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Issue 3 2016 | PP9314/08/2012 (030426)



**2016 PATIENTS' FAMILY DAY :  
PUSAT DIALISIS NKF –  
DATO' DR. G.A. SREENEVASAN  
(PETALING JAYA)**

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# Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia!

In the last issue of our newsletter, mention was made that we were doubly blessed when DYT M Raja Muda of Perlis Tuanku Syed Faizuddin Putra Jamalullail, made a personal visit to our dialysis centre, Pusat Rawatan Dialisis Tuanku Syed Putra-NKF (Kangar) and presented a donation for RM200,000. The gesture was an advent to our Foundation achieving sufficiency within our coffers despite the scaling down in the volume of donations from our usual benefactors.

Indeed, arising from the good image that we had built up from the time of the establishment of our beloved Foundation, there had been numerous proposals from various parties intending to raise money for us principally via the route in sales of tickets.

Unfortunately, at a time like this that was fraught with uncertainty and hassles, such offers had been far from our top priority.

Nevertheless, our spirits had been immensely uplifted by donations from individuals that continue to be forthcoming albeit some stopping or reducing their payments. Overall, we were delighted with their humane and caring attitude.

Vis-à-vis such generosity and kind consideration, we on our part have not let down humanity for we have continued steadily with our haemodialysis treatment, carried on with our mobile health screenings and campaigns to promote awareness of chronic kidney disease and organ donation. We have even signed a Memorandum of Understanding (MoU) to specifically start a haemodialysis centre for patients with hepatitis in Cheras.

More details are enumerated in the articles within this issue.

With these, we wish you "Happy 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 Y1 - NKF (Unit I) (Penang).	04-2824952
5. Pusat Dialisis NKF - FO Y1 (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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# Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya) 2016 Patients' Family Day



Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya) held its Patients' Family Day for 2016 on 14 August with a trip to The Grand Beach Resort Port Dickson in Negeri Sembilan.

On that day, a chartered bus and a fleet of 10 cars were ready to ferry them to their destination. 33 patients with 38 members of their families along with 13 Centre staff members went on the journey which took about 2½ hours.

On reaching the resort, the participants were feted to refreshments at the Garden, and subsequently proceeded with games such as water balloon and gunny sack race.

For lunch, they had buffet at the Seri Kelana Coffee House.

Lucky prizes were drawn with every patient getting a prize. For the first time, the Best Patient Award was created and was won by Madam Marie Rose Sheila Salay.

Above all, the patients were each given a goody bag containing a small pillow, pen and drinks that were sponsored by well-wishers.

The festivity in Port Dickson ended when they headed back to Petaling Jaya and along the way they stopped for tea. The party reached the Centre finally at around 5 p.m.

Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya) is highly appreciative of the sponsorship received for this event.

# 13th NKF Annual Dialysis Meeting (ADM)

## 13<sup>th</sup> Annual Dialysis Meeting 2016

### MOVING TOWARDS PATIENT-CENTRED CARE



**12 & 13 November 2016**

**VE Hotel, Bangsar South, Kuala Lumpur**

For 2016, the National Kidney Foundation (NKF) of Malaysia is organizing and hosting the 13th NKF Annual Dialysis Meeting (ADM) for 1½ days on 12-13 November 2016 at VE Hotel in Bangsar South, Kuala Lumpur with the theme **“Moving Towards Patient-Centred Care.”**

Topics for the Meeting are focused on the quality and safety of dialysis care in Malaysia in compliance with the Private Healthcare Facilities and Services Act 1998.

Registration for participation in the Meeting is now open and the registration form can be downloaded from the NKF website [www.nkf.org.my](http://www.nkf.org.my). Participation fee per person inclusive of 6% GST is of 2 categories:-

- 1) RM480 for early bird for any one registering before 12 September 2016; and
- 2) RM530 for any one registering after 12 September 2016

As seats for the event are limited, intending participants are kindly requested to fill up their respective registration forms and either e-mail them to NKF at [training@nkf.org.my](mailto:training@nkf.org.my) OR fax them to **03-7960 2359**.

To secure your seats, participants must pay their registration fees in full into the account of the “National Kidney Foundation of Malaysia”, Account No. 8002382478 with CIMB Bank Bhd. Having made the payments, they need to e-mail or fax to NKF the copies of the payment receipts to the above-mentioned e-mail address or fax number.

For any enquiries on the ADM, please contact:

**Ms. Rebekah/Puan Khairani**  
**Tel: 03-79602301/02**  
**Fax: 03-79602359**  
**E-mail: [training@nkf.org.my](mailto:training@nkf.org.my)**

# Eating Enough Energy for Dialysis – Part II by Ms. Kher Pui Ling, NKF Dietitian

## Kidney friendly proteins and energy

Protein rich food also helps to optimize the use of energy in our bodies. Eating the right amount of proteins is particularly essential for people on dialysis treatment. During the dialysis treatment, an average of 10 to 12 g of proteins is lost. Research has shown that people on dialysis need to have sufficient amounts of proteins to prevent malnutrition and muscle wasting. The amount of proteins a person needs depends on several factors, such as body size, activity, lab value and type of dialysis treatment. Protein food sources include meats, poultry, seafood, dairy, eggs and soy. However, many protein-rich foods are also high in phosphorus. Hence you may be advised to reduce high protein foods that are particularly high in phosphorus (milk, cheese, yoghurt, processed meat, nuts and seeds), if your phosphorus level goes above the normal. Besides, taking phosphate binders with meals or high protein snacks will help to keep the phosphorus within range.

	Better option
Frozen chicken nugget	Fresh chicken breast
Pizza, cheese burger	Egg white sandwiches, homemade burger patties with lettuce and onions
Milk and milk products (eg: fresh milk, cheese, ice-cream)	Non-dairy products (eg: rice milk, non-dairy creamer, sorbet)

## Kidney-friendly fats and energy

Fats supply the body with energy too. Besides giving us energy, fats keep the body warm and help to use certain vitamins. However, too much of unhealthy fats will increase the cholesterol in the blood and lead to heart diseases. Hence, it is important to know the types of dietary fats: healthy fats and unhealthy fats.

There are two types of unhealthy fats: saturated and trans. The saturated fat, is found in greatest amounts in food from animals, is solid at room temperature, can raise cholesterol levels and increases the risks of heart diseases. Some examples include fatty cuts of meat, lard, and processed meat. Saturated fat is also found in some vegetable oils such as coconut oil. Trans fat is more harmful than saturated fat because it raises bad cholesterol, lowers good cholesterol and increases the triglycerides levels in the body that are not good to the health of the heart. Trans fat is usually found in all foods made with shortenings or hard margarines. Healthy fat refers to unsaturated fat, also known as good fat found mostly in vegetable oils, nuts and fatty fish and is usually liquid at room and refrigerator temperatures.

Unsaturated fat includes non-hydrogenated vegetable oils such as canola, olive or corn oil and soft, trans-fat free margarine. Taking moderate amounts of unsaturated fat helps to reduce the risks of heart diseases and yet provides extra energy especially for those on dialysis that need to increase their intake to meet their energy requirement. If you have high cholesterol, talk to your dietitian about the ways in cutting down the unhealthy fat. Some examples in cutting down the fat are removing the visible fat from meat and skins from poultry and using vegetable oils and fats in cooking.

## Tips to increase calorie in CKD diet

Fats and simple sugars are considered good sources of calories which contain only small amounts of potassium, sodium or phosphorus. Below are some tips to provide additional sources of energy for those on dialysis who are not eating adequately or are malnourished:

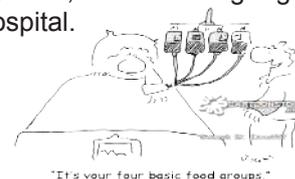
- Use honey, jelly, jam, margarine or sugar on toasts, bread, and biscuits.
- Instead of plain water, drink beverages that have calories of sugar. For example: non-cola carbonated drinks, flavoured packet drinks.
- Add margarine to rice, noodles, pastas.
- For the elderly, make sure your dentures fit.
- Oral nutrition support.



## Nutrition Supplement (Oral Nutrition Support)

Special nutrition supplement is recommended for people on dialysis who are struggling to eat adequately or who have poor nutritional status. Consult your dietitian on how to supplement it with your meal plan.

For patients who are unable to take oral supplements and have a poor nutritional status, intradialytic parenteral nutrition (IDPN) is an option. This treatment allows administration of protein, carbohydrate, and fat during regular haemodialysis treatments in hospital.



This article is a continuation of the previous issue of the Share Newsletter

## Celebrating 20th Transplant Anniversary



On 26 July 2016 at the grounds of the Department of Nephrology & Urology, Hospital Kuala Lumpur (HKL), two robust gentlemen celebrated their 20th transplant anniversary.

On 27 July 1996 they were given a new lease in life by becoming “twins” in receiving organ “gifts” from a U.S. expatriate Mr. Bender working then in Malaysia who was rendered brain dead after being stricken with a deadly stroke.

A majority of the ladies joining in the celebrations were dedicated nursing personnel taking care of the pair in their pre and post transplant operations. A few are still serving staff in the Department, which continues to provide them regular medical check-ups and medication. Joining in the celebrations later was Datuk Dr. Ghazali Ahmad, the current head of the Nephrology Department who in his earlier years as a medical professional was involved in their transplants and is still having medical follow-ups with them.

The “gifts” by the American were a pair of kidneys, which were each transplanted to the “twins” Mr. Lee Chen Hoe and Encik Azizi Bin Mohd Husain who were both then 38 years of age, but born in different months. The family of Mr. Bender also donated his corneas.

Prior to the transplants, they were for many years suffering from End Stage Renal Failure (ESRF) with Mr. Lee subsequently opting for Continuous Ambulatory Peritoneal Dialysis (CAPD) and Encik Azizi undergoing Haemodialysis in HKL.

When they first had to undergo dialysis for the rest of their lives, their world appeared to have collapsed, leading them to extremes of depression even to the extent of thinking that life was no longer worth living. However, as loving fathers seeing that their children at tender ages still needed their love and care they steeled themselves to prod on to face the challenges with dialysis. They were also fortunate to have the support of their siblings who scoured for whatever literature they could lay hands on with regard to dialysis. Above all, the testimonies from and interaction with fellow ESRF patients who had been dialyzing longer than them spurred them on.

In their fifth year of dialysis, they were a truly blessed when their tissues were found to match that of the donor. Hence, on 27 July 1996 they underwent without complications a 3 hour transplant operation.

Mr. Lee received the donor’s right kidney, while Encik Azizi the left kidney and from that day onwards kinship was sealed between them by this bond.

They, thereafter, proceeded with their careers and today Mr. Lee even after changing jobs and securing a Masters in Business Administration is going around giving testimonies of his trials with his destiny apart from having participated in transplant games overseas involving successful transplant patients. He keeps himself in good health by consistently having brisk walks and doing “wai-tan-kung” exercises in addition to taking lots of fruits to counter the effects from the drugs he takes to suppress his body rejection of the donor kidney.

On the other hand, Encik Azizi carried on with his career as a teacher.

Many of their children have jobs of their own and they have accomplished their mission in seeing their children grow up. Encik Azizi has gone one step further to be the grandfather of 4 grandchildren.

NKF wishes both of them many more years of happy life.



## “Hari Penyayang Yayasan Sultanah Bahiyah”

In conjunction with “Hari Penyayang Yayasan Sultanah Bahiyah” on 13-14 May 2016, Puan Misbah Bte Dato’ Haji Abdul Hamid, BKM, the General Manager of the “Yayasan” based in Kedah arranged for the NKF LifeCheck Mobile Health screening to be carried for members of the public at Stadium Darul Aman, Alor Setar.

As a large crowd was anticipated to be screened, the Northern NKF LifeCheck Mobile Health Screening Team based in Alor Setar was complimented by the Champion Team from the Secretariat Office which proceeded for the Kedah state capital on the night of 12 May 2016.

In addition, members of the Organ Donation Promotion Unit were there with pamphlets to dispel misconceptions about donating organs and to get the public to be organ pledgers.

Screening on 13 May 2016 was carried outside the stadium with the Northern Team doing it on board its bus, while the Champion Team did it at canopies that had been set up.

On the second day, 14 May 2016, the Champion Team carried out the screening on board its bus with the Northern Team doing it on the ground.

Screening was open on both days from 8 a.m. to 6 p.m. Cik Nur Faraheen Bte Sahari led the Champion Team of 7 members and the Northern Team likewise with 7 team members was headed by Cik Nurul Husnah Bte Abu Bakar.



Amongst the tests and readings covered by the health screening were blood pressure, urine and blood glucose. To round up the tests and readings, counselling was given to each individual that had undergone the tests and readings on what to do to reduce the risks for diabetes as well as heart and kidney diseases.

Arising from the two day exercise, 287 people had their health checks on the first day with the Northern Team screening 116 and Champion Team 171 persons.

On the second day of the health check, 246 were screened. Of these, 86 were by the Northern Team and 160 by the Champion Team which left for Petaling Jaya on 15 May 2016.

# Mobile Health Screening In Collaboration With AlloyMtd Group (AlloyMtd)

With the collaboration of AlloyMtd, NKF carried out its mobile health screening at various toll areas operated by the group. The collaboration was realized through Encik Khairul Hafizee, the Assistant Vice President, Employee Relations & Special Projects of AlloyMtd Sdn. Bhd.

With the screening carried out by a 7 member team headed by a leader, the health checks covered readings and tests which included blood pressure, urine and blood glucose. Every person after going through the readings and tests was counselled on how to reduce the risks of diabetes as well as heart and kidney diseases.



Under the collaboration, seven toll areas were involved.

Of the seven, one was carried out by the Champion Team led by Cik Nikmah Amirah Bte Jamal on 1 June 2016 involving a day trip from Petaling Jaya to AlloyMtd Sdn Bhd at Batu Caves with screening done from 10 a.m. to 4 p.m.

The remaining 6 screenings were in August. Three involved outstation trips carried out the Elite Team which proceeded on 31 July 2016 to Kuantan under Cik Norhafatini Bte Aziz to start health checks on 1 August 2016 at the Kuantan Toll Plaza Administrative Office at KM27 Jalan Kuantan-Sungai Lembing from 9 a.m. to 5 p.m. From Kuantan the Team moved to the Temerloh Toll Plaza Administrative Office at Jalan Temerloh-Jerantut, Kg. Paya Keladan, where it operated on 2 August 2016 from 10 a.m. to 4 p.m. It then moved on and on 3 August 2016, carried screening in Karak Toll Plaza at Lebuhraya Pantai Timur from 10 o'clock in the morning to 4 in the afternoon and thereafter headed back to Petaling Jaya.

No.	Location	No. Screened
1	AlloyMtd Sdn Bhd, Batu Caves	131
2	Kuantan Toll Plaza Administrative Office at KM27 Jalan Kuantan-Sungai Lembing	80
3	Temerloh Toll Plaza Administrative Office at Jalan Temerloh-Jerantut, Kg. Paya Keladan	108
4	Karak Toll Plaza at Lebuhraya Pantai Timur	101
5	AlloyMtd Seremban, Kit 9020 -9022, Mukim Ampangan, Jalan Jelebu	51
6	Janda Baik Genting Sempah Tunnel Office, Bentong	119
7	AlloyMtd Kuala Terengganu in Kawasan Perindustrian Gong Badak	63
	<b>Total</b>	<b>653</b>

AlloyMtd's collaboration with NKF on the health screenings came to an end with the remaining 3 done on day trip basis. One was carried out by the Champion Team on 9 August 2016 under Cik Nurul Farahhana Bte Yeob Amat in AlloyMtd Seremban, Kit 9020 -9022, Mukim Ampangan, Jalan Jelebu from 10 a.m. to 4 p.m. The other was by the Elite Team under Cik Norhafatini Binti Aziz on 10 August 2016 operating from 10 a.m. to 4 p.m at the Janda Baik Genting Sempah Tunnel Office, Bentong. The final screening was by the Kota Bharu Team headed by Cik Siti Asyraf Bte Che Yusoff with screening done from 10 a.m. to 4 p.m. at AlloyMtd Kuala Terengganu in Kawasan Perindustrian Gong Badak.

In all the screenings the number of individuals screened is shown in the corresponding table.

## Memorandum of Understanding on Setting up of a Dialysis Centre in Taman Mutiara, Cheras, Solely for Dialysis Patients with Hepatitis

On 28 July 2016, the National Kidney Foundation (NKF) of Malaysia signed a Memorandum of Understanding (MoU) with Calvary Church in setting up an All Hepatitis Dialysis Centre at Taman Mutiara, Cheras, based on:-

1. Calvary Church as the partners with NKF to set up the first ever dialysis centre catering solely to End Stage Renal Failure (ESRF) patients with hepatitis B & C as well as those with BC from in and around Cheras irrespective of which dialysis centres they come from; and
2. Charis Church of Taman Billion, Cheras, has consented to donate 12 used dialysis machines and 2 used dialyser re-processors to the new dialysis centre.

The MoU was signed by Dr. Lee Wan Tin, a member of Board of Directors and the Chairman of the Dialysis Committee in NKF, Senior Pastor Steven Kum and Pastor Yong Chee Weng representing Calvary Church and Senior Pastor Lawrence Yap as the representative of Charis Church as witness to the signing of the MoU.



Prior to the MoU, the necessary ground work for the centre was carried out. The site for the centre is the ground floors of 3 shoplots belonging to the Calvary Church in Taman Mutiara, Cheras to be used by NKF. Zoning approval for the centre has been given by the Ministry of Health (MoH) and after the signing of the MoU, registration process for the centre will be carried out. Thereafter, renovation works can commence. It is expected that the renovation works will be completed towards the end of the year. The centre should be able to get the operating licence and expected to begin operations by December 2016.

The centre will have 12 machine points with 8 for hepatitis C, 3 for B and 1 for BC. Both these machines and 2 reprocessors will be donated from Pusat Dialisis NKF- Charis (Cheras).

The centre is to be manned by 4 staff nurses and 1 Dialysis Assistant.

## Rotary Club Of Damansara Launched Charity Golf To Raise Funds For NKF



On 21 July 2016 at the Royal Selangor Club, the Rotary Club of Damansara (RCDamansara) launched "The Swing for Charity Golf Event" which is to be held in aid of the National Kidney Foundation (NKF) of Malaysia.

The event is set for 9 October 2016 at the Bukit Jalil Golf & Country Resort with Y. B. Datuk Johari Bin Abdul Ghani, the Malaysian Minister of Finance II teeing-off.

"The Swing for Charity Golf Event" was conceived in line with the Rotary Club's international theme for the Rotary Year 2016/17, "Rotary Serving Humanity" with the sole purpose of raising RM50,000 to purchase a dialysis machine for NKF. This line of action is taken to compliment the donation by Mr. Rajendran A/L Periasamy, a founder of the CQ Tec-Breyer Group of Colleges for the purchase of one other dialysis machine for the Foundation.

Registration is open as from now with the entrance fee at RM2,000 nett per flight. RC Damansara is anticipating to attract 120 participants for the event. Registration closes on 26 September 2016 at 6 p.m.

For further enquiries about the golf event or to sign up, please contact Anna 012-3243781, Richard 012-2182401 and Jennifer 019-6996619.

NKF is truly appreciative of the Club's efforts towards helping to relieve the hardship faced by its patients having dialysis treatment at its centres whose operations are essentially covered by money raised via fundraising.

## PRG Holdings Bhd and GoCare Charity Crowdfunding Jointly Organise PRG GoCare Run To Raise Money For NKF



PRG Holdings Bhd is joining with GoCare Charity Crowdfunding to organize the PRG GoCare Run to raise money for charitable NGOs which include the National Kidney Foundation (NKF) of Malaysia.

The run to be held on 16 October 2016 in Taman Tasik Datuk Keramat from 7.30 - 10.30 in the morning is anticipated to draw at least 2,000 participants for 2 categories, the individual category and family category covering distances of 5 km and 10km.

Participation fee for the individual category is RM50 per head, while for the family category is RM100 per family of 3 persons with at least one person of 18 years of age and above.

Registration is open on 15 August 2016 and can be done at [www.myraceonline.com](http://www.myraceonline.com). As an attraction, a number of lucky prizes will be drawn on that day of the Run.

Those intending to donate can go to [www.gocare.org.my](http://www.gocare.org.my) with initial donations of RM50. Donations can be done as from 9 August 2016.

NKF graciously thanks both PRG Holdings Bhd and GoCare Charity Crowdfunding for raising funds to help the poor patients dialyzing at its centres.

## NKF Patients & Their Families At The Kuala Lumpur Convention Centre's "Buka Puasa" Get-Together



On 8 June 2016, in celebrating its partnership with the National Kidney Foundation (NKF) of Malaysia, the Kuala Lumpur Convention Centre (the Centre) invited 50 patients from NKF and their families to join in the "buka puasa" gathering together with 100 children from two other charitable organisations.

The event marked the Centre's 11th consecutive edition of its "buka puasa" get-together in bringing much joy and happiness to the underprivileged society.

At the dining table, the invitees were treated to traditional "kampung classics" and contemporary "buka puasa" fare presented by the Centre's 51 - member culinary team.

In welcoming the guests, Mr. Simon Lomas, the Centre's Deputy General Manager said, "in the spirit of Ramadan, we are pleased to add to the number of guests this year and welcome NKF patients and their families to our annual "buka puasa" gathering.

The get-together ended with Mr. Simon Lomas and senior members of the Centre's management handing out goody bags containing cookies and sweets as a courtesy of the culinary team and "duit raya" to the children.

NKF is indeed thankful to the Centre for sparing a thought by inviting its patients and their families to participate in the gathering.

## NKF Patients In Hari Raya Shopping With Lions Clubs



On 2 July 2016, two Lions Clubs organised a Hari Raya Shopping at the Klang Parade for poor and needy patients, including those from NKF. The shopping was made possible by the Lions Club of KL Megacity and Lions Club of Damansara Metro, who together gave each patient's family RM500 to shop at Kamdar for their Hari Raya clothings.

The clubs too paid for the children of each family a life-style street clothing of the brand Stoned & Co.

In the midst of the shopping, Mr. Shawn Lee the NKF Youth Ambassador joined them.

Having got their clothings, the patients and their families were entertained by the clubs for "Iftar" at "The Tarik Place".

NKF thanks the Lions Clubs for their generosity in bringing cheers to the patients for the coming Hari Raya festival.

## NKF Patients Attended A "Buka Puasa" Buffet At TH Hotel & Convention Centre, Terengganu



On 7 June 2016, the Management and Staff of Lembaga Tabung Haji Terengganu treated 200 poor and handicapped individuals to a "buka puasa" buffet at the Lagenda Restaurant of TH Hotel & Convention Centre.

Among those who attended the function were 15 hard-core poor patients from Pusat Dialisis NKF - Kuala Trengganu.

In the midst of their feasting they were each given a green packet containing RM10 for "duit raya".

NKF expresses its appreciation to the Management and Staff of Lembaga Tabung Haji Terengganu for empathizing with the poor and handicapped by bringing and sharing cheers and excitement to commemorate the festive occasion.

# Lucenxia (M) Sdn Bhd Donated To NKF



Lucenxia (M) Sdn Bhd (Lucenxia), a subsidiary of Adventa Bhd, donated RM76,800 to the National Kidney Foundation of Malaysia with its sole intention of supporting home dialysis through peritoneal dialysis (PD).

The company is involved in developing the Intellis Intelligent Automated Peritoneal Dialysis (APD) cyclor to cater for kidney failure patients.

The financial support comes about after NKF has declared that the Foundation will be funding and sponsoring PD, where dialysis is done at homes of patients. The NKF decision is in line with the preferred policy of the Malaysian Ministry of Health to encourage all new patients suffering from CKD to receive PD as their preferred dialysis treatment.

PD is a self-care home-based dialysis treatment. It frees the patient with CKD from having to travel to a haemodialysis centre three times a week to have his dialysis treatment.

A variant of PD is Automated PD or APD where the procedure of dialysis is done with a machine at night while the patient is asleep, thereby freeing the patient to carry out his daily activities during the day time.

PD is, therefore, more cost effective and convenient for dialysis patients besides being less resource intensive compared to traditional haemodialysis and patients are in full control of their treatment.

At the presentation ceremony held on 18 August 2016 within the premises of the NKF Secretariat Office, Mr Choy Wah Wei, PKT, the Chief Executive Officer of Lucenxia (M) Sdn Bhd presented a mock cheque for the amount to Mr. Chua Hong Wee, the Chief Executive Officer of NKF who represented the Foundation.

In the words of Mr. Choy Wah Wei, "This is just the beginning. We look forward to closer co-operation with NKF in the future".

NKF truly thanks Lucenxia for supporting its PD programme.

## Liverpool Football Supporters' Club In Malaysia (KL Kopites) Donated A Dialysis Re-processor To NKF



For their 3rd Annual Members' Night, the Liverpool Football Supporters' Club In Malaysia (KL Kopites), more well known as KLK organized a charity dinner at "Kelab PJ" on 7 May 2016.

The sole objective of the dinner was to raise RM32,000 to purchase a dialyser re-processor for the National Kidney Foundation (NKF) of Malaysia.

At the dinner RM9,050 was raised with RM6,900 being the proceeds from the sales of the Liverpool Football Club (LFC) jerseys signed by the entire LFC first team.

In turn, KLK topped up the shortfall of RM22,950 to cover the cost of the machine.

Consequently, on 22 July 2016 at the presentation ceremony within the NKF Secretariat premises, Mr. Rathakrishnan Appalanaidu, the President of the Club together with three other Club members presented the dialyser re-processor to Mr. Chua Hong Wee, the NKF CEO, who represented the Foundation.

NKF truly expresses its profound appreciation to the members of KLK for their generous initiative and sacrifices to help NKF to sustain its day-to-day operations principally in providing dialysis treatment to poor and deserving patients being dialysed at its centres.

The dialysis re-processor had been placed in Pusat Dialisis NKF - Yayasan Dialysis Pertubuhan Pendidikan Akhlak, Taiping.

## NKF Received Donations From Leo Cub of INTI International College Subang Metro & Mr. Shawn Lee

On 11 April 2016, NKF CEO Mr. Chua Hong Wee at the NKF Secretariat received 2 mock payments as donations of RM5,000 from Leo Club of INTI International College Subang Metro and RM6,000 from Mr. Shawn Lee, the NKF Youth Ambassador.

The donation from Leo Club of INTI International College Subang Metro was presented by some members of the Club committee led by its President, Mr. Yeong Zhi Sheng. It was raised from "Street Jam", organized by the Club on 24 October 2015. The event was a carnival with games, while unique varieties of food and drinks were sold.

In addition, performances were held and in the course of the performances, Mr Shawn Lee joined in to demonstrate his forte as a beatboxer.



A NKF LifeCheck Mobile Health Screening Team carried health tests.

RM6,000 was the outcome of the hard and dedicated efforts put in by Mr. Shawn Lee and his management team, the Giant Ants, in their tour from 3-5 March 2016 in Kota Kinabalu, Sabah, and from 6-8 March 2016 in Kuching, Sarawak.

In his talks to students, Mr. Shawn Lee emphasized on the need to be aware of the silent deadly kidney disease, ways in reducing the incidence of Chronic Kidney Disease (CKD) and the role of NKF in providing haemodialysis treatment to poor kidney failure patients treated in the NKF dialysis centres.

The educational institutions they visited included the University College Sabah, Sabah Skill and Technology College and Sekolah Menengah Kebangsaan Lok Yuk.

Their itinerary also involved visits to Pusat Rawatan Dialysis MUIS - NKF (Kota Kinabalu) and Pusat Dialisis NKF -Kidney Association of Sarawak/Rotary (Kuching) where Mr. Lee distributed blankets to patients dialyzing there.

In rounding up their visit to East Malaysia, they performed at the Centerpoint Mall Sabah and Suria Mall Sabah in Sabah and in Sarawak the Plaza Merdeka, City One Mall and Vivacity

For the tour to Sabah and Sarawak, Mr. Shawn Lee and the Giant Ants sold CDs of his single, Madlife with the profits from the sales donated to NKF.

NKF sincerely thanks both the Leo Club of INTI International College Subang Metro and Mr. Shawn Lee for their tireless efforts in raising the money for principally the dialysis treatment for the poor patients dialyzing at the NKF centres.

## Fairview International School Donated To NKF

On 26 June 2016, Fairview International School Kuala Lumpur located at Wangsa Maju celebrated its Honours Day which was also the School's Graduation Day. The event was held at the HGH Convention Centre in Jalan Sentul, Kuala Lumpur.

In the midst of the event, Dr. Vincent Chian, the School's Principal, simultaneously presented a mock cheque to Mr. Chua Hong Wee the NKF CEO, representing the Foundation and another to a representative from the Japanese Embassy.

Mr. Chua Hong Wee was photographed with Dr. Lim Chia Sien the Chief Academic Officer of the School with the cheque for RM10,000.

The money was for assisting NKF in the running its day-to-day operations to provide principally dialysis treatment to poor patients at its centres.

NKF is truly grateful for the School's generosity.



## Stella Maris School Raised RM8,121.60 For NKF

In commemorating World Kidney Day 2016 the Stella Maris School in Medan Damansara, Kuala Lumpur, organised a no uniform school day on 11 March 2016. On that day, the staff and students were encouraged to wear red and donate a minimum of RM5.

Following the donation drive and as a consequence of the support as well as the kind-heartedness and generosity of the school staff, students and students' parents, a sum of RM8,121.60 was raised on that day.

On 23 July 2016 in the premises of the school, a mock cheque for the amount was presented at a ceremony. Brig. Gen. (Ret) Dato' Richard Robless, the Chairman of the School's Board of Governors handed over the cheque to Mr. Chua Hong Wee, the NKF CEO who represented the Foundation.

NKF gratefully thanks all parties from the school for the donation which goes towards sustaining the work of essentially providing dialysis treatment to poor and unfortunate patients at the Foundation's centres.



## Rotary Club of Bandar Bukit Tinggi Klang Donated Wheelchairs To NKF

As part of its community project, the Rotary Club of Bandar Bukit Tinggi Klang embarked on a campaign to raise money to purchase 11 wheelchairs for the National Kidney Foundation (NKF) of Malaysia. The wheelchairs were to be distributed amongst the Foundation's dialysis centres in the Klang Valley so that they could be used by the poor dialysis patients who had difficulty standing and walking.

A simple ceremony was held on 4 August 2016 at Pusat Dialisis NKF-Bakti to facilitate the hand-over of the chairs. Mr. Darul Abdullah the Rotary District Governor 3300 presented the wheelchairs to Mr. Chua Hong Wee the NKF CEO who represented the Foundation.



Also at the ceremony, the President of the Rotary Club of Bandar Bukit Tinggi Klang, Mr. J. Thangasparam, thanked everyone who had contributed in terms of cash and efforts to bring to fruition the project.

The 11 wheelchairs had been placed in 4 dialysis centres as follows:-

- 2 in Pusat Dialisis NKF-Kelab Apex (Klang);
- 2 in Pusat Dialisis NKF - Bakti (Klang);
- 3 in Pusat Dialisis NKF - Charis (Cheras); and
- 4 in Pusat Dialisis NKF - Rotary Damansara (Batu Caves).

NKF sincerely thanks the Rotary Club District Governor 3300, the Rotary Club of Bandar Bukit Tinggi Klang President and its members as well as all parties who had made it possible for the handover of the wheelchairs to the Foundation for use by its underprivileged patients.

## JBL Marketing Donated RM5,000 To NKF



On 28 July 2016 JBL Marketing a local business entity held a charity Chinese dinner at the Galaxy Banquet Hall in the HGH Convention Centre located in Jalan Sentul, Kuala Lumpur.

The event was attended by around 500 people and the National Kidney Foundation (NKF) of Malaysia was given a complimentary table.

In the course of the dinner, the guests and hosts were entertained with a lion dance and a repertoire of performances.

The pitch of excitement for the night reached a high when the ceremony was held to present mock cheques to the beneficiaries of JBL Marketing's fund-raising efforts through its corporate social responsibility drive.

Apart from NKF, 2 other organisations were the recipients of the mock cheques from JBL Marketing. NKF CEO, Mr. Chua Hong Wee received the mock payment of RM5,000 on behalf of the Foundation for providing dialysis treatment to poor patients at its centres.

NKF salutes JBL Marketing for its generosity in assisting humanity.

## Direct Debit Donor Programme (DDDP) April - June 2016

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 organisations for supporting us by providing complimentary booth space for our road shows from the months of April to June 2016.

1 Segamat Shopping Complex, Johor	Komtar JBCC, Johor
ABC Exhibition Services Sdn Bhd, Selangor	KPJ Kajang, Selangor
AEON Mall Bukit Mertajam, Penang	KPJ Selangor Specialist Hospital, Selangor
Ampang Puteri Specialist Hospital, Selangor	Lanceford Exhibitions (M) Sdn Bhd, Kuala Lumpur
Association of Private Hospitals of Malaysia, Selangor	Melaka Sentral, Melaka
Cheras Sentral, Kuala Lumpur	Menara Landmark, Johor
Desa Park City, Kuala Lumpur	Oriental Melaka Straits Medical Centre, Melaka
Hospital Ampang, Selangor	Park City Medical Centre, Kuala Lumpur
Hospital Pulau Pinang, Penang	ProActiv Sports Event Management, Perak
Hospital Pusrawi, Kuala Lumpur	Puteri Specialist, Johor
Hospital Segamat, Johor	Putra Specialist Hospital Melaka
Hospital Selayang, Selangor	Real Estate & Housing Developer's Association (REDHA) Malaysia, Selangor
Hospital Sultan Abdul Halim, Kedah	Sultan Ismail Petra Airport, Kelantan
Hospital Sungai Buloh, Selangor	Sumirubber Industries (K) Sdn Bhd, Kuala Lumpur
Hospital Tengku Ampuan Afzan, Pahang	Sunway Medical Centre, Selangor
Hospital Tengku Ampuan Rahimah, Selangor	The Star, Selangor
Hospital Tuanku Ampuan Najihah, Negeri Sembilan	Tenaga Nasional Berhad, Melaka
Hospital Tuanku Jaafar Seremban, Negeri Sembilan	Tung Shin Hospital, Kuala Lumpur
International Islamic University Malaysia, Kuala Lumpur	Universiti Pertahanan Nasional Malaysia, Kuala Lumpur
International Islamic University Malaysia, Selangor	Yayasan Sultanah Bahiyah, Kedah
INTI University, Kuala Lumpur	

### NKF's TOP 5 FUNDRAISERS

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



**Vishvanathan A/L  
Arumugam**



**Chan Kam Moon**



**Narendran A/L  
Shunmuganathan**



**Muhammad  
Azreen Bin Sani**



**Magdalene  
Hon Nee Fah**

NKF is pleased to announce our Top 5 fundraisers for the 2nd Quarter of 2016. This appreciation recognises 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

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