, free health screening and an educational exhibition on organ donation to raise the importance of organ donation.

“Chronic Kidney Disease (CKD) is a worldwide public health problem with adverse outcomes of kidney failure and premature death. CKD affects approximately 195 million women worldwide and is currently the 8th leading cause of death in women with close up to 600,000 deaths each year. According to studies, the number of women on dialysis is lower than the number of men even though CKD is more likely to develop in the former. While the reason is unclear why this illness affects men and women differently, it is something that has consistently been observed across the world, both in the developed and developing countries. With that, we would like to take this opportunity to urge the said group to have a higher



awareness on CKD,” said the Chairman of the Board of Directors of NKF, Dato’ Dr. Zaki Morad Mohamad Zaher.

Aside from the demonstration of how to prepare scrumptious but healthy dishes that kidneys love, a cookbook with a collection of recipes specially created by Chef Abang Brian for kidney failure patients was officially launched at the event.

In addition, the Malaysian Palm Oil Council (MPOC) joined the good cause by giving out a total of 1,000 units of cooking oil to members of the public who participated in a survey on palm oil.

Apart the free Lifecheck Health Screening provided by NKF, organisations such as Spectrum of Life, Breast Cancer Welfare Association and KPJ Healthcare also carried out free health checks such as eye screening, stress analysis and breast examination to members of the public.

# PERKESO Generously Presented NKF With 42 Haemodialysis Machines



On 24 April 2018, the National Kidney Foundation (NKF) of Malaysia received a donation of 42 haemodialysis machines by Pertubuhan Keselamatan Sosial (PERKESO) during a ceremony held at the NKF Secretariat premises.

The presentation was made by Dr. Edrin Nazri Bin Abdul Rasib, the Head of PERKESO's Health Promotion and Prevention Division.

On hand to receive the presentation was Dato' Dr. Zaki Morad Mohd Zaher, the Chairman of the NKF's Board of Directors.

In thanking PERKESO, Dato Dr. Zaki Morad Mohd Zaher said, "We are indeed indebted today to PERKESO for the gift of the 42 dialysis machines worth a total of RM1.68 million which are to be located at

23 centres of the Foundation".

PERKESO's assistance thus goes all the way towards lightening the burden of poor kidney patients seeking haemodialysis treatment in the centres of NKF in addition to providing them with a better quality of life.

# NKF Received Donation From PUSPANITA For 2 Machines



On 16 April 2018, the National Kidney Foundation (NKF) of Malaysia received a donation for RM82,000 from the Association of Wives and Women Within The Public Service (PUSPANITA) to purchase 2 haemodialysis machines.

A mock cheque for the machines was presented by Tan Sri Dr. Ali Hamsa, the Chief Secretary to the Government of Malaysia-cum-Adviser of PUSPANITA to Mr. Chua Hong Wee, the NKF Chief Executive Officer.

The presentation was held in conjunction with World Kidney Day (WKD) 2018 celebrations with PUSPANITA at the Dewan Seri Endon, Puspanitapuri in Putrajaya. The theme was "Kidneys & Health: Empowering Our Involvement, Contributions & Capability".

The gift of the machines was principally to enable the Foundation to provide haemodialysis treatment to poor and needy patients at NKF's

centres. The two machines were in addition to 11 other machines which had been presented by PUSPANITA, namely 7 in 2017 and 4 in 2016.

NKF is truly grateful to PUSPANITA for the donation of the machines which were placed in Pusat Dialisis NKF- Fungates Superflow (Kepong, Kuala Lumpur) and Pusat Dialisis NKF – Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping.

# Peninsula College Raised A Dialysis Machine For NKF



“Giving to charitable institutions helps to make our community a better place” is a statement that resonates well with the core principle of Peninsula College: civic consciousness.

On 10 December 2017 the final year diploma in business management students of Peninsula College successfully raised RM44,520 to purchase a dialysis machine in aid of the National Kidney Foundation (NKF) of Malaysia.

On 21 March 2018, the Group President of Peninsula College, Professor Dr. Ian Pashby, presented a dialysis machine to the CEO of NKF Malaysia, Mr. Chua Hong Wee, in the presence of the CEO of Peninsula College, Mr. Edmund Edwards, the college’s management team and students. The hand-over ceremony was held at Pusat Dialisis NKF – Bakti (Klang) where the machine is currently located.

We are delighted and humbled to note that the collaboration between Peninsula College (formerly known as ALC College) for the past years had greatly aided NKF in providing dialysis care to our poor and needy patients.

With 2018 marking the 10th anniversary of the collaboration between the college and NKF, we hope to achieve more landmarks together in providing better quality healthcare services to the community suffering from chronic kidney disease (CKD).

## Stella Maris School Raised RM11,432 for NKF From Its “No Uniform Day”

Stella Maris Medan Damansara School is no stranger to the National Kidney Foundation (NKF) of Malaysia. For the past two years, the school has been raising funds for NKF through its “No Uniform Day” held in conjunction with the World Kidney Day.

2018 emerged to be the third consecutive year that the school had successfully raised RM 11,432 in aid of NKF

via the “No Uniform Day” held on 9 March 2018. A mock cheque was presented by the President of the Stella Maris International School, Professor Dr. B.C. Tan, to the NKF representative Ms. Stephanie Wee at the end of the school’s annual cross country held on 7 April 2018.

On top of that, the teachers joined hands to raise an additional



RM 3,680 through the sales of NKF merchandise during both the “No Uniform Day” and the cross-country event.

NKF would like to express our sincere gratitude towards the school for its unwavering support since 2016.

## Watsons Malaysia Management & Its CSR Team At NKF



On 9 March 2018, the Watsons management and its Corporate Social Responsibility team came a calling at the secretariat office of the National Kidney Foundation in Petaling Jaya.

Members of the group were led by their general manager and country head Ms. Caryn Loh.

They were met by Mr. Chua Hong Wee, the NKF Chief Executive Officer, who proceeded to brief the visitors about the Foundation and its role in dealing with kidney diseases.

At the end of the briefing, the visitors were ushered to Pusat Dialisis NKF – Dato’ Dr. G.A. Sreenevasan (Petaling Jaya) where their main

intention was to bring cheers to the patients having their dialysis treatment by presenting them with “Token of Love” goodies consisting of personal care items sponsored by Watsons and its retail partners.

NKF sincerely thanks Watsons Malaysia for its generosity and kind-heartedness towards uplifting the spirit of the less fortunate patients.

## Direct Debit Donor Programme (DDDP) Jan - March 2018

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 2018.

Anjung Neighbourhood Center, Johor	Hospital Raja Permaisuri Bainun, Perak
Armani Media Sdn Bhd, Selangor	Hospital Sultan Ismail, Johor
Cameron Square, Johor	Hospital Sultanah Aminah, Johor
Hospital Kulim, Kedah	Hospital USM, Kelantan
Hospital Melaka, Melaka	Komtar JBCC, Johor
Hospital Putrajaya, Putrajaya	KPJ Johor, Johor

### NKF's TOP 5 FUNDRAISERS

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



Goh Hui Ling



Nesh Kumar Rao  
A/L Vengadasan



Daing' Izzat' Azim  
Bin Embok Ongah



Chan Kam Moon



Siti Aishah Bte  
Mohd Yasin

NKF is pleased to announce our Top 5 fundraisers for the 1st Quarter of 2018. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the effort they have taken in helping our dialysis patients.



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

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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)