



# SHARE

NKF Newsletter

2010 Issue 4

PP9314/08/2011 (028834)

Merry X'mas & Happy New Year To All Our Readers



**Heroes in NKF**  
pg 2



**Workshop on Dialysis Practices**  
pg 6



**Bicara Hati**  
pg 7 & 8



## Mercy Flight for Dialysis Patients

## PATRON

YAB Tun Dr. Abdullah Ahmad Badawi

## BOARD of GOVERNORS

### President

Y. Bhg. Tan Sri Dato' Dr. Abu Bakar Suleiman

### Deputy President

Y. Bhg. Tan Sri Dato' Seri Dr. Jeffrey Cheah

### Vice-President

Mr. Lynn Kulasingham

## BOARD MEMBERS

Y. Bhg. Dato' Lam Peng Chong

Y. Bhg. Tan Sri Datuk Clifford F. Herbert

Y. Bhg. Dato' Syed Sidi Idid bin Syed Abdullah Idid

Dr. V. Sivabalasingam a/l Veerasingam

Y. Bhg. Tan Sri Dato Dr. R. V. Navaratnam

(Alternate to Y. Bhg. Tan Sri Dato' Seri Dr.

Jeffrey Cheah)

## BOARD of MANAGERS

### Chairman

Dato' Dr. Zaki Morad Mohd Zaher

### Vice-Chairman

Dr. Tan Chwee Choon

Dr. T. Thiruventhiran

### Hon. Secretary

Mr. Goh Seng Chuan

### Hon. Treasurer

Mr. Leong Yeng Kit

## Members

Dr. Lim Yam Ngo

Dr. Lee Wan Tin

Dr. SS Gill

Dato' Tan Gin Soon

Dr. J. D. John

## EDITORIAL COMMITTEE

### Chief Editor

Dr. Lim Yam Ngo

### Ex-officio

Mr. Chua Hong Wee

### Editorial Co-ordinator

Dharshini Ganeson

## Committee Members

Dr. Tan Chwee Choon

Dr. Sunita Bavanadan

Ms. Shirley Koh

Ms. Mah Ah Noye

Ms. Sharleen Lee

# Vice-Chairman's Message

Recently a number of letters appeared in a local newspaper expressing views on renal transplants and the role of National Kidney Foundation (NKF) of Malaysia. The NKF values all comments and suggestions on the roles that it is expected to play. We certainly look forward for more feedback and participation from the public whom we serve. NKF also welcomes volunteers and ambassadors to assist us in our efforts to save lives, prevent kidney disease, reduce the need for dialysis and promote organ donation.

Despite the relative increase in the number of deceased donors due increased public awareness, the kidney transplant rate in this country remains dismal.

In 2009, only 63 kidney transplants were done locally. This compares poorly to the more than 4,000 new patients who were diagnosed with end stage kidney failure in 2009. Of these transplants, 33 were from deceased donors, 20 were from living genetically related donors and 10 were from living emotionally related donors.

In the eighties and early nineties up to 40 to 50 living related kidney transplants were performed a year. In those days, dialysis treatment was not easily accessible or an affordable option for the majority.

There are now more than 650 dialysis centres in Malaysia and living kidney donation is often not adequately explored as an option. This is unfortunate as a kidney transplant recipient can enjoy an increased life expectancy but more importantly a much better quality of life, free from dependence on a machine to survive and free from major restrictions in fluids and diet. A person who has received a kidney transplant from a living related donor can also be expected to survive longer than someone who has a transplant from a deceased donor. Hence in view of the severe shortage of deceased kidney donors, we need to continue to promote kidney donation from living related donors.

The Public Education Unit of NKF has plans to roll out a campaign to promote living related kidney donation. Posters and other educational materials will be made available at all nephrology clinics and dialysis units throughout the country to facilitate this educational campaign. Hopefully this will eventually translate to a better living related kidney transplant rate in Malaysia.

Finally, a Happy New Year to you! May the New Year continue to bring you contentment and good health.

Thank you,

Dr. Tan Chwee Choon

*Vice-Chairman*

National Kidney Foundation of Malaysia (NKF)

**NB:** We would be happy to publish articles, comments and any feed back from readers on our "Share" newsletter. Please email to [info@nkf.org.my](mailto:info@nkf.org.my)

## NKF DIALYSIS CENTRES

	TEL NO
1. Tuanku Syed Putra - NKF Dialysis Centre, Kangar, Perlis	04-9777411
2. Superkids Trinity - NKF Dialysis Centre, Alor Setar, Kedah	04-7340215
3. Lions Club- NKF Dialysis Centre, Alor Setar	04-7352190
4. Fo Yi - NKF Dialysis Centre, Unit I, Penang	04-2824952
5. Fo Yi - NKF Dialysis Centre, Unit II, Penang	04-2828701
6. Moral Uplifting Society (MULS) - NKF Taiping	05-8041633
7. Moral Uplifting Society (MULS) - NKF Dialysis Centre, Ipoh	05-3215921
8. NKF Dialysis Centre, Jalan Hang Lekiu, KL	03-20312437
9. Ping Rong-NKF Dialysis Centre, Sungai Way, PJ	03-78746707
10. NKF Dialysis Centre- Dato' Dr G.A Sreenevasan	03-79549048
11. NKF- Rotary Damansara Dialysis Centre	03-62517460
12. Fungates Superflow-NKF Dialysis Centre, Kepong	03-62519850
13. NKF- Apex Club of Klang	03-33417009
14. Nanyang- NKF Dialysis Centre, Setapak	03-40217704
15. NKF- Bakti Dialysis Centre	03-33239424
16. NKF- Charis Dialysis Centre	03-91328193
17. Che Luan Khor- NKF Dialysis Centre, Kluang, Johor	07-7765313
18. Family Development Foundation Dialysis Centre- NKF, Johor Bahru	07-3866164
19. NKF Dialysis Centre, Kota Bahru	09-7475812
20. Terengganu Dialysis Centre- NKF, Kuala Terengganu	09-6249423
21. NKF- Tun Abdul Razak Dialysis Centre	09-5141869
22. KAS/ROTARY Dialysis Centre- NKF, Kuching	082-240927
23. MUIS- NKF Haemodialysis Centre, Sabah	088-538532
24. Lions- NKF Dialysis Centre	04-2101555
25. NKF- Good Health Dialysis Centre	03-92813451

## DISCLAIMER

While all care is taken to ensure that the information in this newsletter is accurate, the authors and publishers of this newsletter cannot be held liable for any loss or harm suffered by any person, by any reason of information contained in this newsletter or any inaccuracies, omissions or misrepresentations in any article in this newsletter. Readers are at all times cautioned to consult a suitably qualified medical practitioner before acting on any information contained in this newsletter

# HEROES OF NKF



Lions Club of PJ City, have worked above and beyond the call of duty as volunteers for NKF. CEO Chua, presenting Certificate of Appreciation.



Third from left, Michael Siow together with members of Soka Gakkai Malaysia (SGM), always supportive of NKF's 'Recycle Paper Into Lives' project for the past 8 years.

For the past eight years, Michael Siow, 51, and his friends have been collecting newspapers for a good cause. He makes up one of the many volunteers, who, over the years, have contributed their time and effort to NKF. Heroes, they are, indeed, to the dialysis patients in NKF, whose subsidized dialysis is made possible by such good samaritans. Every cent counts and in the case of NKF, re-cycling newspapers for Soka Gakkai Malaysia (SGM) is a double bonus as it benefits the patients and the environment.

"We are celebrating our 40th Anniversary and one of our greatest achievements is that we have been providing dialysis for poor patients. With the rising number of patients, we can't do it alone and our volunteers help us by creating resources. Cost-saving is also fundraising for us and whether big or small, it makes a difference to us," said Chua Hong Wee, CEO, NKF.

## What gives volunteers like Michael the motivation to do the work for NKF?

His answer: Compassion for those having to go through 4 hours of dialysis 3 times a week.

In recognition of the many active and tireless efforts of volunteers, NKF honoured them with an NKF Appreciation Day on Sunday, 5th September 2010 at NKF's Training Centre.

A presentation by Shirley Koh, Head of General Fundraising, together with pictures, going down memory lane on the many projects undertaken by volunteers, proved an eye-opener for many guests present.

There were awards presented to 'Best NKF Volunteer' and they were:-

### 1. Chan Kee Oi

Truly a Lion, he motivates his members to do their best for NKF as well as raise funds for NKF and even sponsors the printing of leaflets for NKF projects.

### 2. Lions Club of PJ Metro

As a service organization, Lions Club of PJ Metro continues to be a staunch supporter of NKF and its various activities. Over the past ten years, a total of 10 dialysis machines have been donated. Today the cost of a new dialysis machine is about RM 40,000. They continue to work with NKF on projects and partnerships which benefit NKF.

### 3. Soka Gakka Malaysia (SGM)

Twelve member group from SGM have been supportive of NKF's environmental project, 'Recycle Paper into Lives' for the past 8 years. The used newspapers are collected from various condominiums and housing areas in PJ on the 3rd Sunday of every month. The newspapers are sold and the money used for the benefit of NKF patients.



Chan Kee Oi, always inspiring others to provide much needed assistance to NKF.

While many people do have time to spare but many rarely think of those in need and these volunteers form a rare breed of people who think nothing of spending their Sunday morning collecting used newspapers for recycling. Indeed, they deserve the round of applause they received from the audience on NKF Appreciation Day.

# DIABETES MELLITUS: THE SILENT KILLER



58% of all dialysis patients are diabetic in 2009.

*Diabetes is normally associated with a sugar problem, people know it is characterized by excess sugar in the bloodstream. However, diabetes is more than that. It is a hormonal disorder, as insulin secreted by the pancreas to mop up the sugar begins to lessen due to many reasons and the person develops central obesity (increased waist circumference), abnormal cholesterol profile and elevated blood pressure. Diabetes is also known as a metabolic disease as a result of these characteristics.*

*One other feature, 'insulin resistance', ie the inability of the insulin to mop up the sugar again leading to early onset of diabetes. Some of the patients may display symptoms such as thirst and frequent urination, however, up to 50% of patients display no symptoms at all.*

World Diabetes Day 2010 took place on November 14th but many still continue to enjoy their tea and coffee with generous helpings of condensed milk and idly munching sinfully sweet 'kuih'. The bitter truth is that diabetes in Malaysia has nearly reached "epidemic" proportion. A recent study funded by the Malaysian Ministry of Health (MOH), showed that the prevalence of Type 2 diabetes mellitus in Malaysia has reached 22% in 2008. This will translate to having in excess of 6 million Malaysians being afflicted with the disease. The figures had steadily risen from 8% in 1996 and 15% in 2006.

Shocking but true. So why is diabetes on the rise?

## What are the 2 main types of diabetes?

Type 1 diabetes is an autoimmune disease characterised by the destruction of the insulin-producing cells in the pancreas. People with Type 1 diabetes produce very little or no insulin and must inject insulin for their survival. Type 1 diabetes is most common in children and young adults. The prevalence of this type of diabetes has not changed very much over the years.

Type 2 diabetes accounts for over 90% of more than 250 million people living with diabetes worldwide. It is marked by insulin resistance and relative insulin deficiency. A big proportion of people with Type 2 diabetes cannot use their natural insulin effectively. Insulin resistance is predominantly contributed by obesity. The prevalence of obesity is increasing at an alarming rate in this country. If we do not fight obesity, the prevalence of Type 2 diabetes will continue to rise in exponential proportion. Type 2 diabetics can initially manage the condition through regular exercise and healthy diet. In other words, losing appropriate amount of one's current weight makes one's body more sensitive to insulin and may help to preserve the ability of the pancreas to produce natural insulin. In many cases oral medicines and injectable insulins are eventually required, some people needing much earlier than others. This will depend on the status of disease control as measured by doing HbA1c blood test every 3 to 6 months.

**In an interview, Dr Mohamed Badrulnizam Long Bidin, endocrinologist in Hospital Kuala Lumpur, stressed that "alarm bells" have been ringing for a long time in Malaysia but Malaysians tend to be quite adamant about maintaining unhealthy lifestyles of excessive eating and being sedentary/physically inactive.**

"Type 2 diabetes, which is invading the lives of more than 20% of Malaysian population, is a chronic progressive disease, if untreated will cause multiple serious complications. It is also associated with many other co-morbidities, such as hypertension, cholesterol abnormalities, which eventually leads to many serious illnesses which may potentially cause any country to go "bankrupt" said Badrul.

The huge financial burden mainly comes from the increasing costs of treating major complications like heart attacks (may need heart bypass surgery), stroke (rehabilitation programme is expensive) and kidney failure (will need regular dialysis). The other effects of diabetes include loss of eyesight, limb amputation and sexual dysfunction which will contribute to deteriorating mental health in affected diabetics. As younger diabetics are suffering from these complications, one can imagine how much a country will suffer from loss in productivity.

"Well, diabetes may have been described as a rich man's disease, but more people in the rural areas are getting affected. Food is abundant 24 hours of the day and 7 days a week. There are many fast food joints (eastern versus western) which are offering food at "ungodly" hours and providing cable television entertainment (football, wrestling, reality shows etc); encouraging youngsters to eat unnecessarily and preventing them from getting adequate rest and exercise."



Dr Mohamed Badrulnizam Long Bidin, endocrinologist.



Ready availability of food on a 24 hour basis is not healthy in the long term.

### What are the steps that can be taken to prevent diabetes ?

Education: People need to start learning the calories in their food and drinks. Reading food labels is important. For men cut down calorie intake to 1500 to 1800 kcal per day. For ladies cut down calorie intake to 1200 to 1500 kcal per day. Minimise intake of simple sugar. A main meal should be balanced with complex carbohydrates, proteins, fibres and fats. A dietitian's counseling is invaluable and people should start to read more on healthy eating.

- Exercise for 150 minutes per week. The idea is to keep active all the time
- Check on family history ; people with family members with diabetes should undergo regular ( yearly ) check-ups
- Higher authority should restrict the use of simple sugar in "convenient" food / drinks ; and stricter licensing for 24 hour restaurants/ food vendors

**If one wonders if he / she has the make-up of having metabolic syndrome, the following are the 5 criteria. Having any 3 out of 5 means one needs to seek professional help.**

1. Central obesity , characterized by  
Waist circumference - Male  $\leq 90$  cm or 36 inches  
- Female  $\leq 80$  cm or 32 inches
2. Abnormal glucose tolerance defined by either  
> Impaired fasting glucose - 6.1-7 mmol\* per litre  
> Impaired glucose tolerance - 7.8-11.1 mmol per litre, measured 2 hours after 75 gms of glucose drink  
> Frank diabetes
3. Hypertension
4. High Triglycerides > Cholesterol level > 1.7 mmol per litre
5. Low HDL cholesterol level  $\leq 1$  mmol per litre for men  
 $\leq 1.2$  mmol per litre for ladies



Exercise for only 20 minutes a day reduces the risk of diabetes.

What diabetics say:

Chandran, 53 years old, currently suffering from diabetes, whose mother, was also diagnosed with Type 2 diabetes at the age of 40 years, had this to say,

"I normally get up around 7am, rush to have breakfast comprising bread, jam, sometimes cheese and then a quick cup of coffee, with condensed milk and off to the office. Because of the long hours, I needed to stay awake and coffee was the easiest solution with lots of condensed milk. As I was late, I usually stopped over at shops to have late meals. Usually lots of rice and meat, followed by sweetmeats. Then there were the drinking days with buddies, very little time for exercise and slowly the weight built on my tummy and before I knew it, my doctor said my sugar level was too high."

Today, Chandran is on medication and says if he had another chance, he would have changed the way he lived, if only to avoid the complications of the disease. " I saw how diabetes had taken many wonderful years away from my late mother when she succumbed to a heart attack at the age of 53 years. "

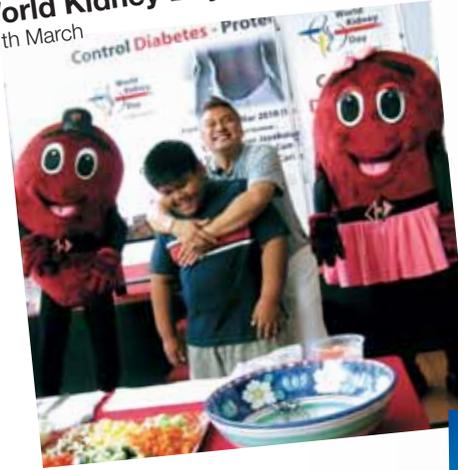
Ong, 50 years old, diagnosed with Type 1 diabetes,

"I had almost expected it as it was in the family – a hereditary disease. However, I was very active at the time, playing badminton twice sometimes three times a week. I have a sweet tooth and despite my active lifestyle, I did not watch what I ate and ended up with high cholesterol. Now white bread and rice have become taboo, I am on medication and the side effects are unpleasant.

I wish I had taken more care with my food. The end result might be that today I might not have ended up being a diabetic.

\*unit of measurement

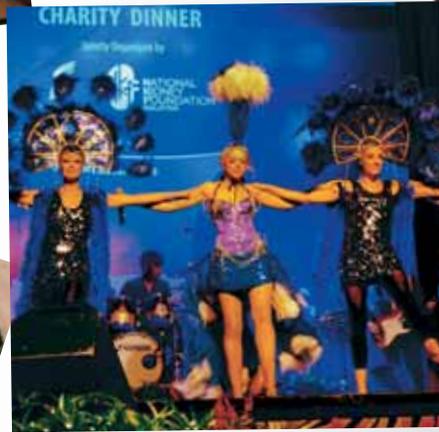
**World Kidney Day 2010**  
11th March



**IFKF**  
9-12th May



**Patient Forum**  
8th August



**40th Anniversary Celebration**  
23rd May



**Dedication Ceremony of Dato' Dr. G. A. Sreenevasan Dialysis Centre**  
20th August



**Staff Celebration**  
4th July



**Official Opening of NKF-Goodhealth Dialysis Centre**  
4th September



**World RiderZ**  
1st September



**NKF Annual Dialysis Meeting**  
16th - 17th October

# Round Up 2010

# WORKSHOP ON STANDARDIZATION OF DIALYSIS PRACTICES

(Interview with Dato' Dr Zaki)



From left, Dr T. Thiruventhiran, Organising Chairperson, ADM, Dr Ahmad Razid and Dr Tan Chwee Choon, Vice-Chairman, NKF at the official opening of ADM



The moderators for the collaborative workshop, 'National Standards in Dialysis', from left Dr Tan Chwee Choon, Dr Ahmad Razid, Dr Yeo Thean Seong and Tam Chong Chiang

In ensuring the highest standards of care for dialysis patients, NKF initiated a workshop "National Standards in Dialysis Practice" to discuss the recommendations of various workgroups consisting of professionals from the government sector, NGO's and various other stakeholders in the field of dialysis. The various workgroups discussed the following areas, **'Design and Physical Facilities of Haemodialysis Units', 'Equipment, Disposables and Consumables', 'Haemodialysis Practices, National Renal Registry and Quality Control', 'Human Resource', Staff-Patient Ratio, Dialysis Assistant Training, Accreditation and Privileging.** The results will then be presented to the Ministry of Health (MOH) for its consideration when it plans to review provisions of the Private Healthcare Facilities and Services Act 1998 and its Regulations 2006. The workshop was part of the program for the **8th NKF Annual Dialysis meeting** themed **"Operational issues in Dialysis Units"**. **The event was officiated by Dr Ahmad Razid bin Salleh, Head, Private Medical Control Section, Medical Practice Division, MOH, Malaysia, representing Dr Noraini Baba, Director, Medical Practice Division, MOH.**

Dato' Dr Zaki Morad, Chairman, Board of Managers, NKF, said,

"Haemodialysis treatment in the country has grown tremendously over the last 20 years. There are now about 20,000 patients on haemodialysis treatment or about 165/million population. This is indeed a remarkable achievement considering Malaysia is a middle-income country with a gross national income of about US 7,000 per capita. The achievement is due to the close collaboration between the government, particularly the MOH, the non-governmental organizations and the private sector. The rapid growth has posed many new challenges. Access to care is not a major problem anymore. The cost of care has been reasonable and has not grown much over the years. The challenge is mainly in the clinical area. Patient demographics have changed, with the majority of new patients taken in for haemodialysis treatment in the last few years being diabetics. There is also a significant proportion of elderly patients.



Participant raising issues at the workshop.

The haemodialysis management of these patients poses particular challenges. In this country, haemodialysis is the predominant form of renal replacement therapy, accounting for almost 80% of the treatment. While outcomes for dialysis have been commendable based on data from the National Renal Registry, more can and should be done. In 1995, the Department of Nephrology of Hospital Kuala Lumpur produced the **'Quality and Standards of Haemodialysis Treatment'** as a guide to the MOH's haemodialysis program. Parts of the standards were later incorporated into the **Regulations (Part XX11) of the Private Healthcare Facilities and Services Act.** The imposition of the regulations by MOH has, to a certain extent, improved the standards of care and safety for the patients. However, the standards formulated in 1995 have to be reviewed as, over the years, not only the demographic/clinical settings changed, but also dialysis technology and practices.

It is hoped the outcome of the workshop will be presented to MOH for its consideration and will serve as a benchmark to the future practice of dialysis in the country.

# 'BICARA HATI'



A poignant sharing of experiences by the families of organ donors and the recipients at Institut Jantung Negara (IJN).

As a climax and a fitting end for the National Organ Donation Awareness Week, which was celebrated recently nationwide from the 16th to the 24th of November, a special inaugural programme titled *Bicara Hati* was held at the Lobby of the new IJN Block on the afternoon of 23rd of October 2010.

The main objective of the event, co-organised by IJN and National Transplant Resource Centre (NTRC) with support from the Ministry of Health (MOH) and IJN Foundation, was to remember and commemorate all the special individuals who have donated their organs and tissues after their deaths to save the lives and give hope to those in need of transplants and the donor families who have made that happen.



*Loh Siew Chin, emotional over loss of her son, who donated his organs.*

The event, held for the first time in Malaysia, also provided an opportunity for the Ministry of Health and grateful recipients, who have benefitted from the gift of life to give thanks, not only to the donor families but also to all the agencies involved, both government and non-governmental, that have given their full commitment and assistance at every stage in making sure that the process of donation takes place smoothly and successfully.

Of the 300 donor families from all over Malaysia on record since 1997, NTRC was able to get in touch with 132 families who were invited to the event. Yayasan IJN provided a grant to provide financial assistance to the donor families for travel and accommodation, especially those who came from outstation. Those who needed accommodation were housed at the Yayasan Jantung residence.

34 donor families made the journey to attend this memorable occasion, some with children and elderly parents and grandparents with several organ recipients and their family members. The event, with 200 attendees in total, a truly 1 Malaysia affair, officiated by Datin Dr. Rogayah Bakri, the Deputy Director of the Medical Development Division, Ministry of Health.

Dato Dr. Mohd Azhari Yakub, the Deputy CEO of IJN Sdn Bhd, gave the welcoming speech as host, while Datin Dr. Lela Yasmin Mansor, Chief Transplant Procurement Manager and Head of NTRC, spoke on the objectives and the reason why the event was held.

Matron Jamaliah Kario, Senior Donor Coordinator, NTRC, gave a moving citation in honour of each and every one of the donors and their families.

During the function, a token of appreciation in the form of a crystal memento in a songket fabric box with words, **'Penderma Organ, Jasa mu di kenang selamanya'** and engraved with the name



*R.Kumar and wife Susila displaying picture of daughter, Hemala whose organs and tissues were donated.*

of the donor and the year of his/her birth and death was awarded to each donor families by Datin Rogayah on behalf of the Ministry of Health, to express gratitude for their generosity and sacrifice. Certificates of appreciation were also given to the various agencies for the assistance rendered.

The event was truly meaningful and had many emotional moments. The organ donation theme song "Pengorbanan Murni" composed by Hadi Hassan with the touching lyrics by Habsah Hassan, sung by Maulana and Ain from Akademi Fantasia, set the mood for the occasion.

Like the rain outside, there was not a dry eye among the audience during the sharing of experiences session by both donor families and organ recipients, first on video presentation and later in person on stage. Donor families, like Madam Loh Siew Chin, shared their experiences, about the pain of losing their loved ones, about how they were still able to think about other peoples' needs despite their grief and how the donation had in some ways helped them come to terms with their loss and how proud they were of the donor. Grateful recipients expressed their heart felt gratitude to their donor and the donor families who have given them this new lease of normal life.

Mr R. Kumar, 49 and A. Susila, 45 years, talked about the loss of their only child Hemala, 24 years old, who had wanted to be a famous nurse one day so she could help others but who died as she was just starting her training and yet at the end she got her wish to help others. Despite strong objection from other family members, the couple stood by their decision to donate the daughter's organ and tissues.

Similarly, school teacher, Claire Tan, 31, and her husband agreed for organ donation after her 2 ½ years old daughter was pronounced brain dead due to brain tumour. To her, the fact that her little girl's

kidneys helped not one but 2 teenagers to get back a normal life was simply amazing and helped ease the pain of losing her only daughter. Now she feels that her daughter is smiling in heavens at her decision and she has peace in her heart.

Likewise, Encik Roslan from Chenor who donated his 17 year old son's multi organs when the latter died in a road traffic accident never regretted making that decision, and his whole family is now fully supportive of his action although his siblings and wife's siblings were initially not for it.

The poignant sharing of feelings of gratitude by the recipients also captured the attention of the audience. Albert Gunaratnam who received his heart in 1998, tearfully expressed that everyday he never failed to thank God and his young donor and donor family who had given him that second chance of life. He could not imagine what if the donor family had said no, because he had only been given 6 months to live.

Tan Geek Koon, 42 years, developed end stage heart failure after the birth of her last child and for 10months she was living in IJN depending on her mechanical heart to survive, away from her husband and 4 children. She confessed that when she herself received the gift of a heart from her 17 year old donor, she felt ashamed that she had not pledged her own organs before because of what she thought was her religious beliefs.

Shazwani Alias, a bubbly girl of 23, shared that she did not have much of a life as a young teenager after she was diagnosed with end-stage kidney failure at age 10, but got her life back after she received a kidney transplant when she was 14 years old and she is ever so grateful to her donor.

In addition, IJN also presented a video tribute to Winnie Chen, 25, the young mother of one who had been the longest on the mechanical heart for 26months but who died while waiting in vain for a heart transplant and herself became an organ donor, which absolutely touched everyone who were present.

At the end of the function, everyone was given a pot of beautiful rosebush of various colours to take home to commemorate the legacy of ultimate love and sacrifice, the beautiful spirit of human kindness which is the act of organ donation.

All those who attended gave very positive feedback about the event which served as a wonderful platform for donor and recipients to share their outpouring of feelings and emotions, an opportunity that some of the donor families had kept pent up over the years. To know that their loved ones had passed on but their legacy remains was enough for them to feel happy with the end result of saving another life or lives.

It is hoped that this Bicara Hati event of Remembrance and Thanksgiving will be a yearly event and more donor families and recipients will take part in the future.

## LIFE-SAVER Walk Hunt

National Transplant Resource Centre (NTRC) and National Kidney Foundation (NKF) organized a Life-Saver Walk Hunt, at Astaka Taman Tasik Titiwangsa, KL, followed by an exhibition for Kidney Care Awareness, in conjunction with Organ Donation Week. The Life-Saver Walk Hunt attracted 25 teams, each comprising 4 persons and the occasion was made memorable with an Organ Donation theme song, composed by Habsah Hassan to mark the day.



Nur' Ain bte Zulkamain, Public Education Dept NKF at Kidney Care Exhibition with a visitor.



Centre, Ministry of Health, Dato' Sri Liow Tiong Lai, 2nd from right Tan Sri Dato' Lee Lam Thye visiting the NKF Kidney Care Exhibition at Astaka Taman Tasik Titiwangsa, KL.

## MERCY FLIGHT TO PENANG FOR NKF DIALYSIS PATIENTS



*Dialysis patients arriving by helicopter for dialysis treatment at Foyi Centre in Penang.*

It was indeed a relief for more than 17 dialysis patients when they were flown to Penang by helicopter for dialysis treatment after Tuanku Syed Putra-NKF Dialysis Centre, Perlis was flooded. They were accompanied by our four nurses and soon after their arrival at the Polo ground, they were sent to the Foyi 2-NKF Dialysis Centre at Jalan Hamilton for their treatment. Our Centre Manager Wong Lay Sin was there to render assistance to the patients, who were fatigued after the arduous journey by flight.

The dialysis patients were also accompanied by NKF Centre Manager for Kangar, Fatimah bt. Hasin, who contacted the Fire & Rescue Department for assistance to fly them to Penang for dialysis, as they require dialysis 3 times a week, otherwise they could die in a matter of days.

This was part of NKF's Disaster Contingency Planning in the event of floods, earthquake or any other natural disasters and was successfully put into practice. Due to the flood in the surrounding areas, the water and electricity supply of our two centres in Alor Setar, NKF were also disrupted. Our Centre Manager of Lions Club Alor Setar-NKF, Ang Bee Moy, had made arrangements to provide transport for 26 patients to Penang for dialysis. With these disruptions, our dialysis services had to be discontinued, the patients had to be transported for treatment to avoid complications. The local Superkids Committee members had also lent a hand to move the machines at Superkids Trinity-NKF centre, Alor Setar to the first floor to avoid damage.

The only problem NKF faced in the short-term was housing the dialysis patients, as many are poor patients who could not afford to pay the cost of hotel accommodation. Apart from that, many had come unprepared and arrived in Penang without any luggage. "I ran out to buy towels and other personal items for the patients, who were feeling unwell due to the trauma of the floods and the late dialysis," said Wong, Centre Manager for the Foyi 2-Dialysis Centre. Furthermore, our 3 dialysis centres in Penang had to open that Sunday to accommodate them for dialysis.

According to Chua Hong Wee, CEO of NKF, risk management had been made an important component of the integrated plan to ensure the safety of patients and this was the first time it had been put to the test, successfully.

According to Wong, in total 41 patients made the journey to Penang, 17 by flight and the others by bus and car, with accommodation and food being provided by NKF, Foyi committee and well-wishers.



*Arriving by bus, escorted by Centre Manager Ang Bee Moy.*



*Cleaning up after the floods at dialysis centres.*

## Direct Mail Appeal

Duration : 1st Jan- 30th November 2010

Raised : **RM 383,528.42**



Our deepest gratitude to all the Direct Mail donors who have supported NKF through this programme. Your generosity has enabled NKF to continue providing affordable dialysis treatment to more than 1,400 patients in 25 dialysis centre nationwide. Donations big or small, make a difference.

### General Donation

Duration : 1st Jan- 30th November 2010

Raised : RM 145,681.70

Our sincere gratitude to all donors who sent in their donations through mail. Your contribution is an immense blessing that relieves the suffering of NKF dialysis patients.

### Company/ CSR Contribution (1st August- 30th November 2010)

Pacific Mutual Fund Berhad	RM 56,000.00
Kam Lang Fatt Family Trust	RM 10,000.00
Alstom Asia Pacific Sdn Bhd	RM 6,000.00
Worldwide Learning (M) Sdn Bhd	RM 5,000.00
PPB Group Berhad	RM 4,000.00
Tenang Specialisr Clinic Sdn Bhd	RM 3,500.00
Individual- Miss Janice Sow	RM 5,000.00

## “Say NO to Plastic Bag Campaign - An Enviromental Caring Project with NKF”

Forgot to bring a bag when shopping?

Just contribute 20 sen to get a plastic bag at 42 Caring Pharmacy outlets every Saturday. NKF appreciates Caring Pharmacy for their contribution of RM 2,901.30 through their collection from 1st March to 30th September 2010.



## Touch A Life

Vitacare is conducting the “Touch A Life” campaign from 27 October 2010 to 31 January 2011. This is an annual fund-raising drive to support NKF patients in 25 dialysis centre nationwide. The sales proceed of “Touch A Life” Tote Bag for RM9.90 is targeted to purchase the 7th unit of dialysis machine for NKF.

NKF appreciates your generosity and continued support.



## VIP Production- Chinese New Year Album



VIP Production has embarked on a thoughtful fundraising project, where with every Chinese New Year album sold, RM1 will be channeled to NKF.

A charity concert themed “Passion of Love” will be held on 22nd January 2011 at Galaxy hall, Petaling Jaya.

## <A Token of Love>

A Token of Love charity booklet by ypaymall.com will be published in January 2011. By signing up as an e-merchant, you will support the charity event and at the same time advertise your esteemed organization. Part of the funds will be donated to NKF

Our booklet will feature all the latest products and services of the e-merchants. The vouchers give special prices and freebies to all readers.

‘A Token of Love’ will be distributed throughout Malaysia. We want to ensure that our target audiences are able to get a copy from bookstores and merchant outlets in Peninsular Malaysia.



‘Can You Help me?’

## Charity Performance Danceworks 2011



Danceworks Production & Ena Ballet Studio Company are jointly organizing a charity performance to be held in January 2011. The dance performance will consist of classical and non-classical ballet. A few well-known guest artistes from different countries will perform. NKF is glad to be one of the beneficiaries.

Project Theme : “CHARITY PERFORMANCE DANCEWORKS 2011”

Date : 14-15 Jan 2011 (Friday & Saturday 8.30pm)  
: 16 Jan 2011 (Sunday 3pm)

Venue : Istana Budaya Kementerian Penerangan, Komunikasi & Kebudayaan Jalan Tun Razak, 50694 Kuala Lumpur

Interested : Call 03-79549048 Ext 238 for enquiry

Ticket price : RM 220, RM180, RM140, RM100 and RM50.

COMPLETED



Puan Siti Maslinda Sheikh Othman, Head of Group Corporate Affairs of K & N Kenanga Holdings Berhad presenting a mock cheque to NKF CEO, Chua.

### K & N Kenanga contributes RM 10,000 to NKF Early Detection & Prevention Saves Lives Programme

In recognition of NKF's programme for early detection and prevention, K & N Kenanga Holdings Berhad contributed RM 10,000 to NKF. NKF LifeCheck had conducted health screening for the staff of K & N Kenanga Holdings Berhad.

Siti Maslinda Sheikh Othman, Head of Group Corporate Affairs said they supported NKF's noble cause in providing welfare to patients and in the promotion of kidney health awareness to the public.

COMPLETED

### “ The Gift of Love” Mid Autumn Festival

Date : 20th July – 22nd September 2010  
 Raised : RM 20,548.00

2010 Mid Autumn Festival “The Gift of Love” campaign was successfully ended with the support from Six Happiness Trading as our partner.

NKF promoted the low sugar mooncake for those who care for their health.

This campaign was made possible by great supporters like members of the Lions of P.J Metro, P.J Mutiara and many individuals. Our heartfelt thanks to them on behalf of our patients



### RECYCLE PAPERS INTO LIVES



Thanks to the volunteers for their continuous support.

Venue : Section 14, PJ  
 Date : 9th October 2010  
 Time : 10.00am – 1.00pm  
 Amount : RM 434.50  
 Collection Point : NKF, HQ PJ



Front, -left to right: Stanley, Jacob, Marcus  
 Back-left to right: Terry, Sue, Shirley

Sincere appreciation to the following supporters for the total collection of old newspapers from Jan to Oct 2010. NKF managed to raise:-

	RM
1. Soka Gakkai Malaysia(SGM)	4,446.24
2. Flamingo Hotel & Institue	639.80
3. Group Associated (C&L) Sdn Bhd	124.00
4. Lions Club of PJ Metro	847.50
5. Community Recycle Charity	1,000.00
6. Damansara Jaya Residents & Owner Association	1,703.30
7. National Kidney Foundation (NKF)'s volunteers	1,059.30
	<hr/>
	9,820.14
	=====

COMPLETED



From left, Irene Ooi representing NKF, at cheque presentation by Ng family.

### Birthday and Anniversary Gift to NKF

Date : 21st November 2010  
 Venue : Restaurant Extra Super Tanker

The Ng family had a double celebration, in conjunction with Mr Ng Hor Seng's 70th Birthday and his 45th wedding anniversary.

Mr Ng said the best gift was the contributions made to 3 organisation , one of which NKF received RM 10,000 for the benefit of needy dialysis patients.

COMPLETED

COMPLETED



## CSR Project- Worldwide Learning (M) Sdn Bhd

17 staff from Worldwide Learning (M) Sdn Bhd visited NKF- Dato' Dr. G.A. Screeveasan Dialysis Centre on 24th September 2010.

Miss. Shirley Koh, Head of General Fundraising, gave a briefing on the various programmes of NKF. A sum of RM5,000.00 was donated to NKF.

COMPLETED

## Lions Club of KL Seri Petaling- "Pin a Green Ribbon" Charity Dinner

Date : 14th Nov 2010, Sunday  
 Time : 5.30pm – 11pm  
 Venue : Chin Woo Auditorium, Kuala Lumpur  
 Contributed : RM5,000.00



Lions Club of K.L. Seri Petaling organized a charity dinner in conjunction with their 9th Anniversary celebration to raise funds for various charity organizations. The event was well attended by more than 600 people, while 40 individuals participated in the karaoke competition.



Ms Shirley Koh, (left) Head of General Fundraising (NKF), received the mock cheque from President Jeanna Tan (right), witnessed by District Governor 308 B1 Dato'Yow and Datin and Cheras MP Tan Kok Wai (in white).

COMPLETED

## Sponsorship in kind - Dialysis Chair

STM Marketing Sdn Bhd sponsored RM5,000.00 to purchase 7 units of dialysis chairs, which are located at NKF- Rotary Damansara Dialysis Centre in Selayang.



## NKF Northern Branch Activities

### NKF Northern Branch & Lions NKF Dialysis Centre Open House, 3 July 2010

The branch was thronged by many excited people who came as early as 8am to get their screenings done. During the open house, more than 100 people were screened for early detection of kidney disease. Other activities included a talk, "Are Your Kidneys, OK?" by Dr Ong Loke Meng, Chairman of Northern Branch. There was a Cake Decoration Demonstration by Penang Chinese Chef Association and an exhibition on Diabetes and Kidney Disease Prevention.



1001 Cupcakes in 1001 Hours in aid of the poor and needy dialysis patients



Health Screenings on Family Day.

NKF Northern Branch Volunteer Training Session with Sister Tan Lay Ai.

## Contribution to NKF LifeCheck Mobile Health Screening Unit

Continental SimeTyre PJ Sdn Bhd contributed 6 tyres worth RM 6,300 to replace the tyres on the NKF LifeCheck bus, which had been subjected to wear and tear since January 2008.



From Left, Sharlene Lee Manager, PED dept, Sam Chen, Chua Hong Wee, CEO NKF, Amelia Lim.

This generous contribution supports NKF in its efforts to bring health screening to members of the public nationwide.



## Teen Ambassador - Azizi Zakaria Lantern Festival in Ipoh

Date : 4th September 2010, Saturday  
 Venue : Moral Uplifting Society - NKF Dialysis Centre, Ipoh

NKF Teen Ambassador, Azizi Zakaria, together with Lions and Leos of Ipoh had a lantern festival party with staff and patients at the Ipoh dialysis center. The centre was decorated with flowers and lanterns.

The visit has touched the hearts of the dialysis patients, making them realize that still many caring Malaysians, particularly the young generation in the community, care about them. The 84 dialysis patients and staff received mooncakes and goody bags.

A contribution of RM381 was donated to NKF. Patients, staff, Lions and the Leos were having a good time together.

COMPLETED

COMPLETED

COMPLETED

## NU LIFE INTERNATIONAL SDN BHD - 19th Anniversary celebration

Date : 31st October 2010, Sunday  
 Time : 2pm – 6pm  
 Venue : NULIFE Office, Jalan Metro Pudu, Fraser Business Park.

When you celebrate your company's anniversary or achievement, would you like to share the success stories as well as donate to charity?

Nu Life's vision is "Saving Life, Giving Hope" and NKF's motto is "Giving Hope".



RM2,000.00 contribution received from NU Life Founder Mr.Kazim Mohd (left) and Malaysia CEO Andrew Thu (right) to give Hope to our patients by Miss Shirley Koh, Head of General Fundraising, NKF.

COMPLETED



### Lions Club of P.J. Metro - Peace Poster Contest

Date : 24th October 2010, Sunday  
 Time : 10 am-3pm  
 Venue : USJ 19 City Mall, Subang Jaya



The Lions Club of P.J Metro successfully held their Annual International Peace Poster Contest 2010/2011, which included Children colouring & Tiles painting contest.

There were two categories for the colouring contest; 8 years and below and 9- 12 years, while tiles painting contest had no age limit. A total of 118 participants joined in the contest, 63 out of 102 participated in the colouring contest, 37 for the Peace Poster Contest, 18 for tiles painting.

While judges were identifying the winners, parents and children were entertained with songs brought by Chromatic Charms. Children also participated in a "Chicken Dance" and "Ketchup Dance" on the stage.

The event contributed a total of RM945.00 to NKF.

### "Charity Greeting Hearts 2009 Project"

#### Cards sold by Sunflower Paper Passion & Things Sdn Bhd.

Contributions from: Emerson Network Power (M) S/B for 1050pieces of cards - RM 210.00  
 IMU Education S/B for 2442 pieces of cards is RM 488.40

For every card sold, 20 sen was contributed to NKF.

### "CNY 2010 Cards"

#### Contribution from Multi Art & Things Services:

For 2010 Chinese New Year Cards sold to: Sharmin Pang Ong & Partners 200pcs - RM 60.00  
 Securities Commission 4050pcs - RM 1215.00

For every card sold 30 sen contributed to NKF.

COMPLETED

## Direct Debit Donor Programme (DDDP)

Our appreciation to all DDDP donors who support us through this programme. Your contribution gives hope and provides a second chance to our patients.

Not forgetting, our gratitude to those organizations who have supported us by providing us complimentary booth space for our roadshows:

- 1 Ampang Puteri Specialist Hospital
- 2 Bukit Jambul Kompleks
- 3 Bukit Mertajam Specialist Hospital
- 4 CCM Duopharma Biotech Bhd
- 5 East Coast Mall
- 6 Hospital Balik Pulau
- 7 Hospital Kepala Batas
- 8 Hospital Kuala Lumpur
- 9 Hospital Pantai Mutiara
- 10 Hospital Pulau Pinang
- 11 Hospital Sultan Abdul Halim
- 12 Island Hospital
- 13 JPN Kuantan
- 14 Kajang Plaza Medical Centre
- 15 Klinik Kesihatan Bayan Baru
- 16 Majlis Perbandaran Seberang Prai
- 17 Malaysian Industrial Development Finance Berhad
- 18 Menara Komtar
- 19 Menara TM
- 20 Metro Specialist Hospital
- 21 Pantai Cheras Medical Centre
- 22 Seremban Specialist Hospital
- 23 Sunway Giza Mall
- 24 Sunway Medical Centre
- 25 Sunway Pyramid Shopping Mall
- 26 Tesco Ipoh
- 27 Tesco Klang
- 28 The Summit, USJ

COMPLETED

## Donation Box – "Spare A Change, Save A Life" as at 30th November 2010



Outlets	RM
Alpha Pharmacy	5,060.90
Bintang Superstores	10,503.85
Caring Pharmacy	2,718.80
Health Lane Pharmacy	3,136.85
Wan Seng Acupuncture Centre	875.00
Pasaraya F & G (USJ)	692.00
Yit Mun Café	508.50
Stesen Servis NAZ Jinjang	540.10
Daves Deli	1,193.00
Parkson	3,193.40
UO Superstores	3,125.50
H&L Supermarket	3,073.55
Revive Pharmacy	51.00
Pasaraya Millenium Sdn Bhd	86.00
10th Avenue Food Mall Sdn Bhd	757.25
Buletin Trading	25.80
<b>Total</b>	<b>35,541.50</b>

COMPLETED

COMPLETED

## Booth Opportunity



Project Title : NKF- 8th Annual Dialysis Meeting  
 Venue : Berjaya Times Square Hotel  
 Date : 16th~ 17th October 2010  
 Participants : 600  
 Raised : RM1,048.00

Sincere Appreciation to the Booth Opportunity Given and Volunteers Service Rendered

### Sin Chew Media Corporation Bhd

NKF Booth

Date : 7th September 2010  
 Time : 10am- 4pm  
 Venue : Sin Chew HQ, P.J  
 Raised : RM1,034.00

### Promodex Exposition Sdn Bhd

Carnival Expo Malaysia

Date : 16-19th September 2010  
 Time : 10am-10pm  
 Venue : Malaysia Agro Exposition Park Serdang (MAEPS)  
 Supporters/Volunteers : Essencialy Hormone Management and Miss Yap Wei Ni  
 Raised : RM1,357.00



### Sunway Pyramid Shopping Complex

NKF Booth

Date : 17-21st September 2010  
 Time : 10am- 10pm  
 Volunteers: Mr Chan Kin Meng, Mr Lee Chaing Hin, Miss Emily Chong, Miss Lee Ai Suan, Miss Nur Syafinaz and Miss Yap Wei Ni.



### The Institute of Internal Auditors Malaysia

2010 National Conference on Internal Auditing

Date : 4-5th October 2010  
 Time : 8am-5pm  
 Venue: KLCC Convention Centre  
 Raised: RM722.00



### Boys' Brigade in Malaysia

Karnival Gaya Hidup Sihat 1Malaysia Kuala Lumpur 2010

Date : 16th October 2010  
 Time : 8.30am- 4.30pm  
 Venue: Methodist College KL, Brickfield  
 Raised: RM175.00.

Other than the fundraising activity, awareness about kidney disease was brought to the children's attention.



### The Japan Club of Kuala Lumpur

Japan Charity Bazaar 2010

Date : 31st October 2010  
 Time : 8.00am- 3pm  
 Venue: Hotel Nikko K.L  
 Volunteer: Miss Jessie Look  
 Raised: RM610.00



COMPLETED

# Donate A Kidney Save A Life



Who can be the donors?  
All healthy adults



Any risks to living kidney donation?  
Same as any other surgery. Kidney donors can live normally on one kidney.

For more information, consult your nephrologist or contact  
National Kidney Foundation of Malaysia Hotline  
1300-88-3110 or visit [www.nkf.org.my](http://www.nkf.org.my)



A community service message by

**YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA**  
**NATIONAL KIDNEY FOUNDATION OF MALAYSIA** Regd. No. 659 (Sel)

馬來西亞腎臟基金會 மலேசிய தேசிய சிறுநீரக அறநிறுவனம்

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

Tel: 03-7954 9048/49 Fax: 03-7954 0535

Web: [www.nkf.org.my](http://www.nkf.org.my)