



## Message

### NKF SHARE HAS A NEW LOOK

NKF is looking at re-branding itself from one that is seen as providing dialysis to one that is fulfilling its objectives as set out in its Constitution when the Foundation was set up in 1970.

- Develop a co-ordinated citizens voluntary movement to work towards the improved care and treatment of those suffering from kidney disease
- Promote improved methods and services in research, prevention, detection, diagnosis and treatment of kidney diseases
- Promote the donation and transplantation of kidneys; and
- Promote the general well being of those suffering from kidney diseases

Towards the pursuit of these objectives, the Foundation shall collect, compile and disseminate information regarding causes, prevention, research programmes and available aids to combat kidney disease.

With more than 16,000 members of the public screened via the NKF Mobile Life-check, the Foundation is aggressively promoting its health screening to religious organizations, residents associations, companies, factories, 'kampungs', supermarkets and other organizations within the Klang Valley area. The Foundation's overall objective of screening members of the public is to increase awareness of the importance of early detection and prevention of kidney disease. NKF is also working to be a one-stop centre for matters related to kidney health and disease.

The number of dialysis patients is projected to increase to 20,000 by the year 2010, the financial burden is high. In 2007, the government channeled 18.7 million ringgit to 49 NGOs to partly help subsidise the cost of dialysis patients in the lower income group. This sum is a small fraction of what the nation as a whole pays towards dialysis care for her citizens.

It is hoped that with the various initiatives made by the NKF, the Ministry of Health and others involved in the area of kidney health and disease, the number of patients with the dreaded end stage kidney failure would be reduced.

Thank You.

Dr Lim Yam Ngo  
Editor  
SHARE

### Directory of 21 NKF Dialysis Centres

TuanKu Syed Putra - NKF Dialysis Centre, Kangar. Tel: 04-9777411. Lions Club- NKF Dialysis Centre, Alor Star. Tel: 04-7352190. Superkids Trinity-NKF Dialysis Centre, Alor Star. Tel: 04-7340215. FoYi-NKF Dialysis Centre (Unit1), Penang. Tel:04-2824952. FoYi-NKF Dialysis Centre (Unit2), Penang. Tel:04-2828701. Moral Uplifting Society-NKF Dialysis Centre, Ipoh. Tel: 05-3215921. Moral Uplifting Society-NKF Dialysis Centre, Taiping. Tel: 05-8041633. NKF Dialysis Centre, Jalan Hang Lekiu, Kuala Lumpur. Tel: 03-20312437. Rotary Club Damansara-NKF Dialysis Centre, Kepong. Tel: 03-62517460. Nanyang-NKF Dialysis Centre, Setapak. 03-40217704. Charis - NKF Dialysis Centre, Cheras. Tel: 01-91328193. NKF Dialysis Centre, Petaling Jaya. Tel: 03-79542359. Ping Rong - NKF Dialysis Centre, Petaling Jaya. Tel : 03-78746707. Bakti - NKF Dialysis Centre, Klang. Tel: 03-33239424. Apex Club - NKF Dialysis Centre, Klang. Tel:0333418009. Che Luan Khor - NKF Dialysis Centre, Kluang. Tel: 07-7765313. Family Development Foundation - NKF Dialysis Centre, Johor Bahru. Tel: 07-3866164. NKF Dialysis Centre, Kota Bharu. Tel:09-7475834. Terengganu - NKF Dialysis Centre, K. Terengganu. Tel: 09-6249423. KAS/Rotary - NKF Dialysis Centre, Kuching. Tel: 082-240927. New Centre: Tun Abdul Razak - NKF Dialysis Centre, Kuantan, Tel: 09-5141869. Fungates - NKF Dialysis Centre, Kepong. Tel: 03-62519844.

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# CHILDREN WITH KIDNEY DISEASES



▲ Muhammad Nurfitri's mother accompanies him on all his visits to Institute Pediatric, KL

Muhammad Nurfitri bin Abdullah, 10 years, is the youngest from a family of four children living in Kampung Orang Asli in Kuala Kubu Bahru, Selangor. His mother, illiterate, as she never had the opportunity to attend school, travels by bus every month to ensure Muhammad makes it for his appointment with the Pediatric Nephrologist, Institute Pediatric, Kuala Lumpur.

When the nurses question her on her routine prior to Muhammad Nurfitri's dialysis at home, she just shakes her head in a confused manner. The nurses sigh and then proceed to explain the importance of keeping track of Muhammad Nurfitri's weight.

Muhammad Nurfitri is one of more than 500 children on dialysis in Malaysia and while many are on Continuous Ambulatory Peritoneal Dialysis (CAPD), 20 are being converted from CAPD to Automated Peritoneal Dialysis (APD) under the NKF Children Dialysis Program.

The NKF Children Dialysis Program, set up in 2005, aims to subsidize the financial cost of the conversion to enable more children to have access to APD as many are school going. Under CAPD, the fluid exchanges necessary for dialysis had to take place during the daytime, which may interfere with the children's schooling and extra-curricular activities. Today the Children Dialysis Program allows children from poor families to be able to enjoy this mode of dialysis treatment without extra financial burden to the family and more importantly for these children to be able to be like other normal school going children.

Airul Mohamad Shafie, 14, the youngest in a family of five children to be diagnosed with kidney failure, is one of 20 children under the NKF Children Dialysis Program. Life has been difficult for the



▲ Puan Jamilah, Airul's mother, hopes Airul can lead a normal life with APD

mother, Puan Jamilah, who has two other daughters who are also suffering from end stage kidney disease. One passed away and today the financial burden for the family is lessened as NKF subsidizes the cost for Airul's APD.



▲ Recuperating in HKL, Rajeswari gets 'duit raya' from well-wishers

**"Haemodialysis is not preferred because it requires the child to be at the haemodialysis centre for 4 hours three times a week and children are also afraid of needles which the method uses," said Dr Lim Yam Ngo, – Consultant Pediatric Nephrologist and NKFBBoard member.**

Rajeswari Mathavanam, 10, is luckier than most children with kidney disease, as she has just received a kidney transplant from a deceased donor after being on APD for 2 years. Today still recovering in hospital, her chances of living a normal life have improved tremendously and with her cheeky smile, she can look forward to a better future.

## Symptoms and Prevention

**How does one know if a child is suffering from kidney disease?**

"Be observant of your growing child to ensure growth is normal, that is, no stunted growth. Children grow fastest during the first two years of their lives. Children with kidney disease may also have swelling especially around the eyes. Anaemia or inadequate red blood cells can be another symptom of chronic kidney disease," says Dr Lim.

"It is hoped that every child on dialysis will receive a kidney transplant," added Dr Lim but currently the number of transplants is still very low because of a lack of kidney donors." There are a few lucky ones like Rajeswari who has just received a kidney from a deceased donor and is currently recuperating in HKL.

An update on twins, Stephanie and Tracy, with chronic kidney disease on APD at home. Many generous donors have come forward to assist the family in their hour of need and now the family can be assured that they have a roof over their head and some basic household items for them to carry on their life and Stephanie and Tracy to continue to receive dialysis treatment and yet be able to attend school fulltime.

Dr SS Gill feels more can be done to help children under the NKF Children Dialysis Program and he hopes organizations will come forward to donate to the fund as the cost of fluids has gone up given the current scenario of rising costs.

# DIALYSIS PATIENTS FIND FORUM USEFUL

More than 400 participants attended the annual **National Kidney Foundation of Malaysia (NKF) Patient Forum** held for the sixth year, this time in Penang. This forum focused on "The Role, Financial Assistance and Job Opportunities of Agencies for End Stage Kidney Failure Patients."

The participants, mostly dialysis patients and their caregivers, many of whom travelled from as far away as Perak, Kedah and Perlis found the forum **informative and useful**.

With the number of dialysis patients going up to 18,000 in 2007, many of whom are in need of financial assistance and job opportunities, the National Kidney Foundation of Malaysia (NKF) decided to organize the forum in Penang to cater to those dialysis patients in the northern region.



▲ Participants registering for the forum



▲ The forum attracted more than 400 participants

Mah Ah Noye, NKF Welfare Manager, said the intention to hold the sixth forum in Penang was to enable dialysis patients in the north to attend the forum as dialysis patients from around the Klang Valley had found the forum with the same topic organized in Petaling Jaya in 2007 very useful.

Azmi bin Othman, 60 years, a retired civil servant, currently on dialysis in Kangar, Perlis felt it had been worth the trip as he had experienced financial difficulty at times.

"I found the forum had taught me about the various financial schemes available from government and non-government agencies as money is an important consideration since I have retired and just started dialysis 3 years ago," he said.

The Patient Forum, organized by the National Kidney Foundation of Malaysia

and officiated by Second Finance Minister, Tan Sri Nor Mohamed Yakcop, was a resounding success, with many dialysis patients putting questions to the speakers from the various government and non-governmental organizations such as the Ministry of Health, Social Security Organisation (SOSCO), The National Welfare Foundation, the Social Welfare Department and the Labour Department, Penang.

"Non governmental organizations (NGOs) will be given a bigger role in assisting the government in programmes to help the lower income group in the wake of escalating oil and food prices.

The government is studying ways and methods to channel allocations and funds to help assist the poor," said Nor Mohamed.



▲ At the press conference, Nor Mohamed Yakcop said the government wants NGOs to play a bigger role in society (L to R) Dato Dr Zaki Morad, Nor Mohamed Yakcop, Dr SS Gill,

He added that the government had paid RM18.7 million in subsidies to 49 NGOs involved in dialysis for poor patients and it showed the government's commitment to those in need of dialysis.

Norsalma Bt Shamsudin, speaker from the Ministry of Health, spoke of the government subsidy and the importance of ensuring the application form was submitted with all important details as the government had to strictly vet the applications before approving those eligible for the subsidy. Based on the current guidelines the government paid RM50 as subsidy for those eligible.

Norsalma stressed the MOH guidelines is among the criteria for NGOs to satisfy:-

- The operations of the dialysis centre must be run independently
- The dialysis centre must satisfy the guidelines set out by MOH for the provision of quality dialysis care
- Be responsible to be part of National Renal Registry by supplying data to them
- Take the necessary steps to ensure the following:-

1. Admit patients without discrimination
2. Ensuring the services of doctors or specialists are available to provide medical treatment on a regular basis
3. Emergency treatment services must be made available
4. The RM50 subsidy includes the cost of blood tests and other tests
5. The cost of dialysis per treatment charged by the NGO cannot exceed RM60
6. MOH reserves the right to withdraw the RM 50 subsidy in the event NGOs fail to satisfy the criteria set out.

As for the dialysis patients, they have to satisfy the following criteria to succeed in qualifying for the RM50 subsidy:-

- The poor patient must obtain treatment from an accredited MOH dialysis centre
- Must be a Malaysian citizen or permanent resident
- Satisfy the conditions set out by the dialysis centre including personal interviews and information from the Social Welfare Department
- Dialysis patients are required to record the number of dialysis treatments, including how much they have paid the dialysis centre.
- Dialysis patients cannot qualify for the subsidy if:-
  1. Cost of dialysis being borne by employer
  2. Cost borne by the Public Services Department (PSD)
  3. Cost paid by SOSCO
  4. Those who are financially able to pay their own dialysis costs



▲ Norsalma said many dialysis patients were rejected for the RM50 subsidy due to inadequate information provided by them

**The government is studying ways and methods to channel allocations and funds to help assist the poor," said Nor Mohamed.**

Abdul Samat bin Abdul Hamid, representing YKN, otherwise known as The National Welfare Foundation spoke of the financial support given by the foundation for those in need and those eligible should apply for the various grants and financial assistance offered. Many were unaware of the assistance offered by YKN and this forum provided a platform for YKN to promote the various schemes available.

Inau Edin Nom, speaker from the Social Welfare Department said even dialysis patients who were financially in need, would be eligible for the various schemes but dialysis patients were encouraged to make themselves as independent as

possible in the long term as the government preferred to give out 'fishing rods as opposed to 'fish' for the rest of their lives.

Dr SS Gill, Chairman, Board of Managers, said NKF was currently the largest non-governmental organization (NGO) providing dialysis at subsidized cost and of great concern to the foundation is the welfare of dialysis patients nationwide. Having witnessed the rapid growth of end stage kidney disease, NKF has taken the necessary steps over the years to intervene and slow down the progression of the disease.



▲ Participants putting questions across to the speakers at the forum

## RECYCLE PAPERS INTO LIVES

RM 8,441.87

Join NKF in its recycling campaign by dropping off your unwanted paper products every day except Sunday from 8.30am – 6pm at Berjaya-NKF Dialysis Centre, No 72, Jalan 14/29, 46100 PJ. Our heartfelt appreciation to all partners for being together with us in this Recycling project.

- Soka Gakkai Malaysia (SGM)
- Management & Residents of Crimson Kelana Apartments
- Flamingo Hotel & Institute, Ampang
- Rukun Tetangga, Section 14A, PJ
- Ajinomoto (Malaysia) Sdn Bhd
- Metropolitan College
- Lexis Nexis Malaysia Sdn Bhd
- Lions Club of P.J. Metro



## Wise Lion Marketing – “Drink with Love”

In collaboration with the Corporate Social Responsibility (CSR) project, Wise Lion Enterprise will be selling their product “DEHO 3 in 1 Teh Tarik” & “DEHO Ipoh White Coffee” in aid of NKF. Every packet of the product which has a sticker ‘Drink with Love’ on it will contain a postcard worth RM1, RM2 or RM3. All a consumer has to do is purchase the product, fill in details and mail (free postage) us back the postcard. Contributions as stated on the postcard will be contributed by DEHO. It is easy and hassle free!

Grab a packet of DEHO 3 in 1 Teh Tarik & DEHO Ipoh White Coffee and do your bit for charity today!



## SRI KUALA LUMPUR CHARITY FIESTA 2008

Sri Kuala Lumpur donated a Dialysis Machine Worth RM40,000.00 on 13<sup>th</sup> August 2008 which is placed at the Bakti – NKF Klang Centre. The school raised funds through a Charity Fiesta which includes a Charity Dinner, a Golf Tournament and a Charity Raffles Draw.

RM 40,000.00



## Wen Ken 70<sup>th</sup> Anniversary Event “Love and Gratitude”



Organised by Sykt Wen Ken Drugs Sdn Bhd  
**Date** : 11<sup>th</sup> to 15<sup>th</sup> June 2008  
**Time** : 10.00am to 10.00pm  
**Venue** : One Utama Shopping Centre (Highstreet, New Wing)

Wen Ken contributed RM40,000.00 in cash and RM40,000.00 value in-kind. In addition, a total of RM2,217.00 was contributed from the collection of the “Gratitude and Love” cards dedicated by members of the public. Health screening and games were conducted.



## Mooncake – “Gift of Love”

RM 7220.00



A box of 4 flavours mooncake of white Lotus Paste, Fine Red Bean Paste, Lotus Paste single yolk, Pandan Lotus paste each given to contribution of RM40.00. Funds collected from 380 boxes by NKF and 1,500 boxes by Lions Club of George Town Perdana netted

RM28,500.00 and will be allocated for setting up a dialysis centre in Penang in partnership with NKF.

## Mutiara Charity Bowl 2008



Turn your hobby into charity. The Lions Club of PJ Mutiara held a bowling competition in aid of NKF at the Pin-Junction in Cineleisure Damansara on 23<sup>rd</sup> of March 2008.

RM 6000.00



## Lion Club of Serdang – “We are 1” Charity Nite

The Lions Club of Serdang organised a Charity Nite titled “We are 1” on the 13<sup>th</sup> September 2008 at Thien Hou Multipurpose Hall, Kuala Lumpur.



RM 10,000.00

## I-Melody Music & Arts

Charity with musical talents – that’s what I-Melody Music & Arts did to raise funds for NKF. Many different instruments were introduced to the public during the finals of the competition held on 26<sup>th</sup> July 2008 at Cheras Leisure Mall.

RM 4,380.25



# Miss Malaysia Queen International 2008 (Selangor) Organised by the Lions Club of Petaling Jaya Metro Main Sponsor: Galaxy Group of Companies

RM 110,252.17



The Preliminary round (**3<sup>rd</sup> May 2008**) began with 28 beauties visiting the NKF Dialysis Centre in Section 14, P.J. Then, 30 vintage cars ferried contestants to Jaya 33, P.J. for a photo session. The fundraising activity – ribbon event raised RM3690.00. Two subsidiary titles were won – Miss NKF Charity Queen and Miss Colin's Queen. 20 beauties qualified for the semi-finals.



The Semi-finals sponsored by Galaxy Group of Companies was held in Global Business Park, P.J. on **10<sup>th</sup> of May 2008**. A contribution of RM5503.00 was collected. Miss Stella Hui, one of the talented contestants was chosen as Miss Riso-Galaxy by the main sponsor, Galaxy Group of Companies. A total of 14 contestants made it to the finals.



The Final round was held at Sunway Convention Centre on the **24<sup>th</sup> of May 2008**. It was an 8-course Chinese dinner based on the donation value of RM138, RM238, RM338 and RM500 per head.

The 14 finalists are not only beauties with brains but also with talent. Five subsidiary titles were given out - Miss La'Mode Sensual Hair Queen, Miss Praise Slimming Queen, Miss Congeniality Queen, Miss Talent Queen and Miss Photogenic. Miss Charlene Ong was crowned winner of Miss Malaysia Queen International 2008 (Selangor).

In conjunction with the event, Dr. SS Gill, Chairman Board of Managers from NKF received a mock cheque of sum RM6,333.00 for NKF patients towards the purchase of Epoetin.



A heartfelt thanks to the organizer Lions Club of P.J. Metro, our main sponsor Galaxy Group of Companies, all co-sponsors, panel of judges, cash donors and all supporters who made the event a success.

# "COLOURFUL FLAVOURS" Food & Fun Fair

RM 66,868.00

The compassionate members of the public and sponsors have made this event a successful one. The food & fun fair themed "Colourful Flavours" was held on 12<sup>th</sup> October 2008 at 3 Two Square, Section 19, Petaling Jaya. Thanks to Crest Builder Holdings Berhad for sponsoring the venue, canopies, tables and chairs.

A varieties of food, drink & games made up the 32 booths for the day. The NKF LifeCheck mobile unit provided free health checks to 72 persons. We are also very honored to have the MP of PJ Utara, YB Tony Pua to launch the event. The

overwhelming support from the sponsors and members of the public helped NKF exceed its target of raising RM 50,000.00. Our sincere appreciation to all those caring individuals and companies who contributed fully to the cooking and preparation of food, organizing of games and sponsorship of their products.



**CIMB Foundation via its Community Link programme sponsored NKF LifeCheck mobile Van**

RM 78,361.00



## Appreciation to our generous donors and sponsors for their contributions

### Ariffin Initiative



Within 3 weeks, Ariffin (20 of them) managed to raise RM37,000 for NKF to purchase a new machine to be placed at the Bakti Dialysis Centre in Klang.

**Vitacare Farmasi Vitacare – Ping Rong** In January, through the Greeting cards event, Farmisi Vitacare raised RM40K for a dialysis machine which was received by Datin Paduka Chew Mei Fun (inblue) at Ping Rong NKF Dialysis Centre in Sungai Way, P.J. This is the 4<sup>th</sup> machine contributed by Farmisi Vitacare who care and Giving Hope to our patients.



Through the Rotary Club of Kelana Jaya , a dialysis machine worth RM40K was donated to Che Luan Khor-NKF centre in in Kluang under Madam Chong Chin.



### Tanjung Balai Quarry Sdn Bhd

Contributing RM38,500 being their 2<sup>nd</sup> contribution of dialysis machine to NKF. It was placed at Rtary Club of Damansara NKF at Kepong II, K.L.



**CIMB Foundation** contributed 1 dialysis machine each to Che Luan Khor NKF in Kluang and Family Development Foundation NKF in Permas Jaya. CIMB also sponsored the Community health screening event.



### Other contributors and location of the machines are as follow:

- ALC – Apex NKF, Klang
- LYL Capital Sdn Bhd – Ping Rong NKF, Sg Way
- SOCSCO – Lions Alor Star Host, NKF, Alor Star
- SOCSCO – Fo Yi II NKF, Penang
- Sri Kuala Lumpur – Bakti NKF, Klang
- Catholic Welfare – Kas/ Rotary, Kuching
- Rumah Orang Tua – Ping Pong NKF, Sg Way
- Lily Handicraft – MULS NKF, Ipoh
- Rezzuan, Yeoh & Ong Sdn Bhd – Bakti NKF, Klang
- Lion Group of Medical Assistance Fund – Family Development Foundation, NKF, Permas Jaya

