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NKF Newsletter

2009 Issue 3

PP9314/08/2010 (025329)



Early Detection and
Prevention of Kidney Disease

Waiting for a Transplant

Reaching out to Dialysis Patients

NKF's 40th Anniversary



*NKF wishes its Christian readers Merry X'mas
and Happy New Year to all*

MESSAGE

LOOKING FOWARD TO 2010

Very soon we will be entering another year. It seems we have yet to finish the agenda for 2009 but now have to plan for 2010. For NKF it will be business as usual. We will continue to provide haemodialysis treatment to those who cannot afford to go to private healthcare centres or were not lucky enough to be accepted to the fully subsidised government centres. We plan to open up centres either by ourselves or in collaboration with others in areas where it is needed most. We will continue to improve the quality of care and we are determined to maintain our status as the leading NGO that provides comprehensive and quality care to dialysis patients.

Providing dialysis treatment appears to be the public face of NKF – in fact to many we should rename ourselves as the National Dialysis Foundation! We, of course, do a lot more. Increasingly, we are focusing more on public education, prevention and early detection of kidney disease. More activities and follow up actions will be done in this area. Those who are identified as at risk will be given reminders to go for check-ups. We will work with government agencies and other like-minded NGOs so the screening and education programs achieve the desired outcomes.

Our training programs will be expanded and new courses in niche areas will be introduced. These will include courses in management of dialysis units, renal dietetics for nurses etc. The training unit has acquired new premises and new staff and should be able to provide these new courses. The year 2010 will also see some special activities. We will celebrate our 40th Anniversary. A special fund raising dinner and a book outlining the development of NKF will be released to commemorate the occasion. In May 2010, we will be hosting the annual meeting of the International Federation of Kidney Foundations (IFKF). This is a grouping of all the Kidney Foundations in the world and its deliberations will include on ways to strengthen the organisation and financial status of national kidney foundations. This will be the first time the meeting will be held in Asia and we are indeed honoured that we are chosen to host it.

It will be a busy 2010, by all reckoning but we are prepared for it. NKF Malaysia, with an active Board of Managers guiding it can rise to the challenges. I would also like to thank all the staff both at headquarters and at our many dialysis centres for once again making sure that NKF lives up to the expectations of the community that we serve.

My best wishes to all. Merry Christmas and Happy New Year

Dato Dr Zaki Morad bin Mohamad Zaher
Chairman, Board of Managers
National Kidney Foundation, Malaysia

NKF DIALYSIS CENTRES

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2. Superkids Trinity-NKF Dialysis Centre, Alor Setar, Kedah	04-7340215
3. Lions Club-NKF Dialysis Centre, Alor Setar, Kedah	04-7352190
4. Fo Yi -NKF Dialysis Centre, Unit 1, Penang	04-2824952
5. Fo-Yi -NKF Dialysis Centre, Unit 2, Penang	04-2825367
6. Moral Uplifting Society(MULS) - NKF Taiping, Perak	05-8041633
7. Moral Uplifting Society (MULS- NKF Dialysis Centre, Ipoh, Perak	05-3215921
8. NKF Dialysis Centre, Jalan Hang Lekiu, KL	03-20312437
9. Ping Rong-NKF Dialysis Centre, Sungai Way, PJ, Selangor	03-78746707
10. NKF Dialysis Centre, PJ, Selangor	03-79549048
11. Rotary Club of Damansara-NKF Dialysis Centre, Kepong, KL	03-62517460
12. Fungates Superflow Foundation-NKF Dialysis Centre, Kepong, KL	03-62519850
13. Apex Club of Klang-NKF Dialysis Centre, Klang, Selangor	03-33417009
14. Nanyang-NKF Dialysis Centre, Setapak, KL	03-40217704
15. Bakti-NKF Dialysis Centre, Klang, Selangor	03-33239424
16. Charis-NKF Dialysis Centre, Cheras, KL	03-91328193
17. Che Luan Khor-NKF Dialysis Centre, Kluang, Johor	07-7765313
18. Family Development Foundation Dialysis Centre-NKF, Johor	07-3866164
19. NKF Charity Dialysis Centre, Kota Bharu, Kelantan	09-7475812
20. Terengganu Dialysis Centre-NKF, Kuala Terengganu, Terengganu	09-6249423
21. Tun Abdul Razak Dialysis Centre-NKF, Kuantan, Pahang	09-5141869
22. KAS/Rotary Dialysis Centre- NKF, Kuching, Sarawak	082-240927
23. MUIS-NKF Haemodialysis Centre, Sabah	088-538532

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FOCUS ON DIABETES



World Kidney Day 2010 will be celebrated in more than 100 countries around the globe on 11th March 2010. In its 6th year, World Kidney Day (WKD) continues to gain momentum worldwide and highlights to the public to the importance of their kidneys.

THE FOCUS OF THIS YEAR'S CAMPAIGN IS DIABETES MELLITUS. WHY?

It remains the leading cause of Chronic Kidney Disease (CKD) worldwide. In Malaysia, about 55% of all newly diagnosed severe kidney disease requiring dialysis is caused by diabetes mellitus. Unfortunately, dialysis patients with diabetes fare poorly compare to those without diabetes.

With approximately 15% of adults over 30 years of age diagnosed with diabetes (about 1.4 million individuals), it is one of the biggest health problems in the country*. The Ministry of Health, Malaysia, in a 2006 survey found the incidence of diabetes had doubled in the last decade and this is mirrored in the increased number of overweight and obese individuals in Malaysia.

Thus, World Kidney Day 2009, a joint initiative of International Society of Nephrology (ISN) and International Federation of Kidney Foundation (IFKF) is supported strongly by kidney foundations, NGOs, members of the public and medical health professionals all over the world. In Malaysia, the National Kidney Foundation of Malaysia (NKF), in partnership with the Malaysian Society of Nephrology (MSN) and the Ministry of Health (MOH), has planned a series of event and activities in conjunction with WKD. The main aim is to promote the importance of early detection and prevention of kidney disease

and to prompt Malaysians to check themselves for kidney disease, through simple health screening.

Chronic, non-communicable diseases (particularly cardiovascular disease, hypertension, diabetes mellitus and chronic kidney disease (CKD)) have now replaced communicable diseases such as malaria, chicken pox and diseases as a leading threat to public health.

A routine test of urine, blood and blood pressure can reassure or detect if there are early signs of kidney disease. Thus, Kidney Diseases are Common, Harmful but Treatable.

COMMON

More than 5% of the adult population has some form of kidney damage and in Malaysia, more than 19,000 are on dialysis but the actual numbers of persons with kidney disease is not known.

HARMFUL

The common causes of Chronic Kidney Disease include inflammatory diseases of the

kidney, infections, obstruction in the urinary tract and inherited disorders like polycystic kidney disease. In both developed and developing nations, diabetes and hypertension are becoming the most common causes of CKD, especially in older people.

TREATABLE

Kidney disease develops slowly and the symptoms only appear at a late stage. With early detection, the individual can be treated early and the deterioration prevented or arrested at an early date. This can prevent or delay the need for dialysis. ■



WORLD KIDNEY DAY 2010 – TABLE OF ACTIVITIES

ACTIVITY	VENUE	DATE OF ACTIVITY
NKF LIFE CHECK MOBILE HEALTH SCREENING	KOTA BHARU KUALA TRENGGANU KUANTAN & PETALING JAYA	6/3/2010 - 14/3/2010
• OFFICIAL LAUNCH OF WORLD KIDNEY DAY 2010	KOTA BHARU KUALA TRENGGANU KUANTAN & PETALING JAYA	6/3/2010 - 14/3/2010
• COOKING DEMO/WELLNESS TALK BY CHEF WAN	KOTA BHARU KUALA TRENGGANU KUANTAN & PETALING JAYA	6/3/2010 - 14/3/2010
WALK HUNT	SHOPPING MALL IN PETALING JAYA (TBC)*	14/3/2010

*TBC (to be confirmed)



REACHING OUT TO DIALYSIS PATIENTS

The numbers of dialysis patients has gradually increased and today 1255 patients are located in 23 NKF dialysis centres nationwide.

As dialysis treatment is very costly, many patients still cannot afford to pay for it even though they are subsidized by the Ministry of Health (MOH). In order to assist poor and needy patients, the Welfare Department Initiatives helped reduce the financial burden of these patients and their families.

EPOETIN FUND

Subsidized EPO Injections for those who are anaemic and require the injections while awaiting approval from Ministry of Health (MOH).

CHILDREN WELFARE FUND (EDUCATION)

The assistance is given to the children of poor patients who are studying in the primary and secondary schools, to reduce the financial burden of the family. For the year 2009, NKF helped 242 school going children of NKF patients and the amount spent was RM31,300 for 95 primary and 147 secondary school going children.

FAMILY DAY SUNWAY

In conjunction with World Kidney Day, celebrated on 12th March 2009, a Family Day for the benefit of all NKF dialysis patients was organized in the Klang Valley at Sunway Lagoon Theme Park. The event saw a record turnout of 392 dialysis patients and their family members and caregivers from eight dialysis centres in Klang Valley.

JOB PLACEMENT

A Job Placement Scheme was initiated by the Welfare Department to help dialysis patients be financially independent, to work and improve their self esteem and self worth, which is also part of the rehabilitation process. This scheme has proven successful with 10 dialysis patients from various NKF Dialysis Centres nationwide being employed full time and part time in different categories of work at NKF. Some of the examples of

those being employed full time, Chan Jin Feng works as IT Assistant, Hasni Marwiyah bt Hussain as HR Executive and Thiagu Rajoo, recently joined NKF as a general worker.

HARD CORE POOR PATIENTS FUND

Full subsidy of RM100 per dialysis is given to hardcore poor patients for his/her dialysis treatment until the approval of RM50 subsidy from the Ministry of Health where NKF will pay RM50 henceforth.

PATIENT DIALYSIS WELFARE FUND

NKF helps to pay RM50 per dialysis for 3 months until the approval of RM50 subsidy from the Ministry of Health, whichever is earlier.

CHILDREN DIALYSIS FUND

Children Dialysis Fund is targeted to provide financial assistance to children under 20 years old for a better form of treatment for school going children undergoing dialysis.

PATIENT FORUM 2009

The Patient Forum held annually provides dialysis patients with a platform to meet, exchange views and information, while seeking solutions for these problems. This year, the Forum addressed the role, financial assistance and job opportunities made available by government and other agencies for those with End Stage Kidney Disease.

PATIENT WELFARE FUND

Under this scheme, patients who have financial difficulties in affording their dialysis treatment can apply for financial assistance. Patient is given financial assistance of RM20.00 for 13 times dialysis treatment for 6 months.

PATIENT INCENTIVE FUND

There are two types of loans, that is the Small Business Loan and Study Loan which is to help kidney patients/children to start a small business venture or secure a job so that they can be gainfully employed and in so doing regain their self-confidence and self-esteem and improve their quality of life.

SCHOOL AID PRESENTATION

Rotary Club of Petaling Jaya contributed RM3000 for school aid for children of NKF poor deserving patients from 9 Klang Valley Dialysis centres. 20 children were selected to receive RM150.00 each for their school aid.

HOME VISITS

Home visits to patients' house are done to confirm the financial & socio-economic status of the patients. It is also to ascertain whether there is family support for the patient and interaction between family members.

COMMUNITY BASED PRACTICE PROGRAMME BY FOUR MONASH STUDENTS IN NKF

Four medical students from the School of Medicine and Health Sciences Monash University Sunway Campus were placed in the Welfare Department under the Community Based Practice Program and the topic they chose was Nutritional/Diet to see whether this could improve the quality of life of patients. They interviewed patients and also made home visits to see the home environment and family interaction. ■



Patient Forum



Hardcore Poor Patient



Family Day



Home Visit

Chan Jin Feng, 22 years, a graduate in Business Information Systems from University Tunku Abdul Rahman in 2008, works today as an IT Assistant while waiting for the day when he can undergo a kidney transplant.

Since taking on the job in May this year, Jin Feng feels life has a whole new purpose and dialysis does not seem the chore it used to be. For Jin Feng, dialysis is an activity he has accepted at this stage of his life but hopes for a transplant as he feels there is hope for a better future with a transplanted kidney.

"It may take a while but I am willing to wait. Meanwhile, my life has a purpose and with new friends, my life has a greater meaning. And during my working hours, I attend dialysis 3 times a week," said Jin Feng.

While studying for his degree in Business Information Systems in 2008, he was constantly tired and found himself lacking in energy and focus. His parents were immediately concerned and sent him for a full blood test and the results proved shocking. His kidney function was close to failure and Jin Feng was recommended to consult a Nephrologist for his next course of action. With no history of kidney disease in the family, Jin Feng and his family had to accept the sad news and Jin Feng immediately began dialysis due to his serious condition at that time. Having been on dialysis for nearly a year now, Jin Feng felt he wanted to explore other options and when his mother offered one of her kidneys, Jin Feng began a series of tests at Hospital Universiti Kebangsaan Malaysia to determine his compatibility for her kidney.

Looking at the scenario in Malaysia, Jin Feng faces the same predicament as the more than 3,542 patients on dialysis annually, with no prospect of a donor. "In 2007, there were 16,719 dialysis patients and in the same year, 1,678 died" and the point is that if they had the opportunity of a transplant, their lives could be saved. Malaysia's transplantation rate remains one of the lowest in the world. There is slightly less than one transplant per million people compared to some countries in Europe, where the transplant rate is 335 per million population.

From 1998 to 2007, the number of new dialysis patients, dialysis deaths and patients undergoing dialysis showed a steady rise, while the number of new transplant patients decreased substantially.*

Frauline Hor, 47 years, had to come to terms with the diagnosis of end stage kidney disease for her son, Jin Feng and with dialysis as the only short term option, both parents made the decision to



Working as an IT assistant makes Jin Feng feel productive and needed in his job

Waiting for a Transplant

be supportive, "While discussing with the Nephrologist, he did say transplant as being one other option and as Jin Feng is still young with his whole life ahead of him, I decided to donate one of my kidneys. However, we had to undergo a series of matching tests and it appears there is an incompatibility with regard to an antibody component and the Nephrologist has requested us to postpone the transplant for the moment," said Frauline.

Both parents are puzzled as to the sudden kidney failure experienced by Jin Feng, the family had no history of kidney failure and only when Jin Feng's kidneys failed did the doctor diagnose Jin Feng with high blood pressure. But according to Jin Feng and his parents, there had been no early warning signs alerting them to his hypertension.

As a dialysis patient, Jin Feng has to control his food and fluid intake to ensure optimum results for his dialysis. At the moment, he remains in good health and has no complication from his dialysis but he years no the day when he can lead a normal life.

While Jin Feng is lucky that his mother has donated one of her kidneys, other dialysis patients in Malaysia are still on the waiting list. Dialysis still remains the predominant strategy for managing end stage kidney disease in this country. Dialysis continues to be expensive and does not give young patients like Jin Feng hope for a better quality of life. Kidney transplant is still the best option available for those who can find compatible kidneys but the setback continues to be the reluctance of Malaysians to donate their organs.

Dato Dr. Zaki Morad Mohd Zaher, Chairman, Board of Managers, National Kidney Foundation of Malaysia, said family members donating a kidney was a positive act. The effect-

- Strengthening emotional bonds between family members.

"Since taking on the job in May this year, Jin Feng feels life has a whole new purpose and dialysis does not seem the chore it used to be."

- The recipient would know the medical history and background of the donor
- As the surgery was planned, there was ample time for both parties to consider all factors before undertaking surgery.

With today's new drugs and technology in the area of transplants, Dato Zaki also explained tissue matching was not as crucial as before, tissue need not be matched to such a high degree as the immunosuppressant drugs available today would ensure minimal rejection for the recipient of the donated organ.

If Jin Feng did not succeed in being matched with his mother's kidney, the prospects of going back to normal life are quite remote as the waiting list for transplants is long and many of the older dialysis patients die, while waiting on the list.

According to Dato Zaki, with Jin Feng facing a life of dialysis, it was indeed heartwarming for his mother to give him the "Gift of Life" by donating one of her kidneys. He hoped more Malaysians would come forward to donate their organs as organ transplantation was still the most effective treatment for kidney failure. ■

*Report of the Malaysian Dialysis & Transplant Registry 2007.

DETECTING THE STAGES OF CHRONIC KIDNEY DISEASE

Dr T. Thiruventhiran FRCP | Consultant Nephrologist



Chronic Kidney Disease (CKD) is a major public health problem. Adverse outcomes of CKD can be prevented through early detection and treatment. Earlier stages of CKD can be detected through routine laboratory measurements of blood and urine.

The stages of CKD are determined by the presence of irreversible kidney damage and level of kidney function – irrespective of the underlying cause of kidney disease. Among individuals with chronic kidney disease, the stages are defined based on the level of kidney function. Defining CKD stages requires “categorization” of continuous measures of kidney function, and the “cut-off levels” between stages are inherently arbitrary.

Nonetheless, staging of chronic kidney disease will facilitate application of clinical practice guidelines, clinical performance measures and quality improvement efforts to evaluate and manage CKD.

Based on the remaining level of kidney function, CKD can be classified into five categories (developed by the National Kidney Foundation of America to better define and hence, control this growing health problem).



Last stage in Kidney Disease - Dialysis



Routine urine testing is the best way of detecting the early stages of kidney disease



NKF LifeCheck in Kuching

Table 1: Stages of Chronic Kidney Disease

STAGE	DESCRIPTION	GLOMERULAR FILTRATION RATE (GFR) ml/min
1.	Kidney Damage with normal GFR	≥ 90
2.	Kidney Damage with mild reduction of GFR	60-89
3.	Kidney Damage with moderate reduction of GFR	30-59
4.	Kidney Damage with severe reduction of GFR	15-29
5.	Kidney Failure	< 15

These categories range from stage 1 to stage 5, with stage 1 being near normal kidney function and stage five being severe impairment in kidney function, and requiring life sustaining dialysis.

The presence of CKD can be detected using simple blood and urine tests relying on serum creatinine to estimate kidney function and urinary albumin to indicate kidney damage. Kidney function in this instance is measured by the glomerular filtration rate (GFR) which is normally above 90 mL/minute in a healthy individual. (Table 1)

In patients at stages 1 or 2, there is evidence of kidney damage and this can easily be picked up by routine urine testing. However, because the kidneys still have sufficient function to remove toxins and waste products, the testing of blood will routinely be normal. It is hoped that early detection and treatment of CKD at stages 1 and 2 may prevent them from progressing to the more advanced stages of CKD.

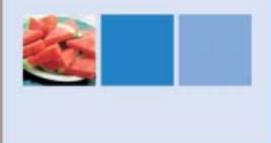
Patients at stages 3 or 4 will have an accumulation of waste products in the blood, resulting in abnormal blood and urine test. At these two stages, the kidneys are less efficient at removing toxins and secreting hormones is important for healthy blood and bone function. It cannot be overemphasized that routine urine testing is the best way of picking up early kidney disease.

Chronic Kidney Disease is becoming a major health problem in Malaysia. Based on the 16th Report of the Malaysian Dialysis and Transplant Registry 2008, there are about 19,000 patients with advanced CKD undergoing a life sustaining treatment called dialysis. Though commonly known as End Stage Kidney Failure, the number of patients requiring dialysis is increasing by about 15% yearly.

Based on data from the USA, patients with End Stage Kidney Failure represent about 0.1% of the population and up to 11% of the population has various other stages of kidney disease.

If this is extrapolated to the Malaysian population it would mean over 2.5 million Malaysians could have some form of CKD. Over time, some would progress to End Stage Kidney Failure requiring dialysis or kidney transplantation to sustain life. This imposes an enormous burden on the health system in the country. In addition, CKD is a widely acknowledged risk factor for cardiovascular diseases and stroke, so it is crucial that the disease is detected early and treatment strategies instituted to lessen the burden on the healthcare system and to sustain the quantity and quality of life of patients. ■

血液透析(洗肾)病患的正确饮食

每日营养推荐	那些食物?	需要注意那些食物?
<p>脂肪与胆固醇</p> <p>➢ 减少饱和脂肪和胆固醇的摄取</p> 	<p>动物性饱和脂肪:</p> <ul style="list-style-type: none"> 加工肉类如香肠, 汉堡, 鸡块, 热狗, 腊肠, 烤肉, 午餐肉和腌牛肉 肥肉如猪肚 带皮的家禽, 翅膀和脚 肉包, 肉饺, 肉派 全脂乳制品包括芝士, 優酪格, 雪糕 牛油, 猪油, 酥油 (ghee) <p>植物性饱和脂肪</p> <ul style="list-style-type: none"> 椰制品如椰浆, 椰油, 椰丝, 加央 (kaya), 椰制甜调味料 饼干中的棕油 <p>胆固醇的来源</p> <ul style="list-style-type: none"> 肥肉 内脏如脑, 肠, 肝, 肚, 肾脏, 肺, 胆 蛋黄和鱼卵 	<ul style="list-style-type: none"> ➢ 减少使用牛油, 猪油, 酥油 (ghee), 椰浆制品 ➢ 饮料中使用脱脂乳制品以取代全脂乳制品, 烹饪时, 使用脱脂乳以取代椰浆 ➢ 选择瘦肉和除去所有可见的脂肪 ➢ 切除家禽的皮和避免食用鸡的多脂肪部分 ➢ 切除虾, 江鱼仔和鱼的头 
<p>钾</p> <p>➢ 限制摄取量为每日 2,000 - 3,000毫克</p> <p>➢ 经常选择低钾的食物</p> <p>➢ 甚少选择中钾和高钾的食物</p> 	<ul style="list-style-type: none"> • 高含量 椰子 and 椰浆, 馬來生菜, 香蕉心, 新鮮的香草料和辣椒, “drumstick leave”, 菠菜, 菜心, 香蕉, 菠萝蜜, 臭豆, 槐莖类 (马铃薯, 番薯, 芋头), 全麦食品, 扁豆和印度豆, 坚果, 鱼干, 虾米和腌制品 • 中含量 长豆, 番茄, 红萝卜, 橙, 苹果, 芒果, 茄子, 沙葛, 南瓜 • 低含量 番薯叶, 空心菜, 豆芽, 包菜, 苦瓜, 黄瓜, 西瓜, 梨, 木瓜 	<ul style="list-style-type: none"> ➢ 限制人参, 中藥根類, 樹根和馬來草藥的攝取 ➢ 避免饮用香蕉莖汁 ➢ 限制饮用鸡或肉精華或以肉或家禽煮成的濃湯
<p>磷</p> <p>➢ 限制摄取量为每日 800-1,000毫克</p> <p>➢ 经常选择低磷食物</p> <p>➢ 甚少选择中磷和高磷的食物</p>	<ul style="list-style-type: none"> • 高含量 拉茶, 沙丁鱼, 快熟面, 椰浆饭, 印度煎餅 (roti canai), 鸡饭, 芝士, 牛奶, 印度豆, 蛋黄, 内脏, 可可類飲料 • 中含量 鱼粥, 印度煎餅 (thosai), 印度米粉, 炒面, 馬來生菜, 马铃薯, 江鱼仔 • 低含量 甘蔗汁, 奶精, 白饭, 青菜, 大多数水果 	<ul style="list-style-type: none"> ➢ 避免咀嚼软骨, 鱼头, 鸡脚。 ➢ 限制乳制品如牛奶, 優酪格, 芝士的摄取 ➢ 减少可可類食物和饮料如巧克力, 可乐飲料的摄取 <p>*当你吃蛋白质食物時, 要服用磷質束縛體 (碳酸鈣錠劑)</p>

每日营养推荐	那些食物?	需要注意那些食物?
<p>能量與碳水化合物</p> <p>> 每日攝取 6 - 8 份谷物</p> 	<p>1 份 (≈30克碳水化合物)</p> <ul style="list-style-type: none"> • 1 杯飯 • 2 片麵包 • 3/4 杯面/ 糝條/ 叻沙粉 • 1 杯米粉 • 1 片印度煎餅 (thosai)/小印度麵包 (capati) • 2 片印度麵包(idli)/ 印度米粉 (putu mayam) <p>可補充能量的食物:</p> <ul style="list-style-type: none"> • 西米 • 玉蜀黍粉 • 冬粉 • 食油/ 奶油/ 牛油 • 葡萄糖/ 糖 	<ul style="list-style-type: none"> • 限制多鹽谷物, 如咸餅乾, 添加醬油的面 / 飯 • 限制高鉀的塊莖類如馬鈴薯和芋頭 • 糖尿病患需限制糖和高糖的食物 
<p>蛋白質</p> <p>> 每日攝取 2 - 3 份</p>	<p>1 份 (≈ 14克蛋白質)</p> <ul style="list-style-type: none"> • 2 粒蛋 • 1 支雞腿 • 1 條中型的魚 • 2 條尤魚 • 2 火柴盒體積的肉 • 1 1/2 片豆付 • 1 杯煮熟的印度豆 / 扁豆 	<ul style="list-style-type: none"> • 避免咸肉類 • 避免咸鱼 • 限制加工肉類如香腸, 漢堡 <p>*当你吃蛋白质食物時, 要服用磷質束縛體 (碳酸鈣錠劑)</p>
<p>鈉</p> <p>> 限制攝取量為每日2-3克</p>	<p>高含量</p> <ul style="list-style-type: none"> • 加工肉類如香腸, 漢堡, 咸鱼, 咸蝦, 咸蛋, 醬汁和醬油, 醃制食物, 成菜, 發酵黃豆 (taucu), 罐頭湯和罐頭食品 	<ul style="list-style-type: none"> • 減少出外用餐 • 使用天然香料調味, 減少使用鹽, 醬汁或味精 <p>*每日烹調用鹽不超過1/4 - 1/2茶匙</p>
<p>流質</p> <p>> 每日飲用750- 1,000毫升 (依據您的排尿量和活躍程度而定)</p>	<ul style="list-style-type: none"> • 任何在室溫下是液體如水, 飲料, 粥, 湯, 肉汁 • 冰, 雪糕, 果凍, 軟凍, 優酪格 	<ul style="list-style-type: none"> • 如果您飲用過多的水, 要注意鹽份的攝取

資料 :

Chee WSS, Tilakavati K & Ruzana A. Eat Right on Haemodialysis Flipchart; Chee WSS & Tilakavati K. A Food Phosphate Guide for Kidney Patients.

NKF 40th ANNIVERSARY CELEBRATION

A JOURNEY OF HOPE



Dato' Dr. Sreenevasan (left) at the official opening of NKF Secretariat

The handover of the Ministry of Health grant for NKF

The beginnings of the National Kidney Foundation of Malaysia (NKF) goes as far back as 1966, when the plight of school teacher, Harry Kydd, aged 25, suffering from end stage kidney disease, caught the attention of the press. As a result, the whole nation was electrified by the case and donations generously poured in and a sum of RM 30,000 was raised to purchase the first haemodialysis machine from the United States.

Harry Kydd's physician, Dr SS Gill thus became the first doctor to perform long term haemodialysis in Malaysia as early as 1967. However, Kydd succumbed to a stroke after only 4 months of dialysis. But according to Dr Gill, the machine was kept at Assunta Hospital and used for other patients in a similar dilemma.

Due to extensive media coverage, the case caught the attention of the Rotary Club of Petaling Jaya. In 1969, the Rotarians invited Dr. Gill to give a talk on kidney disease and asked him how the Rotary Club could help kidney disease patients. This paved the way for the founding of NKF. The Foundation was registered on 2nd December 1969 and launched on 16th January 1970 under the Chairmanship of Mr. J.W. Henderson at a dinner at the Lake Club. The then Minister of Health, the late Tan Sri Haji Sardon bin Haji Jubir became its first President.

THE EARLY YEARS

In the initial years, a considerable amount of time was spent in drawing up the constitution and getting the organization awarded the tax-free status.

The early activities of the Foundation were confined to the training of personnel such as nurses, renal technicians and the conducting of seminars on kidney diseases, dialysis and transplantation. Several public seminars and

exhibitions were held and funds raised from walkathons and dinners to keep NKF going on with its work.

THE 1990S

In the early 1990s, the NKF initiated the first Malaysian 'Organ Donor Card' and had registered up to 4,000 organ donor pledges. The organ donor card registry was taken over by the National Transplant resource Centre in 1999.

A breakthrough came in 1991, following a Telethon project conducted by the Ministry of Information and Broadcasting, the Foundation received a generous donation of RM 1.5 million from the Ministry of Welfare. After much discussion by the Board members, it was decided to utilise RM 500,000 to set up a pilot project, a model dialysis centre in partnership with the Yayasan Kebajikan Negara (YKN).



Fundraising

THE FIRST NKF DIALYSIS CENTRE

This resulted in the birth of the first NGO dialysis centre, in Jalan Hang Lekiu in 1993, solely dedicated to the needs of those dialysis patients who could not afford dialysis in private centres and could not be accepted into government hospital-based dialysis centres due to insufficient dialysis places. For the very first time, poor patients were able to afford quality dialysis at the subsidized rate of RM 60.00 per dialysis.

From these humble beginnings, NKF today not only provides subsidized dialysis but is concentrating on public education to promote kidney health and prevent the pandemic of chronic kidney disease. To celebrate NKF's 40th Anniversary, a commemorative book on the history of NKF Malaysia has been planned. We also wish to invite all Malaysians to attend the 40th Anniversary Celebration Gala Dinner to be held at the Sunway Lagoon Resort Hotel in May 2010.



Pioneer NKF Dialysis Centre - Jalan Hang Lekiu



Public awareness campaign by NKF LifeCheck



Health screening



Opening up new dialysis centres



NKF patients enjoying themselves on family day

GINTELL - CARE 关怀

Every year about 3,300 new kidney failure are diagnosed in Malaysia. If proper treatment and care is not extended to these patients, their lives may be threatened. Hence, we appeal to your kind support to save more lives!

每年约有超过三千三百名新患肾衰竭。如果没有得到适当的医疗和护理，这些患者的生命可能会受到威胁。因此，我们呼吁大家伸出援手，帮助这些生命受到威胁的病人，让他们重新获得生命!

Step 1
捐款

Step 2
可作行乐

Step 3
享受服务

Charges / 收费 (RM)	Duration / 时间
X 1	3 minutes
X 1	15 minutes
X 1	30 minutes

Million Thanks for your kind generosity, your help will make a difference. 感谢上万之分的捐赠，感谢您的慷慨解囊，您的爱心捐赠将会帮助我们更多的病人!

www.gintell.com | 1800-88-6332 www.nkf.org.my | 1800-88-6332

Target to raise : RM40,000.00 (1 unit Dialysis Machine)

Gintell Sdn Bhd is running a project, from 1st Dec 2009 - 28th Feb 2010, where more than 100 'Rest n Go' massage chairs nationwide will be utilized to raise funds for NKF. Besides, a gift of Gintell bag, Thermo mug or Fridge magnet will be given with a kind contribution at all Gintell outlets.

on-going

FARMASI Vitacare

Help the needy, know your kidneys

Collect 5 different colors to know more about your kidneys!

Contribute a minimum of **RM5.00** and you will get a set of 2 paper clips as a token of appreciation.

Organized by **FARMASI Vitacare** In aid of **NATIONAL KIDNEY FOUNDATION OF MALAYSIA**

The "Touch A Life Charity" Campaign will run from November 2009 to January 2010, for 3 months.

This is an annual charity campaign organized by Farnasi Vitacare Sdn Bhd, to raise a dialysis machine for NKF. This will be the 6th unit. Those who contribute a minimum RM5.00 will receive a set of 2 paper clips. There are 5 different colours of kidney bean clip with awareness messages.

MBA Agency - "Lending A Helping Hand"

This project runs from 1st May to 31st Dec 2009. As at 31st Oct 2009, the project has raised RM4,400.00. Each new solution plan/policy sign with MBA means RM20.00 will be contributed to NKF.

on-going

Taylor's students lend a hand for charity



Taylor College students of Hospitality & Tourism students created a carnival-like atmosphere to raise funds for NKF at the Subang Parade outdoor concourse area on 31st October 2009 from 10am to 8pm. The objective, to establish a link between students & non-government organizations in providing a caring society as well as to promote NKF as one of the leading NGO's in providing dialysis healthcare.

Activities such as games, lucky draws, coloring competitions, promote of NKF items & event merchandise as well as henna painting. The event successfully raised RM440.42.

"Red Carnival - An Awakening of Love"



Aventnax Solutions Sdn Bhd & Successful Code Company jointly organised an event called "Red Carnival - An Awakening of Love", at the Mines International Exhibition Convention from 23/12/2009 to 31/12/2009, 11am to 10pm. NKF was chosen as one of the 4 beneficiaries of the event. Other beneficiaries include "Shuang Fu Double Blessing", Pusat Jagaan Orang-orang Kurang Upaya & Terbiar Lovely Nursing Centre & Malaysia Emergency Medical Support Association (MEMSA). The project beneficiaries were given certain time slots to make presentations and create awareness. Each beneficiary will be given 1 kiosk to promote their own activities.

up-coming

"A Taste of Love" Campaign 2009

25th Wedding Anniversary of Shirley & David

Shirley Koh, Fundraising Director of NKF, chose a unique way to celebrate her 25th wedding anniversary with her husband David, by inviting 80 of her close friends to a wonderful evening at The Cubes Restaurant on 27th Sept. 2009. It was indeed a memorable event for the couple. A total of RM9,580.00 was received and donated to poor and needy patients at NKF.



"A Taste of Love" Campaign 2009, which ran from 1st June to 30th Nov. 2009 has successfully raised RM17,016.00

春到人间遊艺晚宴

Charity Dinner & Variety Show

慈愛粵曲小組十週年紀念
Charity Cantonese Opera Group 10th Anniversary

粵曲(新字戏)是中华民族戏曲和艺术宝库的瑰宝。欢迎广大僑胞踴躍支持這項重要的文化艺术表演讓這傳統流傳。當晚除了精彩聲腔對唱、胡琴和打板外，還將舉辦熱鬧多采的粵人佳節。

主持人: 梁月屏
 協理: 梁江平
 委員: 吳健雄 曾廣輝 沈碧雲 陳愛蓮
 吳麗娟 曾廣輝 叶愛明 陳國蓮
 徐雅麗 郭素娥 鍾月玲 馮夢霞
 袁文文 郭秀儀

日期/Date: 27/2/2010 (星期六, Saturday)
 时间/Time: 晚上七時正 (7:30pm)
 地点/Venue: 雪蘭莪武吉知馬 (Cheras Stadium Hall)

每份銀RM60.00或RM100.00可訂一個位子
 Donation of RM60 or RM100 will entitle you for a seat

欲知更多詳情
 For more information

• 慈愛粵曲小組 - 梁月屏(Madam Theng) @ 016-235 2211
 • 馬來西亞腎臟基金會(NKF)
 Tel: 7554 9048 Fax: 7554 0235 E: fundraising@nkf.org.my



Cantonese opera is not only a cultural heritage of Chinese, but also a distinctive fine art that should be preserved and promoted. Come to support "Charity Variety Show & Dinner" to enjoy singing, sword dance and popular songs, while you are treated to a sumptuous 8-course Chinese dinner.

up-coming

DONATION OF DIALYSIS MACHINES



The final collection of RM45,000.00 from the auction of an item, sales of dried meat and auction box going around at the "Poh Teh" Chinese festival dinner on 16th Sept. 2009 at Taman Ceras, was used to purchase one unit of dialysis machine for the NKF centre in Cheras.

Mooncake Festival Charity Gift

Six Happiness Trading sponsored 300 boxes of mooncake for NKF dialysis patients. The project ran from 1st July to 3rd Oct 2009 and raised RM31,393.60.

The Lions Club of PJ Metro, PJ Mutiara and in Penang have given their biggest support by taking this project as their club project to raise funds for NKF. A big thank you goes out to all donors and members of the public who contributed to this "Charity Gift" project by sending gifts to their friends and colleagues in the form of mooncake gift boxes.

A special thanks to Boon Ming Motors and Cycle Parts Company.



LOVE LIFE CHARITY CARNIVAL

The main purpose of this event, to be held at the Mines International Exhibition Convention Centre (MIECC), Seri Kembangan is to educate the public on the wonders of caves and insect life, also young animals such as pets and at the same time, taking care of the sick and the underprivileged. The event, organized by Swiftlet Paradise Resort Sdn Bhd runs from 22nd-24 January 2010, 10am to 10pm.

We urge members of the public to support our activities such as exhibitions, dance performances in lion dance, magic shows and entertainment for the family. There will be lucky draws and you stand to win a prize as it takes place every hour.

The highlight, the Gala Night Dinner for charity will be held on Saturday, 23rd January 2010. NKF will be one of the beneficiaries of this event and we hope members of the public will support us by attending the event.

up-coming

Planet Call Centre Sdn Bhd – "AN INNER SENSE OF MAX CONFIDENT"

For every unit of Beauty Breast Cream and Wrinkle & Lifting Facial Cream, sold by Planet Call Centre Sdn Bhd, RM10 will be contributed to NKF. The project runs from 1 Oct – 31 Dec 2009.



Beauty begins from charity. Do your bit for charity today while enjoying your beauty.

Free delivery.
 For more information,
 please call 1800-68-2222



Upcoming

Teen Ambassador – Azizi Zakaria

Azizi's passion for NKF kidney patients does not limit him only in West Malaysia but towards East Malaysia as well. The young lad expanded his charity wings over in Sarawak recently to bring cheers to NKF Kuching centre's patients and helping out whenever he could. Not forgetting, to create awareness for school going children by visiting schools in Kuching and with the help of Leo members, distributing leaflets in shopping malls. All of Azizi's efforts from April 2009 – December 2009 have brought in funds totaling RM5,999.22.



Azizi educating students on kidney care



Cheque presentation

RECYCLE PAPERS INTO LIVES



Join NKF in its recycling campaign by dropping off your unwanted paper products:

When : Every day except Sunday
Time : 8.30 am to 6.00 pm
Venue : Berjaya-NKF Dialysis Centre
 No 72, Jalan 14/29, 46100 Petaling Jaya, Selangor.



Members of the Lions Club of PJ Metro taking a break after a hard day at work



Buy collecting used paper product from door-to-door

Companies, University, Colleges or even individuals are welcome to join us in our cause of saving the earth as well as helping NKF dialysis patients. Used paper products can do miracles for NKF patients!

Appreciation to the following supporters for year 2009:

1. Soka Gakkai Malaysia for their voluntary service
2. Flamingo Hotel & Institute, Ampang for their continuous support
3. Metropolitan College for their support and awareness created
4. Lexis Nexis Malaysia Sdn Bhd for their on going support
5. Lions Club of PJ Metro for making this project a quarterly event

BOOTH OPPORTUNITY

Our deepest gratitude to the following organization for providing us booth opportunities:

NO.	COMPANY	DATE OF BOOTH SET UP
1	KPJ Kajang Specialist	28th March 2009
2	Expomal International Sdn Bhd	10th – 12th April 2009
3	The Amcorp Mall, PJ	10th – 12th April 2009
4	Elken Foundation	23th, 24th, 30th & 31st May 2009
5	MMICARES Association	9th August 2009
6	ASTRO All Asia Networks PLC	1st – 2nd September 2009
7	Nanyang Press	26th September 2009
8	Sin Chew Press	28th – 29th September 2009

Youth Day



Leo members having a good time with patient

Organized by :
Leo Club of SMK La Salle Klang

Members of the Leo Club of SMK La Salle Klang organised a "Youth Day" event on 18th July 2009 at Klang Executive Club and raised RM500.00.

On 26th September 2009, Leo members and their teacher advisor visited Bakti – NKF Dialysis Centre, Klang. A mock cheque was presented and a certificate of appreciation presented.



"Wash for Charity, Smile for Harmony"

The Leo Club of Georgetown Mutiara completed a 2 1/2 months car wash project, from 16th August to 30th October 2009, in aid of NKF. Coupons were sold earlier, donors had their car washed and raised RM1,000.00 at L.A. Car Wash and Dragon Car Wash, Penang.

A mock cheque presentation was held at Perangin Mall, Penang on 25th October 2009.



Group photo of Leo members and Lion advisor together with NKF Northern committee



THE PEACE POSTER CONTEST

The Lions Club of PJ Metro successfully organized an Annual International Peace Poster Contest 2009/2010 as well as a children's colouring & bottle painting contest on 11 October 2009 (Sunday), at South City Plaza, Seri Kembangan.

There were two categories for the colouring contest (8 years and below) and (9 to 12 years), while the bottle painting contest was opened to the public. All the proceeds were contributed to NKF. Every small bit counts and RM165.00 was raised for NKF.



Children engaged in the colouring contest

Individual/ Company Contributions (as at 31st Oct 2009)

1. MK Auto Car Service - Sg Buloh Poh Toh	RM2,000.00
2. Aquaries Engineering Consultants Sdn Bhd	RM 500.00
3. Lodge Tullibardine in The East	RM1,250.00
4. The Boston Consulting Group Sdn Bhd	RM3,700.00
5. Elken Foundation	RM2,500.00
6. St Patrick's Society of Selangor	RM5,000.00

Recormon Sponsorship (as at 31st Oct 2009)

Our deepest gratitude to the donor/ organization below who has regularly sponsored the Recormon for our patients:

1	<u>FoYi- NKF Dialysis Centre (Unit I)</u> Buddhist Tzu Chi Merits Society Malaysia Guang Ming Ribao Sdn Bhd	RM9144.00 RM3,120.00
2	<u>FoYi- NKF Dialysis Centre (Unit II)</u> Buddhist Tzu-Chi Merit Society Malaysia Kwan Inn Teng Foundation Guang Ming Ribao Sdn Bhd	RM16,604.00 RM1080.00 RM3120.00
3	<u>Jalan Hang Lekiu- NKF Kuala Lumpur</u> Sariputta Alumni	RM2,040.00
4	<u>Rawatan Dialisis Amal Lions- NKF Alor Setar</u> Kwan Inn Teng Foundation Buddhist Tzu Chi Merits Society Malaysia	RM3,960.00 RM7,426.00
5	<u>NKF P' Jaya</u> K S Shak Pak Lee Trading Mohd Abdullah Sidek B.Yeop Mohd Nontak Koh Yen Foong Kwan Inn Teng Foundation	RM1,000.00 RM10,000.00 RM1,800.00 RM1,400.00
6	<u>Superkids Trinity- NKF Alor Setar</u> Buddhist Tzu Chi Merits Society	RM20,328.00
7	<u>FunGates Superflow- NKF Dialysis Centre</u> Dato' Lai Fong Wah	RM3,430.00

Individual collection for our centres:

8	Rotary Club of Damansara - NKF Kepong	RM1,700.00
9	PingRong- NKF Dialysis Centre	RM1900.00
10	KAS/ Rotary- NKF Kuching	RM835.00
11	Apex Club of Klang- NKF Charity Dialysis Centre	RM800.00
12	Pusat Rawatan Dialisis Yayasan Pembangunan Keluarga- NKF Johor Bahru	RM200.00
13	Moral Uplifting Society- NKF Dialysis Centre, Ipoh	RM69,115.00
14	Moral Uplifting Society- NKF Taiping	RM2,570.00

Hai-O Marketing Sdn Bhd

A presentation was made by Hai-O Marketing Sdn Bhd at the Sunway Resort & Spa Hotel for 10 units of Bio Aura Hi-Tech Water System worth RM 20,800.00 during a "Majlis Berbuka Puasa" dinner on 14th September 2009. Mr. Tai Lung Khoon represented NKF to receive the contribution. All 10 units have been installed at the following NKF Dialysis Centres:

Ping Rong, NKF Dialysis Centre
Bakti, NKF Dialysis Centre
Nanyang, NKF Dialysis Centre
Charis, NKF Dialysis Centre
Jalan Hang Lekiu, NKF Dialysis Centre
FunGates Superflow, NKF Dialysis Centre
Pusat Rawatan Dialisis Lions, NKF
Moral Uplifting Society, NKF Dialysis Centre
Public Education Department - NKF
NKF Training Centre

A FUN- FILLED CHARITY DAY

The Lions Club of PJ Metro created a fun-filled charity day for the benefit of the residents of the Seri Setia Old Folks Home in Petaling Jaya and the dialysis patients from the Ping Rong-NKF Dialysis Centre, Petaling Jaya on 13th September 2009.

From 10am to 3pm, there were many activities organized for the day, an eye screening test carried out by Optimax, and out of 30 persons screened, 5 were found to have cataract problems. They were then referred for further treatment.

Hairstylists from Take Two Studio provided free hair cut service. Lunch was also provided for NKF patients and the inmates from Seri Seta Old Folks Home.

A total of RM320.00 was raised on the day from all the activities.



ATTENTION: Patients with *Diabetes*

You are at high risk for heart disease, kidney failure and blindness. To prevent these complications you must achieve the following targets:

HbA1c	• < 6.5%
Fasting Blood Sugar	• 4.4 – 6.1 mmol/L
Blood Pressure	• < 130/80 mmHg
LDL-Cholesterol	• < 2.6 mmol/L
Waist Circumference	• Male < 90 cm • Female < 80 cm

Check your eyes and check your urine for protein every year.

Prepared by Hospital Putus Pinang, Ministry of Health

AMBIL PERHATIAN: Pesakit *Diabetes*

Anda menghadapi risiko yang tinggi untuk penyakit jantung, kegagalan buah pinggang dan kehilangan penglihatan. Untuk mengelakkan daripada komplikasi ini anda mesti mencapai sasaran berikut:

HbA1c	• < 6.5%
Aras Gula Berpuasa	• 4.4 – 6.1 mmol/L
Tekanan Darah	• < 130/80 mmHg
LDL-Kolesterol	• < 2.6 mmol/L
Ukuran Pinggang	• Lelaki < 90 cm • Wanita < 80 cm

Periksa mata anda dan air kencing untuk protein sekurang-kurangnya sekali setahun.

Disejajarkan oleh Hospital Putus Pinang, Kementerian Kesihatan Malaysia

请注意： 糖尿病患者

为了预防糖尿病的并发症，如肾衰竭，心脏病和眼睛等。请遵照以下的指南，以便更有效的控制糖尿病：

血红素A1c(HbA1c)	• < 6.5%
理想空腹血糖值	• 4.4 – 6.1 mmol/L
血压	• < 130/80 mmHg
不良胆固醇/低密度脂蛋白(LDL-Cholesterol)	• < 2.6 mmol/L
腰围	• 男性 < 90 公分 (cm) • 女性 < 80 公分 (cm)

请并定期看医生，进行每年一次的尿蛋白质和眼睛的检验。

檳城中央醫院，馬來西亞卫生部

நீரழிவு நோயாளிகளின் கவனத்திற்கு

உங்களுக்கு இருதய நோய், சிறுநீரகக் கோளாறு, கண் பார்வை குறைதல் போன்ற அபாயங்கள் ஏற்பட அதிக வாய்ப்பு உள்ளது. அவற்றைக் குறைப்பதற்குக் கீழ்க்கண்ட இலக்குகளை அடைய வேண்டும்.

HbA1c	• < 6.5%
எப்பிடுவதற்கு முன்பு எடுக்க இரத்த இனிப்பு அளவு	• 4.4 – 6.1 mmol/L
இரத்த அழுத்தம்	• < 130/80 mmHg
இலக்ட் கொழுப்புச் சத்து	• < 2.6 mmol/L
இடுப்புச் சுற்றளவு	• ஆண்கள் < 90 cm • பெண்கள் < 80 cm

வரும் ஒரு முறையாவது கண் பரிசோதனையும் சிறுநீரகப் பரிசோதனையும் செய்துகொள்ள வேண்டும்.

செங்க ஜெனரல், மலேசியா அரசாங்க அமைதி



www.nkf.org.my

YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA

NATIONAL KIDNEY FOUNDATION OF MALAYSIA Regd. No. 655 (34)

馬來西亞腎臟基金會 瑪萊西亞 德西牙 示律尼律 阿那律律律律律

70, Jalan 14/29, 46100, Petaling Jaya, Selangor Darul Ehsan, Malaysia. Hotline: 1300-88-3110