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Issue 4 2015 | PP9314/08/2012 (030426)



**DATO' DR. ZAKI MORAD BIN
MOHAMAD ZAHER, CHAIRMAN OF NKF
BOARD OF DIRECTORS (3RD FROM LEFT)
WITH HIS ISN PIONEER AWARD**

Who's Who @NKF

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Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia.

We are truly glad that we have been able to weather the economic downturn to achieve our overall target in fundraising.

With this, we have more confidence in the short term to sustain our day-to-day operations focused primarily on providing haemodialysis treatment to our poor patients in our 26 centres throughout the country.

We have been truly blessed by the support of corporate bodies in anchoring projects to raise monies from the public. At the same time, these organizations had been providing the necessary funds to carry out ad-hoc projects to promote healthy life style and organ donation as well as health screening to rural areas in Malaysia.

Nevertheless, this corporate support had often been intertwined with the participation of the individuals whose efforts have brought in streams of finances for our Foundation. Many had continued with their monthly donations to help fund us.

With the monetary buttress reassured thus far, we had carried out a host of activities of which are narrated in this issue of our newsletter.

We hope that you will find the narrations informative.

Have a nice time 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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BATTLING THE ODDS ALONE



Life does not always go the way we plan; this is the harsh truth that Sentul-born Valentine a/l Savariar has to face. In the 1980s, this eighth child in a family of nine siblings set off to London to pursue his ACCA (Association of Chartered Certified Accountants) qualifications.

Upon returning he started a costume jewelry shop in the Central Market in Kuala Lumpur. After about 20 years, he ran into financial difficulties and was forced to give up his business. He then resorted to selling his costume jewelry by the roadside along the Central Market. For a while, things seemed pleasant.

One day, when he was about 50 years old, Valentine felt dizzy and went to Hospital Kuala Lumpur (HKL) for treatment. He was diagnosed with hypertension and diabetes, and prescribed the necessary medication.

However, in July 2014, Valentine experienced breathing difficulties and was unable to walk; fluid was oozing from his thighs. His sister-in-law rushed him to HKL and he underwent several medical tests. The hospital then revealed that he had Chronic Kidney Disease (CKD).

Upon hearing this, his whole world collapsed. He was required to undergo eight dialysis treatments at Hospital Selayang. Subsequently, he was informed by the hospital that he had to find a dialysis centre for his treatment.

As his finances were scarce, Dr. Bee Boon Cheak of Hospital Selayang arranged for him to dialyse at Pusat Dialisis NKF-Rotary Damansara in Selayang. However, since the distance to and from his home in Kepong to the dialysis centre took more than three hours, it became increasingly taxing on him.

He requested to transfer to Pusat Dialisis NKF-Nanyang in Setapak which is closer to his home, and with the help of the Centre Manager, he has been receiving his treatment there since September 2014. His dialysis treatment is fully subsidised by NKF and the Ministry of Health.

As a result of his illness, bachelor Valentine's relationship with his siblings and other family members has become very strained. His friends have also turned their backs on him, as he is unable to socialise like he used to, due to his increasingly restricted movements.

When he is not dialysing, he continues to sell his costume jewelry. He knows that it will not be too long before this too becomes too strenuous for him.

A kidney transplant is the best long-term option to Valentine's problems, but this remains, at best, wishful thinking.

Despite Valentine's dire condition, he remains hopeful that one day things will improve.

Like him, thousands of kidney patients are praying for a suitable organ donor. Members of the public can help alleviate this situation by calling up the National Transplant Resource Centre (NTRC) for more information or to pledge their organs. The NTRC can be reached by calling 03 – 2681 0681/2; Toll Free: 1800-88-9080 or email ntrc@moh.gov.my

Graduation Day for Group 16 of Dialysis Assistant Course

On 29 October 2015, a graduation ceremony was held for the Group 16 of the Dialysis Assistant Course at the NKF Training Centre amidst a video presentation of the group's activities together with singing and a cultural dance performed by the successful dialysis assistants.

All the 20 participants of the group comprising 10 from NGOs including NKF and 10 from the private sector received their Certificates of Competency from NKF CEO, Mr. Chua Hong Wee, who was the Guest-of-Honour at the ceremony.

In his address, he commended the group for doing well in their course work with an average mark of 87%. He further reiterated, "this course is important, as you work in an environment to ensure the safety of the patients, and when you go back to your work place, you will be in a position to share the theoretical knowledge and practical experience you have acquired."

The award of the certificates was the culmination of 3 months' of study and practical the group had to undergo from 3 August - 28 October 2015. With the emphasis of the course on the core procedures in haemodialysis practice, the successful dialysis assistants had been assessed on amongst others clinical practice, case study presentations and their final examination.

In addition to having to attend lectures, they also attended practicals at Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya), Pusat Dialisis NKF – Kelab Apex (Klang), Pusat Dialisis NKF – Good Health (Kampung Pandan, Kuala Lumpur), Pusat Dialisis NKF – Charis (Cheras) and Pusat Dialisis NKF – Nanyang (Setapak, Kuala Lumpur). They also went on an educational visit to the Puncak Niaga Bekalan Air Selangor Phase II Water Treatment Plant at Bestari Jaya in Selangor.

In the speech on behalf of the group, Ms. Selin Anak Stanley, the students' representative said, "we are indeed thankful to the training centre staff and management of NKF for enabling us to acquire more in-depth knowledge in haemodialysis, and on top that, we are truly appreciative of the encouragement given by the tutors whenever we encountered challenges."

On the whole, another participant Encik Nurazlan Bin Nasarruddin said, "I have learnt a lot of new things especially with regard to dialysis machines and feel that the course per se is sufficient within the time-frame scheduled."

The ceremony came to an end with Ms. Selin Anak Stanley presenting Ms. Rebekah Harcharan Kaur, the Head of Training, with a farewell souvenir followed by a group photograph session.



Know Your Label, Know Your Food by Ms. Kher Pui Ling, NKF Dietician

Nutrition Information – ABC Biscuit

Serving Size: 4 pieces (20 g) ❶

Total Serving per box: 9

	Per 100 g	Per Serving
Calorie/Energy ❷	410 kcal	82 kcal
Carbohydrate ❸	62.1 g	12.4 g
Sugar	17.6 g	3.5 g
Dietary Fibre ❹	8.1 g	1.6 g
Protein ❺	6.3 g	1.3 g
Fat	15.9 g	3.2 g
Saturated Fat	7.6 g	1.5 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg

	Per 100 g	Per Serving
Sodium ❷	636 mg	127 mg
Vitamin A	312 µg*	62 µg*
Vitamin B1	0.42 mg	0.08 mg
Vitamin B2	0.67 mg	0.13 mg
Vitamin D	4.17 mg	0.83 mg
Calcium	690 mg	138 mg
Iron	4.2 mg	0.8 mg

*µg- microgram

❸ **INGREDIENTS:** Wheat flour, Palm oil, Salt, Leavening Raising agents, Enzymes Flour Treatment Agent.

❶ Start from serving size

The serving size indicates how much a single portion food is. It is usually provided in household units (cups or pieces), followed by the metric unit (gram).

- In this case, 1 serving size equals to 4 pieces of biscuits.
- Figure out the portion of nutrients you are going to consume from the label listed.

❷ Calorie

Calorie refers to energy. It indicates a measure of how much energy you will get from a serving of a food. This information is useful especially when you are on weight management (gain, loss or no change).

Example:

One sachet of biscuits provides 82 kcal. If 5 sachets of biscuits are consumed, a total 410 kcal will be provided as energy.

❸ Choose healthy carbohydrate

Food contains carbohydrate which raises blood sugar. This information is essential for those with diabetes control and is especially helpful in carb counting (1 exchange carb = 15 g).

- On a label, the sugar is included in the carb amount. Try limiting foods with added sugar.

• Sugar

Sugar free	Less than 0.5 g
Low Sugar	At least 25% less than normal packaging
No added sugar	No added sugar during food processing

❹ Aim for higher fibre

Fibre is a type of carbohydrate that cannot be digested by the body; hence it does not provide energy or increase blood sugar level. In fact, fibre helps maintain good bowel movement and may reduce the cholesterol level and the risk of colorectal cancer.

Good source of Fibre	At least 3 g per serving
High Fibre	At least 5 g per serving

❺ Protein

How much protein to consume is very dependent on an individual's need. For instance, protein needs vary depending on what stage of kidney failure one is in and/or type of dialysis modality one has chosen. (1 exchange protein = 7 g)

Ask your dietitian and physician about your daily protein need.

❻ ❼ Limit these nutrients

Most of the kidney patients are on low fat low cholesterol and low sodium diet. Go for lower fat and limit saturated fat and cholesterol. Consult your dietitian on your fat intake if you need to gain weight.

If you are on potassium restriction, please be aware that most of the low sodium products have added potassium. Read the ingredient list (potassium chloride).

- **Low Fat = 3 g** per serving or less
- **Saturated Fat = 2 g** per serving or less
- **Low Cholesterol = 20 mg** per serving or less
- **Dietary Sodium = salt**
- **Low Sodium = 140 mg** per serving or less

❸ Read ingredients list

Ingredients are listed in descending order by weight. For instance, the first ingredient is the most weight used in food. This information is helpful if you are on any diet restriction (high phosphorus/potassium food).

Useful Tip: You can use the 100g column to compare similar products gram for gram. For example, you can directly compare products to determine which are higher in fibre or lower in fat.

Reference: Nutrition Society of Malaysia. Food Laws and Labeling.

Preserving Kidney Function by Dr. Milton Lum

(Extracted From The Sunday Star 2 of 22 November 2015)

Kidney disease caused by diabetes is called diabetic nephropathy.

Diabetes and chronic kidney disease (CKD) are both common long-term conditions in Malaysia.

CKD is a term that describes abnormal kidney function or structure. It is commonly classified into five stages, increasing in severity from one to five.

One of the complications of long-term diabetes is kidney damage, which – although it only affects a minority of diabetics – is a significant cause of kidney failure.

High blood pressure and poor control of blood glucose are important risk factors in the development of kidney disease in diabetics. Smoking is another well-established risk factor. There is evidence which suggests that the presence of a first-degree relative with diabetes and kidney disease is a risk factor for the development of albuminuria or nephropathy. Other risk factors for the development of kidney disease include duration of diabetes, raised total/low-density lipoprotein, cholesterol and triglyceride levels and baseline urinary albumin excretion.

The kidneys contain small filter-like blood vessels through which the body gets rid of waste products in the bloodstream. The maintenance of normal blood pressure is the most effective way in slowing the rate of progression of kidney disease.

In early diabetic nephropathy, small amounts of albumin, which is a protein made by the liver, appear in the urine. This is called microalbuminuria, and it may come and go. Persistent microalbuminuria, however, is evidence of early diabetic nephropathy.

With time, there is a progressive increase in the amount of albumin in the urine of diabetics who are untreated, or whose diabetic control is poor. The albumin loss is reflected in fluid retention, causing swelling of the legs. With time, the normal removal of excess salt and water, and waste products, is increasingly impaired.

This is accompanied by high blood pressure, and a progressive decrease in the ability of the kidneys in removing waste products from the bloodstream.

The early stages of kidney disease usually occur after about 10 to 15 years of diabetes. The later signs of kidney disease are non-specific and include nausea, vomiting, loss of appetite, weakness, tiredness, itchiness, muscle cramps and anaemia.

Diabetic neuropathy can affect bladder control, with resulting difficulty in bladder emptying. This leads to urinary retention, with the built-up pressure backing up, thereby causing kidney damage.

In addition, urine retained in the bladder for prolonged periods can lead to infection, as bacteria grows rapidly in urine with high glucose content.

End-stage kidney disease is the eventual outcome, with only about 10% of the kidney still functioning.

The interval between damage to the kidney in diabetics to end-stage kidney disease varies with individuals, but the average is about five to seven years. The rate of progression of kidney disease depends on the type of diabetes, with type 1 diabetics more likely to develop severe kidney disease than type 2 diabetics; the management of diabetes, e.g. blood pressure and glucose control; and other factors like cardiovascular disease.

Acute kidney failure is characterised by a rapid reduction in the function of the kidneys. It is common when there is an acute illness and leads to severe life-threatening complications.

Diabetes, proteinuria and CKD are the common risk factors for acute kidney failure.

There is also increased mortality from cardiovascular disease at all stages of CKD.

The management of diabetics with kidney disease involves screening and prevention of kidney disease, treatment and reduction of progression of microalbuminuria, and treatment and reduction of progression of diabetes with kidney disease.

Good control of blood glucose and blood pressure can prevent or delay the onset of kidney disease. The maintenance of normal blood pressure is the most effective way in slowing the rate of progression of kidney disease. As such, it is essential for diabetics to have their blood and urine checked for kidney disease at least once a year.

Microalbuminuria is an early sign of diabetic kidney disease. Blood tests that measure kidney function are effective in monitoring and should be done at least annually. Medical attention should be sought if there are signs and symptoms of a bladder or kidney infection. They include passage of cloudy or blood-stained urine, pain or burning when urinating, feeling an urgent need to urinate often, back pain, chills or fever.

End-stage kidney disease is treated with dialysis, or if one is fortunate enough, kidney transplantation.

In short, the quality of life in diabetics with CKD is impaired, and preventive measures are the only way to avert this situation.



9th International Congress of the International Society for Haemodialysis (ISHD 2015 Congress)



On 13-16 September 2015, 1,456 delegates comprising 989 from the host country Malaysia and 467 from other countries participated in the ISHD 2015 Congress. The Congress was endorsed by several international organisations such as the Asian Pacific Society of Nephrology (APSN), International Society of Nephrology (ISN) and European Dialysis & Transplant Association (EDTA). It was held at the Kuala Lumpur Convention Centre with the theme “Global Challenges in Haemodialysis: Learning From The Past and Moving Forward”.

The international meeting was graced by the ISHD President, Professor Madhukar Misra from the United States of America and several members of the ISHD Council. Datuk Dr. Ghazali Ahmad, the Head of the Department of Nephrology at the Kuala Lumpur Hospital was the Congress Co-President, while Dato’ Dr. Zaki Morad Mohd Zaher, the Chairman of the National Kidney Foundation (NKF) of Malaysia was the Congress Advisor with Dr. Philip Jeremiah and Dr. Sunita Bavanandan as Co-chairpersons.

The Congress and Pre-Congress programmes were designed to benefit all personnel involved in caring for haemodialysis patients, from physicians to nurses and other allied health professionals.

Topics in the programmes ranged from basic science, including fundamentals of haemodialysis and complications in haemodialysis patients to practical aspects in interventional nephrology, molecular science, socio-economic issues and latest innovations.

During the opening ceremony, Dato’ Dr. Zaki Morad Mohd Zaher was presented with the ISN Pioneer Award for his outstanding achievements in improving nephrology in the region. NKF congratulates Dato’ Dr. Zaki Morad Mohd Zaher for receiving the award.

The award was in recognition of his pioneering contributions to the development of nephrology in Malaysia and in fulfilling the International Society of Nephrology (ISN) mission of advancing nephrology worldwide.



Organising Committee

NKF Mobile LifeCheck Health Screening Activities In Desolate Areas.



To reach out to the poor in isolated areas, NKF in collaboration with CQ Breyer Group of Colleges brought health checks to the fishing communities in Pahang, Melaka and Negeri Sembilan with the use of NKF LifeCheck bus. Where the health screening involved crossing the sea to Labuan, a team sponsored by Allianz Insurance Bhd. (Allianz) flew there.

The health screening encompassing a package including amongst others blood pressure reading and blood glucose test, acts as an eye-opener to the general well-being of those who had undergone the screening. For those who had been found to have irregularities in their health screening, they were advised to seek further medical check-up at medical clinics and hospitals.

Accordingly, on 24 August 2015 the Elite Team of 7 members led by Cik Norhafatini Binti Aziz headed for Kuala Rompin, and on 25 August 2015, the team was met by Encik Nasir Bin Haji Abdullah, the General Manager of the Rompin Fishermen's Association. It then carried out screening on board the bus from 9.00 a.m. to 4.00 p.m. and in the process screened 87 persons.

On 26 August 2015, the team proceeded to the fishing community in Nenasi where Encik Izwan Iliadi Bin Iliassa, the General Manager of the Nenasi Fishermen's Association met its members. The team carried out the health screening at the Dewan Besar Persatuan Nelayan Nenasi from 9 in the morning to 4 in the afternoon and by the end of the day 47 individuals were screened.

On 27 August 2015, the team was at Kuala Pahang to meet Encik Fauzi Bin Abdullah, the General Manager of the Pekan Fishermen's Association. Screening was carried out at the Community Centre of the Pekan Fishermen's Association from 9 a.m. to 4 p.m. with the result that 53 had their health checked.

As for Labuan, the Champion Team of 7 members under

Cik Nurfaraheen Binti Mat Sahari took a flight there on 18 September 2015 and was met by Encik Mohamad Afdhal Shahadat, a representative of Allianz.

Operating at the Labuan Financial Park from 10.00 in the morning to 10.00 at night on 19-20 September 2015, the team carried health checks on 307 people.

The screening rounded up with the Elite Team setting out on 6 October 2015 for Melaka Barat under Cik Norhafatini Binti Aziz. On 7 October 2015, the team met Encik Kamarudin Bin Yusoh, the General Manager of the Melaka Barat Fishermen's Association. Screening was conducted at the Dewan Gubal of the Melaka Barat Fishermen's Association from 9 in the morning to 4 in the afternoon resulting in 91 individuals having their health checked.

The team next went on to Port Dickson on 8 October 2015 to undertake screening likewise from 9 a.m. to 4 p.m. and was met by Encik Salim Bin Mohd Yusof, the General Manager of the Port Dickson Fishermen's Association. At the last screening stop, 35 individuals underwent the health check.

NKF thanks CQ Breyer and Allianz as well as the local liaison individuals for helping out in the trips.



Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar) Celebrated Family Day

Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar) celebrated its Family Day on 4 September 2015 by organizing a one day trip to Penang Island. The celebration was a departure from the normal holding of a dinner and was intended to bring about greater excitement and foster closer interaction among patients, their family members and staff of the centre.

63 persons joined in the tour to the island on board 2 buses which started from Alor Setar at 7.30 in the morning. Instead of taking the old bridge built in the 1980's spanning the Malaysian mainland with the island, the buses took the route southwards to Batu Kawan to cross the newly opened Sultan Abdul Halim Ma'adzam Shah Bridge to reach Batu Maung.

On the island, the group members went to the Penang Botanical Gardens where they went on their walkabout to enjoy the flora and fauna and to have a whiff of fresh air of the enclave.

They then proceeded to the Penang Hill with free entry to all the dialysis patients via express train made possible with the compliments by Perbandanan Bukit Bendera Pulau Pinang through the good offices of Encik Baharin Annuar Bin Abu Bakar, the Manager of the Promotion and Marketing Division of the Board, its executive Ms. Prescilia George and their staff.

As part of their itinerary, they also visited the elegantly restored Penang Peranakan Mansion, a museum showcasing the Penang Peranakan culture and artifacts. Entry into the museum was greatly assisted by Mr. Nick Z. F. Teo and his team, who had arranged for all the members of the visiting group to be given a 50% discount of the entrance fees.

Like all journeys that had to round up for the homeward trip, the last place the group went to was the Chew Jetty where the members saw Transformer figurines with many taking photographs with them as a remembrance of their visit.

The group finally reached Alor Setar at 10.30 in the evening after having a joyous, if not, a tiring day.



Launching of NKF's First Organ Donation Promotion Unit

On 20 October 2015, Y. Bhg. Tan Sri Datuk Seri Razman M. Hashim, the Deputy Chairman of the Sunway Group, officially launched NKF's first organ donation promotion unit at the Sunway Pyramid Shopping Mall.

The unit is part of the Foundation's continuous efforts to raise awareness of kidney disease and at the same time to encourage organ donation.

The unit has been set up with the assistance of the Sunway Group and is located at Level CP3 of the shopping mall.

It is also the first time in the country that an organ donation promotion unit has been established in a shopping complex to provide a convenient and strategic site for members of the public to seek information on organ donation and or to pledge and donate their organs.

The unit is manned by full-time NKF health care professionals who will be providing easily accessible information on organ donation and will readily assist visitors to pledge and donate their organs.



Announcement of Shawn Lee & Rejuvenate Dance Crew As NKF Youth Ambassadors

NKF proudly announced that Shawn Lee, the World No. 4 celebrity beatboxer and the Rejuvenate Dance Crew (RJVN) from 8TV Showdown and Astro Battleground fame had been appointed NKF youth ambassadors.

As NKF Youth Ambassadors, Shawn and RJVN are to boost the awareness of kidney disease through various promotional activities in addition to helping to raise funds that are to be channeled towards the treatment of poor patients of the Foundation.

Shawn and RJVN kicked off their ambassadorship by visiting NKF dialysis centers and donating blankets to the patients, leading Mr. Chua Hong Wee, the NKF CEO to comment, "It is indeed an applaudable and heartwarming to see them actively reaching out to help underprivileged patients."

Shawn and RJVN will continue to promote kidney awareness while they are on a tour around Malaysia to promote Shawn's brand new single, "It's a Mad Life." During December 2015, they were seen at schools and colleges handing out exclusive autographed posters and NKF flyers.



AMNES
TALENT HUB
014-400 0003

SHAWN LEE
ASIA'S CHAMPION BEATBOXER
WORLD #4 BEATBOXER 2012



Family Day Lunch of Pusat Dialisis Amal FO Yi (Unit 1) Penang

In conjunction with its family day on 4 October 2015, Pusat Dialisis Amal Fo Yi (Unit 1), Penang organized a 5 course Chinese lunch from the NKF family day budget for its patients, their family members and staff.

The function was held at the Ming Garden in Penang Time Square and was attended by 80 people with patients and their family members at the lunch being given water tumblers as door gifts with the compliments from SANDOZ, a Novartis company.



Guests at the lunch were a committee member of Fo Yi and members of the committee for the NKF Northern Branch.

Amongst the highlights of the event was the presentation of gallantry award to Mr. Ong Teik Beng, a patient's son, who fought and put out a fire at the centre's hepatitis C room on 24 September 2015 when the air-conditioning switch caught fire. Others given the gallantry awards were Staff Nurses, Geetha and Farid as well as Dialysis Assistant, Annaletchumy who were instrumental in evacuating 9 patients to safety within 5 minutes of the break-out of the fire.



To spice up the occasion and as a climax to the lunch, lucky draws were held with the first 3 prizes being hand-phones that were sponsored by donors.

Mitrajaya Holdings Bhd Donated To NKF

To commemorate its 30th Anniversary, Mitrajaya Holdings Bhd (Mitrajaya) held the “Glitz and Glamour Night” with a grand dinner, primarily for its staff on 5 September 2015 at the Shangri-La Hotel in Kuala Lumpur.

The company is listed in the Kuala Lumpur Stock Exchange (KLSE) and is engaged in a diverse range of activities, amongst which are construction, property development, manufacturing and healthcare.

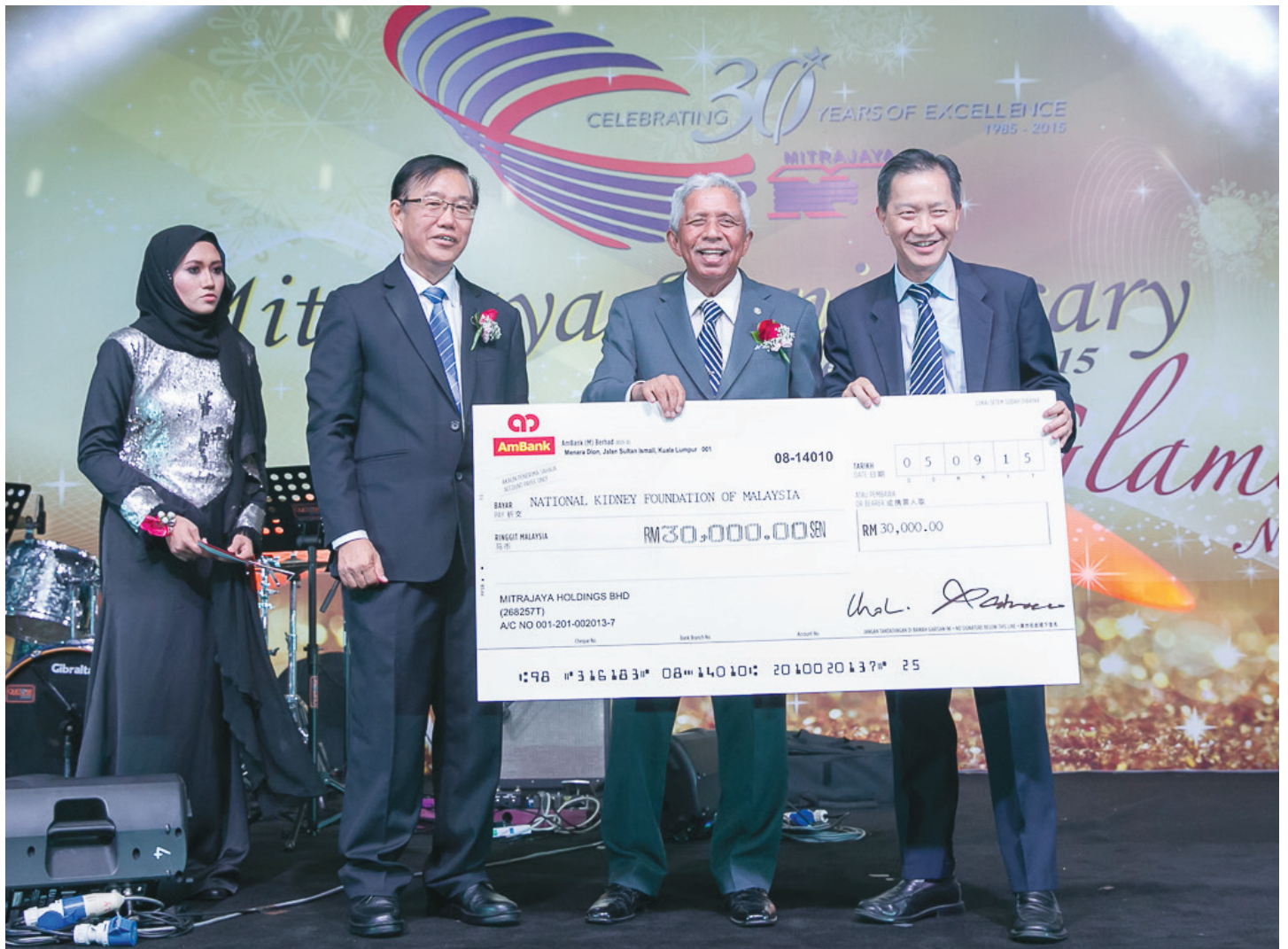
As part of its Corporate Social Responsibility (CSR), Mitrajaya too contributes to charitable organizations.

At the celebration, the company donated RM30,000 to NKF to assist the Foundation in providing haemodialysis treatment to poor patients .

On hand to receive the cheque for the donation was Mr. Chua Hong Wee, the Foundation’s CEO. The presentation was made by the company Chairman General (Retired) Tan Sri Ismail Hassan who mentioned that, “Mitrajaya Holdings has come a long way since starting out as a construction outfit in 1985 to being listed in the KLSE in 1994.”

Also present was Mr Foo Chek Lee, Executive Director of Mitrajaya Holdings Bhd.

NKF is indeed grateful for the generosity and kindness of Mitrajaya.



Star Foundation Donated a Dialysis Machine to NKF

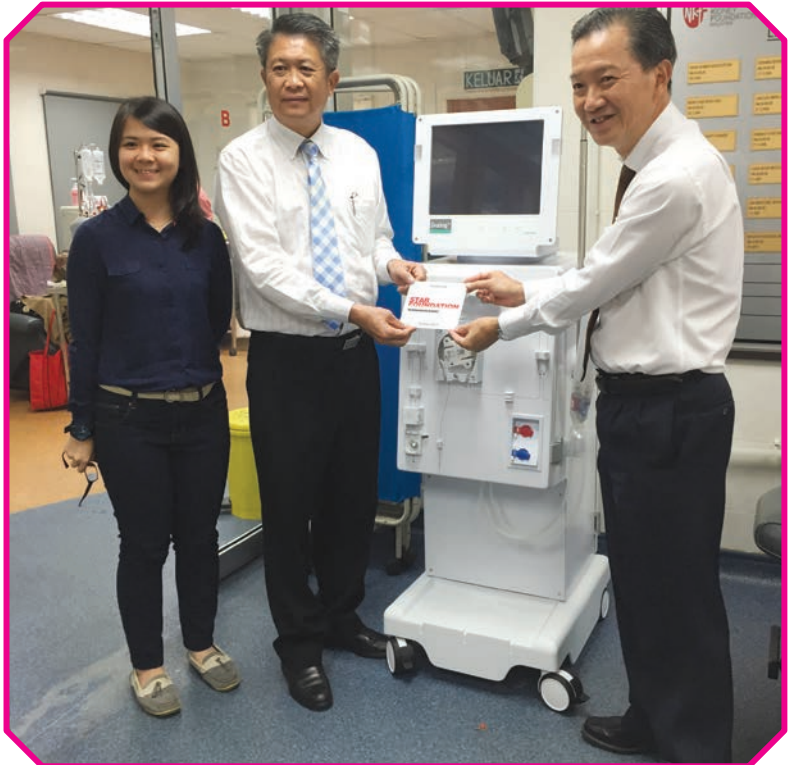
On 6 November 2015 Star Foundation, which is a charitable arm of the Star Media Group, presented a dialysis machine worth RM45,000 to NKF.

The machine was presented by a trustee of the Star Foundation, Mr. Tan Chong Seng, to Mr. Chua Hong Wee, the Chief Executive Officer of NKF at a ceremony held at Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya).

As regards the handover Mr. Tan Chong Seng remarked, "this is one of the many cases we are donating to and we are doing so on the merit of the cause".

"We are truly thankful for the gift of the machine as every year our Foundation needs 20 dialysis machines to replace the older existing ones", said Mr. Chua Hong Wee, who in return presented the trustee with a plaque in appreciation of the generosity of the Star Foundation.

The machine is now being placed and used at Pusat Dialisis NKF-Yayasan Pembangunan Keluarga Darul Ta'azim (Johor Bahru) in Permas Jaya, Johor.



Fundraising By Monash University Medical Students



On 20 and 21 August 2015, the Monash University Medicos Society (MUMedS), comprising Year 1 and Year 2 medical students from Monash University Malaysia organised a charity carnival to raise funds for National Kidney Foundation (NKF). The charity carnival is an annual event organised by MUMedS as part of the medical students' initiative for community work and health promotion. The slogan for the carnival was 'No Kidding with Kidneys', indicating the carnival's objective of raising awareness among the public regarding the severity of kidney diseases and importance of kidney health.

The event was officiated by the representative from Jeffrey Cheah School of Medicine and Health Sciences, Assoc. Prof Dr Uma Devi Palanisamy and NKF Donor Relations and Events Executive, Ms. Stephanie Wee. Throughout the two days, various activities were carried out, such as food bazaar, sports

tournament involving basketball, badminton and futsal, creative performances by students of Monash University and lucky draw sessions. Furthermore, there were sales of awareness T-Shirts exclusively designed by members of MUMedS. The NKF was also directly involved in the carnival by setting up a booth to sell official NKF merchandise and providing free health screening services on the NKF LifeCheck Mobile Health Screening Bus.

Overall, the event was a great success, raising a total of RM8,171.40 from the sales and donations. The committee members of MUMedS consisting of the club President, Mr. Roger Gan, Community Service Officer, Ms Toh Mei Teng and Treasurer, Ms Ooi Jia Xuan met with the NKF CEO, Mr. Chua Hong Wee and Donor Relations and Events Executive, Ms Joanne Sim after the funds had been banked into the account of the Foundation. They later proceeded to have a first-hand look at the operations of a NKF dialysis centre.

Donations via Mooncakes Added to Income of NKF

For the second consecutive year, 2015 saw the close partnership between NKF and KLT Food Industries Sdn. Bhd. in raising monies to help sustain the day-to-day operations of the Foundation. These operations are essentially in providing dialysis treatment at the Foundation's various centres throughout the nation to the poor and needy patients.

The partnership was in commemoration of the annual celebration for the Mid-Autumn Festival on 27 September 2015 with mooncakes being proffered as gifts to relatives, friends, business partners and associates at a time of thanksgiving and get together, or for own consumption.

A range of low sugar mooncakes of three sets and various flavours was produced out of this arrangement. All the cakes came packed in beautifully decorated boxes. A total of RM 46,111.18 was raised by NKF through the sales of the mooncakes.

NKF thanks all those who had purchased mooncake for their support.



Presentation of a Dialysis Machine by ANGKASA

On 23 October 2015, Associate Professor Datuk Haji Mohammad Ali Hasan the Vice-President of Angkatan Koperasi Malaysia Bhd (ANGKASA) at a ceremony at Pusat Dialisis NKF -Nanyang (Setapak, Kuala Lumpur) presented a dialysis machine worth RM45,000 to NKF.

During the hand-over, Associate Professor Datuk Haji Mohammad Ali Hasan said, "it is indeed a great pleasure for us to be able to play our part in helping the poor and needy in order that they may be able to lead a better quality of life.

Encik Nor Rosli Bin Bujal, the Dialysis Manager of the Foundation's Medical Department received the machine on behalf of NKF, witnessed by Ms. S. Shobana, the NKF Head of Branding, Communications & Fundraising as well as members of the staff from ANGKASA and the dialysis centre.

In turn, Encik Nor Rosli Bin Bujal, on behalf of NKF thanked the Professor and ANGKASA for the gift of the machine and at the same time presented a memento to the Vice-President in appreciation of the donation of the machine.

Following the hand-over ceremony, the Professor went around greeting and giving each patient dialysing at the centre a goody bag.

The machine concerned is now being placed at Pusat Dialisis NKF -Nanyang (Setapak, Kuala Lumpur).



NKF As Charity Partners In The Kuala Lumpur "Run To Give" 2015

On 3 November 2015, Mr. Charlie Dang, the Regional Vice-President for South East Asia of Starwood Hotels & Resorts at a ceremony held at the NKF head office handed over a mock cheque for RM17,088 to the Foundation. On hand to receive the cheque was Mr. Chua Hong Wee, the NKF Chief Executive Officer.

The money was to assist the Foundation in its day-to-day operations to provide dialysis to the poor patients suffering from chronic kidney disease (CKD). The money was raised during the Kuala Lumpur "Run To Give" 2015 organised by 5 hotels of the Starwood Hotels and Resorts, namely, the Aloft Kuala Lumpur Sentral, Four Points By Sheraton Puchong, Le Meridien Kuala Lumpur, The Westin Kuala Lumpur and Sheraton Imperial Kuala Lumpur.



Covering a distance of 5 kilometers and open to guests and associates of the hotels as well as members of the public, the run was held on 11 October 2015 at the Bukit Jalil Park as the start-off point.

Participants in the run had to pay a fee of RM50 and were given free limited edition T-shirts. The run was also known as the "Fancy Hat Run". The participants were encouraged to wear fanciful hats for the event, while children were urged to bring along teddy bears as donations to a local shelter home.

Winners were picked from the Fun, Stylish and Creative categories for the hats worn and given dining vouchers.

In conjunction with the run, NKF's mobile health screening unit was at the site to provide free health screening to the participants.

THANK YOU TO ALL OUR DONORS WHO HAVE CONTRIBUTED FROM SEPTEMBER TO NOVEMBER, 2015

No	Particulars	Amount (RM)
1	Donation Boxes "Spare A Change, Save A Life Campaign"	
	Caring Pharmacy	1,689.55
	Alpha Pharmacy	1,282.45
	Dave's Deli (1 Utama)	934.00
	Health Lane Pharmacy Sdn Bhd	556.70
	Parkson Corporation Sdn Bhd	530.85
	Hot n Roll @ e-Curve	76.15
	Total	5,069.70
2	Environmental Project - "Recycle Paper Into Lives"	
	Soka Gakkai Malaysia (SGM)	500.00
	Total	500.00
3	Company CSR / Associations / Individuals	
	Biaxis (M) Sdn Bhd Charity Drive - 2015	14,000.00
	AmanahRaya Trustees Berhad	13,080.00
	Kam Lang Fatt Family Trust	10,000.00
	CIMB- Principal Islamic Asset Management (Ireland) PLC	9,109.09
	Macquarie Group Foundation	5,718.40
	Datin Seri Ting Sui Ngit Foundation	5,500.00
	LAKIM (Lembaga Pemegang Amanah Kolej Islam Malaysia)	5,000.00
	Teh Liang Peng Sdn Bhd	4,000.00
	Forefront Studio Sdn Bhd	3,500.00
	Reader's Digest Asia Pte Ltd	3,067.00
	Hoo & Co	3,000.00
	Sime Darby Lockton Insurance Brokers Sdn Bhd	3,000.00
	Total	78,974.49

Direct Debit Donor Programme (DDDP) July - September 2015

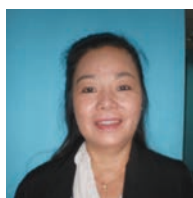
Our sincere gratitude to all DDDP donors who have supported us through this programme. Your contribution gives hope and provides our patients a second chance to live.

We would also like to extend our appreciation to the following organizations for supporting us by providing complimentary booth space for our road shows from the months of July to September 2015.

AEON Bukit Raja,Selangor	Hospital Tuanku Jaafar Seremban,Negeri Sembilan
AEON Bukit Tinggi Shopping Centre,Selangor	iFOODOEX Expo,Penang
ALT Exhibitions Sdn Bhd,KL	Jelas Puri Sdn Bhd,Selangor
Ampang Puteri Specialist Hospital,Selangor	Johor Premium Outlets,Johor
Damansara Specialist Hospital,Selangor	Jusco Metro Prima Shopping Centre,KL
Desa Park City,KL	KPJ Selangor Specialist Hospital,Selangor
EM Exhibitions (M) Sdn Bhd,KL	Lanceford Exhibitions (M) Sdn Bhd,KL
Hospital Melaka,Melaka	Langkawi Airport,Kedah
Hospital Pantai Ampang,Selangor	RJ Twin Entertainment,Selangor
Hospital Putrajaya,Wilayah Persekutuan	Sepang International Circuit Sdn Bhd,Selangor
Hospital Raja Perempuan Zainab II,Kelantan	Menara Millenium,KL
Hospital Sultan Abdul Halim Sg Petani,Kedah	Park City Medical Centre,KL
Hospital Sultan Haji Ahmad Shah,Pahang	Sunway Pyramid Shopping Mall,Selangor
Hospital Sultanah Nur Zahirah, Terengganu	Tawakal Hospital,KL
Hospital Teluk Intan,Perak	

NKF's TOP 5 FUNDRAISERS

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



Chan Kam Moon



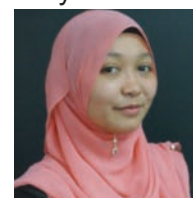
Shammini A/P
Ganesan



Vishvanathan A/L
Arumugam



Lim Kah Kheng



Nur Shafeqa Binti
Tamat

NKF is pleased to announce our Top 5 fundraisers for the 3rd Quarter of 2015. This appreciation recognizes 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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