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Issue 2 2015 | PP9314/08/2012 (030426)

## World Kidney Day Dance Marathon 2015



## Who's Who @NKF

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Kher Pui Ling

#### Errata

In the last issue, it was reported that the donated haemodialysis machine was placed at NKF Cheras instead of NKF Kampung Pandan. The error is regretted.

# Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia.

In our last issue, we mentioned about the challenges encountered as a result of the great floods affecting our dialysis centres in the East Coast states in Peninsular Malaysia and of the impending preparations for the World Kidney Day 2015 celebrations.

With the passage of time we successfully overcame many challenges to our dialysis operations in our flood affected centres and at about the same time managed to set our own record in holding our World Kidney Day 2015 celebrations over a period of more than a month from 29 February to 29 March.

The end of the celebrations culminated in the spectacular dance marathon which attracted no less than 600 participants.

There was no let-up in our other activities. Our fundraising efforts explored and followed up new opportunities in search of donations, while at the same time kept in constant touch with the existing donors.

On the other hand, our mobile health screening teams together with the newly set up group to promote organ donation went about promoting awareness of kidney health and trying to get greater response towards organ donation especially that of the kidneys.

As a corollary to the donations received, the Foundation reciprocated by lowering the dialysis fees for self-paying patients and making funds available to deserving patients. Details with regard to such benefits can be gleaned within the newsletter.

Until then, happy reading.

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 - Sandakan Kidney Society.                                 | 089-227852  |
| 26. Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim).                        | 04-4080669  |
| 27. Pusat Dialisis NKF - Sang Riang (Triang).                                     | 09-2505709  |

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# RESILIENT IN SPITE OF THE ODDS

Despite repeatedly being dogged by ill-fortunes throughout 60 years of his life, Wong Voon Fook steadfastly continues to endure.

Forced to fend for himself at an early age, he had to give up his education after Form 4 to work in renovating homes. One day before 1970, even the single storey wooden house that he and his family lived in was demolished to make way for low-cost flats.

Wong eventually ventured away from Malaysian shores – a journey which would see him entering the home renovation industry in Singapore and Japan. He went to the extent of taking up a job in a restaurant in England before returning to Malaysia.

Fortunes took a backslide for him in 1999 when his wife left him. He landed up taking care of his three daughters by himself. They are currently living with him in their two-bedroom low cost flat in Cheras along with Wong's widowed sister, a retired tailor. As the sole breadwinner in the family, life had been tough but Wong still did the best he could with meagre financial assistance from his siblings and his sister's son-in-law who works as a technical supervisor.

Wong's health gradually began to deteriorate. In addition to dealing with asthma, Wong contracted hypertension and diabetes. However, the biggest blow to his health came in 2013, when he was diagnosed with Chronic Kidney Disease (CKD). Preceding this diagnosis, Wong had experienced swelling all over his body as his kidneys had failed.



Wong's deteriorating health also meant that he could not continue working as he used to. His doctors advised him to take on lighter, less arduous work, which would lead to a further loss in income. Eventually, Wong was forced to give up his full-time job.

A month after undergoing dialysis treatment at Universiti Malaya Medical Centre (UMMC) where he was diagnosed with CKD, Wong was referred to Pusat Dialisis NKF - Charis (Cheras), near his home. For more than a year now, Wong has been undergoing dialysis treatment here with all expenses borne by NKF.

In spite of his condition, Wong still tries to maintain a positive outlook on life, and refuses to allow his circumstance to overcome him. As his health and schedule in between dialysis treatment permit, Wong takes on less strenuous ad-hoc home remodelling jobs, although these are hard to come by. Meanwhile, he remains hopeful for a transplant although he has expressed that he cannot bear to have any of his siblings or daughters donating their kidneys to him, even if they are compatible.

"I know the chances of receiving a kidney for transplant from unknown donors are slim. However, I just do not want to burden my siblings or daughters any more than they already have been. I just hope and pray that my daughters lead healthy and successful lives. They are still young and have their whole lives ahead of them," said Wong, whose eldest daughter is taking Business Studies at Universiti Tunku Abdul Rahman (UTAR) on a PTPTN loan, while his second daughter is in Form 6 and the youngest is in Form 5.

He is currently on the waiting list for a kidney transplant, which would definitely provide some relief to his illness.

# Graduation of Group 23 Of The Post Basic Haemodialysis Nursing Course



Group 23 of the NKF's Post Basic Haemodialysis Nursing Course comprising 50 nurses from the National Kidney Foundation of Malaysia (NKF), other Non-governmental Organisations (NGOs) and the private sector graduated on 17 April 2015 after having successfully passed the programme.

Of the 50, 10 were NKF staff, 10 from other NGOs, while the remaining 30 were from private Haemodialysis Centres in Malaysia.

The graduates started their 6 month training on 7 October 2014, and had undergone training on Applied Renal Physiology, Principles of Dialysis, Haemodialysis Procedures and Nursing Care, Infection Control, Dietary Aspects in Chronic

Haemodialysis, Ethical Issues in Dialysis, Principles of Management, Counselling Skills as an understanding on the importance of water treatment.

Since 2005 the Post Basic Haemodialysis Nursing Course has been conducted in groups to develop the necessary skills, knowledge and attitude required for staff nurses and assistant medical officers involved in haemodialysis. With the completion of the course, the para-medical personnel can carry out dialysis treatment as part of a safe, effective, efficient and caring team.

"Haemodialysis involves a delicate and extensive procedure that goes beyond operating and maintaining the machines, to also include providing counseling for the patients. NKF Training Centre offers a comprehensive training programme for nurses and medical personnel three times a year," said Mr. Chua Hong Wee, CEO of NKF.

Aizura Mohamed Ibrahim, one of the graduates said, "Though the course might have been difficult at times, it certainly paid off as it had molded me into a more confident individual in delivering quality care to patients".

Mr. Chua added, "Chronic Kidney Disease is an irreversible condition in which kidneys are damaged and cannot function properly, and patients therefore need to depend on dialysis. Since 1993, the number of registered patients undergoing regular dialysis treatment in Malaysia has increased by more than 22 fold! As such, there is a real need for more certified nurses and medical personnel who are well trained to provide assistance for dialysis patients."

## THANK YOU TO ALL OUR DONORS WHO HAVE CONTRIBUTED FROM MARCH, 2015 TO MAY, 2015

| No       | Particulars  | Amount (RM)      |
|----------|--|------------------|
| <b>1</b> | <b>Donation Boxes "Spare A Change, Save A Life Campaign"</b> |                  |
|          | Parkson Corporation Sdn Bhd                                  | 2,240.00         |
|          | Alpha Pharmacy   | 1,762.00         |
|          | Caring Pharmacy  | 1,649.00         |
|          | Mercato Sri Hartamas Supermarket                             | 1,103.00         |
|          | Health Lane Pharmacy Sdn Bhd                                 | 982.00           |
|          | Wan Seng Acupuncture   | 679.00           |
|          | Dave's Deli (1 Utama)  | 423.00           |
|          | Vinson Aquarium, Kajang                                      | 170.00           |
|          | Mosat Mgmt.-Caltex Station                                   | 75.00            |
|          | <b>Total</b>   | <b>9,083.00</b>  |
| <b>2</b> | <b>Environmental Project - "Recycle Paper Into Lives"</b>    |                  |
|          | Soka Gakkai Malaysia (SGM)                                   | 350.00           |
|          | <b>Total</b>   | <b>350.00</b>    |
| <b>3</b> | <b>Projects</b>  |                  |
|          | Segi College (Subang Jaya) Sdn Bhd                           | 3,000.00         |
|          | UKM-Fit & Fun Carnival                                       | 2,500.00         |
|          | Michael Earnleigh De Kretser (Go-Communications)             | 1,532.00         |
|          | RESPECT - "Jom Makan" Project                                | 205.00           |
|          | <b>Total</b>   | <b>7,237.00</b>  |
| <b>4</b> | <b>Company CSR / Associations / Individuals</b>              |                  |
|          | Pacific Mutual Fund Berhad- Pacific Dana Aman                | 40,000.00        |
|          | Ecomold Technology Sdn Bhd                                   | 10,000.00        |
|          | AmanahRaya Trustees Bhd-Public China Ittikal Fund            | 5,720.00         |
|          | Thye Heng (How Kee) Plantations Sdn Bhd                      | 5,000.00         |
|          | Yayasan Lim Goh Tong   | 3,000.00         |
|          | Coca-Cola Collectors Fair                                    | 1,850.00         |
|          | Institut Bank-Bank Malaysia (FSTEP)                          | 1,000.00         |
|          | University Putra Accounting Club                             | 1,000.00         |
|          | <b>Total</b>   | <b>67,570.00</b> |

# Keep a Food Diary for a Better Blood Sugar Control

by Ms. Kher Pui Ling, Dietician NKF

According to the National Renal Registry Report 2013, diabetes mellitus is the most common cause of chronic kidney disease. Hence, maintaining a good blood sugar profile is essential to slow down the progression of chronic kidney disease (CKD). However, the most challenging part in diabetes care for many individuals is making food choices. Apart from knowing the types of food to eat, food choices include the proper amounts of food to take as well as the appropriate times for meals. Furthermore, food intake has to be adjusted accordingly to accommodate the variations in the blood sugar levels. The intake adjustments will also be made in tandem when an individual is physically active, sick or experiencing critical moments.

Food planning inevitably plays an important role in diabetes care and blood sugar control. However, each of us has our own eating pattern based on our religion, culture and traditions and personal food preferences. Hence, the best way to know how the food we eat affects our sugar level is to maintain a food diary.



Keeping a food diary helps us in many ways:-

1. Designs a food plan that includes the types of food we like to eat
2. Reveals the response of our body to certain quantities of food
3. Monitors our blood sugar records and helps us to review decisions in relation to our management of our diabetes to have a better control of our

blood sugar.

The following is the format of the food diary.

| Date:  |                   |                         |      |               |
|--|-------------------|-------------------------|------|---------------|
| Meal/Time  | Blood sugar level | Oral medication/Insulin | Food | Food Quantity |
| Fasting  |                   |                         |      |               |
| Pre-meal   |                   |                         |      |               |
| Post-meal (after 2 hours)  |                   |                         |      |               |
| Today's activity and notes: (e.g. brisk walking for 30 minutes, play badmintons for 1 hour etc.) |                   |                         |      |               |

The basic information we will be recording is listed in the following:

**The time we eat.** Write down the various times of all our meals and snacks.

**What and how much we eat.** Avoid vague measurements.

Vague measurements such as 1 small bowl of rice or 1 large plate of rice make it difficult to define how much we eat. Measuring with a standard measurement is recommended. We can gauge with our eyes our measured serving sizes to make it easier to maintain our food diary. For instance, by using a scoop as a standard measurement, we can estimate that 1 large plate of rice is equivalent to 4 scoops of the cooked cereal.

**Other information.** Include the results of our blood glucose monitoring (before each meal, 2 hours after meal) and note our activity for the day.

## Goals for Blood Glucose Monitoring

|                      | Your goals |
|----------------------|------------|
| Before meal          |            |
| Two hours after meal |            |
| At bed time          |            |

We need to discuss our target goals with our diabetes care team. If we are not achieving our blood glucose levels, our food, activity, or medication dosage will need to be adjusted. In considering such an adjustment, food is not always the problem. Many times we may hear "we just need to eat less." Yes, food does greatly influence our blood glucose levels, but remember to consider our overall balance involving food, activity and medication dosage. To improve the overall balance changes can be made as follows.

## Rearrange food intake and the timing for meals.

Rearrange the time we eat the food we like. For instance, we can have small portions for our meals and snacks throughout the day. This does not mean we are eating less, but it is just a rearrangement involving the timing of our food intake to be in sync with our medication and activity for the effectiveness of our control of the blood sugar level.

**Be physically active.** Be active for five or more days a week. A little activity everyday may improve our blood glucose level. It is good to have the glucose level checked before exercise to see if we need a snack.

**Take or adjust diabetes medication.** Diabetes medication can usually be adjusted to our typical eating pattern. This may be in the form of insulin injection or an oral drug. We need to discuss with our doctor and must not miss our appointment for diabetic follow-up.

Taking care of our diabetes takes time and efforts. A food diary is our first step in establishing our food plan. Besides, it also serves as our guidebook for making food choices.



# Elderly kidney donor doing well



**Gift of love:** Simah and her daughter Ibi in the pink of health at a private hospital during a check-up.

**KUALA LUMPUR:** An 82-year-old woman became the oldest living kidney donor in South-East Asia when she donated a kidney to her daughter two years ago.

Simah Empaling and her daughter Ibi Uding, 50, are back to their regular way of life after the operation, with Ibi running her cleaning business with her husband.

“Now, I want to rear 110 goats in our rubber plantation,” said the enterprising Ibi, an Iban from the Merakai longhouse in Serian, 80km from Kuching.

Ibi, who had polycystic kidneys, said she lost hope when she heard that her kidneys had failed in late 2012. By January 2013, she no longer had any appetite, and her weight had dropped from 72kg to 55kg.

After Ibi was put on dialysis, two persons from a church offered their kidneys to her, but her doctor said organ transplants involving non-relatives were not allowed in Malaysia.

Her husband was also ruled out as he was diabetic.

“When my mother saw me on dialysis, she broke down and said she could not see her child die before her,” said Ibi.

Several tests were carried out on Simah, then 79.

Following the transplant, the doctors were amazed that Simah’s kidney functioned like it belonged to a 40-year-old, with Ibi having no problems passing urine with the donated kidney.

Within three days, Simah was out of the intensive care unit, a phenomenon attributed to her good health after toiling as a padi farmer and rubber tapper.

Simah, who has 25 grandchildren and 10 great-grandchildren, said she has not had any problems since the transplant.

“I still plant vegetables in my garden and clean my own house,” she said.

Nephrologist Prof Datuk Dr Tan Si Yen said it was not a problem for the elderly to donate kidneys if they pass the tests.

The oldest living kidney donor in the world is an 83-year-old man from Britain.

Dr Tan said the success rate involving living related donated kidneys was better than cadaveric donors, and on average, they could last more than 20 years, with the world record currently at 48 years.

ABO incompatible (ABOi) renal transplants, such as the one received by Ibi, have a similar success rate, he said.

(Extracted from The Star - 30 April 2015)

## 2 Day Health Campaign In Muar

Allianz General Insurance Company (Malaysia) Berhad (Allianz) and the “Jawatan Kuasa Kemajuan Kampung (JKKK)” of Muar organized a health screening exercise in Muar, Johor.

Allianz sponsored the trip and worked with JKKK to scout for the site to carry out the screening as well as provide the facilities for the exercise.

At 4.30 of the morning on 24 April 2015 the NKF LifeCheck Mobile Health Screening team left for Muar.

On reaching in the morning of the day at the Econsave supermarket in Muar the Team was operational at 10.00 a.m., and commenced screening until 4 o'clock in the afternoon with tests for blood pressure, blood and urine as well as counselling.

Since the screening stretched over two days, the Team on 25 April 2015 began likewise screening at 10.00 a.m. until 4.00 p.m.

At the end of the screening, 153 had been screened for the two days' work with 52 screened on the first day and 101 on the second. Those showing signs of high blood pressure, diabetes, kidney diseases and high cholesterol were advised to seek follow up medical examination with doctors.

## LifeCheck Team In Kulai, Johore



In conformity with the objective of promoting awareness for the general well-being of the populace especially in the outlying areas outside the urban centres, a NKF LifeCheck Mobile Health Screening team travelled from the Klang Valley to Kulai, a town about 20 miles from Johor Bahru.

The trip to the town was sponsored by the Rotary Club of Kulai.

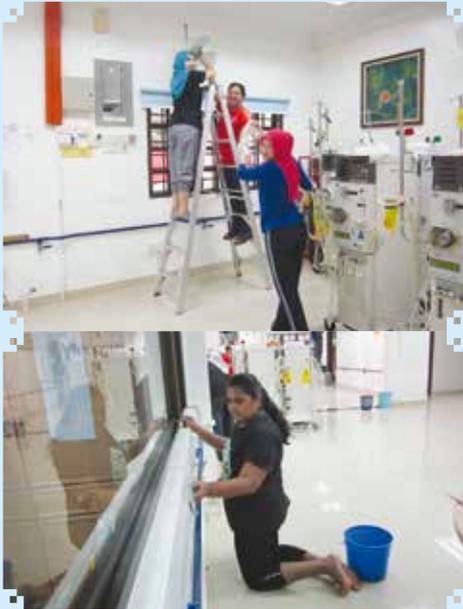
Earlier, before the arrival of the Team, the Rotary Club had arranged for facilities to host the screening and circulated news around the town together its periphery on the availability of the health screening on 4 April 2014 to promote health awareness.

The screening was carried out at Sekolah Jenis Kebangsaan (Cina) Kulai Besar from 7.30 in the morning until 4 o'clock on that day.

Amongst the tests offered by the screening were blood pressure readings apart from urine, blood & cholesterol tests and counseling based on the results of the tests. These tests are tell-tale signs of hypertension, hypotension, diabetes and kidney diseases. Members of the public having positive signs of such diseases were advised to go for further medical examination with doctors.

At the end of the screening 118 individuals were screened.

## Annual Spring Cleaning At Pusat Dialisis NKF - FO YI (Unit II) Penang



On 25 January 2015, members of the staff at Pusat Dialisis NKF - FO YI (Unit II) Penang with their manager Ms Wong Loy Sin had their annual spring cleaning at their dialysis centre..

They conscientiously played their part in keeping the centre hygienic and clean in order to provide a congenial environment for patients to go for their dialysis.

They toiled intensely by mopping the floor, wiping equipment and furniture and within quick time of around half the day they completed what they had set to accomplish.

Having finished their spring cleaning by 1 o'clock, all the staff adjourned to Old Town Café for lunch which was sponsored by the generosity and kind heartedness of Magnum Foundation.

NKF is really proud of the sacrifices and thoughtfulness of the staff to make the centre a truly amiable place to go for the needy and unfortunate dialysis patients.

## Lions Alor Setar Hosted Dinner & Provided Education Assistance

In celebrating its 49th anniversary for the year 2015, the Lions Club of Alor Setar on 6 March 2015 held a dinner at the Star City Hotel in Alor Setar, Kedah.

Patients of Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar) were at the dinner together with their children and their relatives.

On hand to grace the occasion were Mr. Ooi Chao Syhuan, the Lions District Governor and Mr. Low Wey Yee, the President of the Lions Club of Alor Setar.

As part of the merriment for the evening there was a karaoke session and the function reached a high point when awards for education assistance were announced and presented.

13 children of the patients received education assistance to a total of RM2,400.

All who went for dinner and who received financial assistance for their children's education were truly appreciative of the kind deeds displayed by the Lions Club of Alor Setar and its President.



# NKF In World Kidney Day 2015 Celebrations



Deputy Minister of Education launched the opening at Sunway Pyramid. The celebrations at the shopping mall continued until 1 March before continuing in the subsequent shopping centres.

Perodua's contribution was in providing a Perodua Axis for use in the "Spot & Ride" game which was a star attraction throughout the celebrations. The car was also used to show to members of the public that the grand prize for the lucky draw for the "Spot & Ride" game at the end of the celebrations was a brand new Perodua Axis of the same model donated by the car manufacturer.

In addition, NKF mobile Life Check health screening teams carried out free health checks and consultations, while photography sessions were made available by IDO's clinic. Intermittently, the students from Limkokwing University entertained the crowd with singing and musical presentation.

The activities were repeated at The Summit USJ on 7-8 March, Paradigm Mall, Kelana Jaya on 14-15 March and culminated at The Encorp Strand, Kota Damansara on 28-29 March, where in addition were held a family colouring contest, the lucky draw-cum-announcement for the winner of the grand prize of the Perodua Axis and the closing ceremony for the World Kidney Day 2015 Celebrations. The lucky winner of the car was Cik Suhaila Binti Jalil @ Selamat, whose registration form had been drawn at random by Datuk Aminar Rashid Salleh, the President and Chief Executive Officer of Perodua.

In rounding up RM35,000 was successfully raised from the World Kidney Day 2015 celebrations to provide unfortunate and underprivileged kidney patients access to dialysis.

Meanwhile in Penang, the WKD 2015 Celebrations were a joint effort by NKF, the Malaysian Ministry of Health and the Malaysian Society of Nephrology. The celebrations were held on 8 March at Padang Kota Lama with the anchor event being a "World Kidney Day Walkathon" covering a distance of about 5 kilometers and open to adults and children.



The celebrations were graced by the Minister of Health, Datuk Seri Dr. S Subramaniam.

Other activities at the celebrations included free health screening, exhibition booths, a colouring contest for children, a stage show and stalls offering hawker food.

NKF thanks all sponsors and parties for working towards the success of the WKD 2015 celebrations in both the Klang Valley and Penang.

In line with World Kidney Day (WKD) celebrations 2015 on 12 March with the theme "Kidney Health For All", NKF too was involved by joining up with other organizations and management of shopping complexes in holding the celebrations at two places - Klang Valley and Penang Island.

In the Klang Valley, "World Kidney Day 2015" NKF organized the celebrations spread over a month at four shopping centres with support by Perodua, students and lecturers from Limkokwing University and assistance from the four shopping malls, namely Sunway Pyramid, The Summit USJ, Paradigm Mall and Encorp Strand. Celebrity Fitness provided instructors in leading the Dance Marathon at the tail end of the celebrations.

The first leg of the celebrations started on 28 February when the Guest-of-Honour Y.B. P Kamalanathan, the



## 2015 NKF World Kidney Day Celebrations Drew To A Close



The World Kidney Day 2015 celebrations by the National Kidney Foundation of Malaysia (NKF) reached the crescendo when hundreds of participants from all creed, gender, ages and walks of life danced in support of better kidney health at the Encorp Strand Mall in Kota Damansara.



In the wake of popularity of the 2014 dance marathon, the 2015 dance marathon saw more than 600 people gathering as early as 7 o'clock in the morning of 29 March 2015 to put on their dancing shoes to dance to popular dance styles such as the Zumba and Sh'bam for more than three hours. They were led by Celebrity Fitness Malaysia's superstar instructors - Sunny Cheong, Deno Au, David Thoong and Vodal Gomez.



NKF thanks all dance participants, sponsors, volunteers and all those who had contributed towards the resounding success of the dance marathon.

## World Kidney Day (WKD) Celebrations With Pusat Dialisis NKF-Kelab Lions Alor Star (Alor Setar)

On 27 March 2015 the Albukhary Foundation organised the World Kidney Day (WKD) celebrations under the theme "Kidney Health For All".

Held at Souq Albukhary in Alor Setar, the celebrations were launched by the Kedah State Director of Health, Dato' Dr. Norhizan Ismail.

Amongst the activities in the celebrations were an aerobic exercise, a fun walkathon covering 2.5 kilometers, a talk on kidney health and health screening.

Dr. Ching Chen Hua, a Senior Consultant Nephrologist from Hospital Sultan Bahiyah, Alor Setar, gave a presentation on taking care of the kidney, while health checks including tests for blood glucose and blood pressure reading were provided by the NKF Mobile LifeCheck Team from the North.

Also joining in the celebrations were members of the staff and patients of Pusat Dialisis NKF-Kelab Lion Alor Star (Alor Setar).



Around 450 people were at the celebrations with 150 individuals going for the health screening.

The celebrations ended with a lucky draw for 10 prizes which were given away by the Albukhary complex Chief Executive Officer, Encik Mohamad Nazri Musir and the Vice-Chancellor of Albukhary International University, Professor Dr. Nor Adnan Yahaya.

## “From Gift to Gifts 2” By Leo Club, SMK Damansara Jaya



Being mindful that NKF had since its inception in 1969 been assisting needy and unfortunate patients with end stage kidney disease by providing subsidized dialysis, the Leo Club of SMK Damansara Jaya was determined to help the benevolent foundation play a meaningful and useful role in society.

Last year the Club organized a charity concert to raise funds to purchase a dialysis machine for NKF. Likewise, knowing that NKF would be in need of more dialysis machines, each with an economic lifespan of around 8 years or 35,000 running hours, the Club decided again that in 2015 they would hold a charity concert with the proceeds from it to be used to purchase a dialysis machine for the Foundation, thereby making it the second successive machine sponsored by the Club in its second year of doing charity work for the benefit of the Foundation.

Consequently, the Club organized a concert themed “From Gift to Gifts 2” on the evening of 7 March 2015 at the Auditorium of Majlis Perbandaran Petaling Jaya (MPPJ). Performances were by students intending to demonstrate their talents, and tickets to the concert were priced at RM20, RM50, RM100 and RM200. Apart from the sales of tickets, the Club also welcomed donations for the concert.

Amongst those that attended the concert was NKF Head of Branding, Communications & Fundraising, Ms. S. Shobana, who received on behalf of NKF a mock payment for RM40,888.88 being the sum for the purchase of the haemodialysis machine to be placed at Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor).

NKF sincerely thanks Leo Club of SMK Damansara Jaya, especially members of the school, parents and teachers for their selfless and caring efforts towards realizing their dreams that the poor and marginalized kidney patients are taken care of.



## Women In Travel Association Donates Again To NKF

On 8 March 2015 during an afternoon tea party celebrating the dissolution of the WIT (Women in Travel Association) at the Top Hats Restaurant in Kuala Lumpur, NKF was one of the beneficiaries of the monies the association was disbursing from the balance in its bank account.

The function was attended by NKF CEO Mr. Chua Hong Wee and Ms. S. Shobana, the NKF Head of Branding, Communications & Fundraising.

A cheque for RM13,000 was presented to Mr. Chua Hong Wee by the founding members of the Association.

The monies were donated following the decision of the members of WIT to wind up their association in view of their dwindling interest to sustain its membership, although the association was set up 30 years ago to provide a platform for networking among women in the travel industry in addition to upgrading their skills and professionalism.

NKF expresses its heartfelt thanks for the donation, while at the same time is deeply saddened that such a charitable association which had been helping raise funds for charity organisations like NKF had to call it a day.



## iQor DONATED TO NKF

On 21 April 2015 at a cheque presentation ceremony held at Pusat Dialisis NKF - FO YI (Unit II) Penang, the National Kidney Foundation of Malaysia (NKF) received a mock cheque from Telmar Network Technology Sdn Bhd (an iQor Company) as part of the global 2014 iQor Qares donation drive.

At the ceremony, Chua Hong Wee, the CEO of NKF, received a mock cheque for RM23,941.60 on behalf of the Foundation from Mr Steve Deacon, Regional Vice President of iQor and Mr. Richard Tan, iQor's Operations Director.

The amount was the outcome of monthly voluntary donations over a period of three months made by employees of iQor Malaysia which were matched dollar to dollar by the company and Hartmut Liebel, President and CEO of iQor.

iQor is a global provider of business process outsourcing and product support services.

Mr Chua said, "We are sincerely thankful for the contribution and support from iQor Malaysia. The National Kidney Foundation Malaysia relies on the support of the public to provide underprivileged kidney patients access to dialysis treatments. We hope that such acts of kindness will inspire more people to step up to advocate for prevention of kidney disease and help us to provide kidney patients with a better life."

The management at iQor later toured the dialysis center to visit dialysis patients and better understand their plight.



Also present were the members of Penang Fo Yi Haemodialysis Society, our centre's partner.

Mr Steve Deacon said, "iQor Malaysia is proud to be here today to take part in such a meaningful campaign. We applaud National Kidney Foundation on their constant efforts to advocate the well-being of kidney patients and hope that our contribution will assist the Foundation in helping more people in need."



## Employees of DHL Information Services (Asia-Pacific) Sdn. Bhd. Donated To NKF A New Dialysis Machine Together With Medical Consumable

On 17 April 2015, arising from donations by employees towards the corporate social responsibility (CSR) programme of DHL Information Services (Asia-Pacific) Sdn. Bhd., the company presented NKF with a brand new dialysis machine together with its medical consumable worth RM47,000.

The hand-over ceremony was held at the Conference Room of the NKF Secretariat in Petaling Jaya and was in line with the employees' aspirations in bringing about a peaceful and more harmonious society by breaching the social-economic divide between the well-to-do of society and the marginalized through the rendering of humanitarian assistance to society's unfortunate and needy.

At the height of the ceremony Mr. S. Yogan, VP Business Relations & Site Manager ITS Cyberjaya - DHL, together with NKF Chief Executive Officer, Chua Hong Wee, placed a plaque on the machine. The plaque attests to the gift of the machine to the Foundation by the employees of the logistics company.

Also present at the ceremony were Mr. Khoo Teng Kee, Mr. Giorgio Catucci and Mr. Jeffrey Chan from DHL as well as staff of the Foundation.



NKF with its operations heavily anchored by the goodwill of donors and sponsors thanks the employees of DHL Information Services (Asia Pacific) Sdn. Bhd. for their generous thoughts and kind commitment towards contributing in making available dialysis to the financially disadvantaged seeking treatment at the NKF dialysis centres.

The new dialysis machine would be located at Pusat Rawatan Dialisis MUIS - NKF (Kota Kinabalu) in Sabah.



## Ms. Fadzillah Hashim With Her Generosity



On 21 April 2015 Ms. Fadzillah Hashim presented a dialysis machine to the National Kidney Foundation of Malaysia (NKF). The presentation was carried out at Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim) where the donated dialysis machine is being placed.

On hand to receive the machine, which had been purchased through a personal donation of RM38,000 by Ms. Fadzillah Hashim was Chua Hong Wee, the NKF CEO.

The presentation ceremony was witnessed by staff members from the NKF dialysis centre.

NKF is truly appreciative of the single and kind-hearted deed of Ms. Fadzillah Hashim to help mitigate the hardship and ill fortunes faced by poor kidney patients dialysing at NKF.

## 11 Year Old Boy Donates To NKF

In a self-driven initiative to help lighten the suffering of the unfortunate especially those stricken by incurable ailments such as end stage kidney disease (CKD), Master Eugene Ooi Jin Yuan, an eleven year old boy studying at the Alice Smith School got his father Mr. Ooi Kian Hong to purchase from the National Kidney Foundation (NKF) of Malaysia two "Adopt & Donate" coin boxes.

With the two boxes, he embarked on his rounds in his school to get monetary donations which he had planned to channel to NKF with the ultimate aim of helping to lighten the financial burden faced by the poor kidney patients dialyzing at the centres in the Foundation.

On 3 April 2015, Master Eugene Ooi together with his father and mother called at the office of the Fundraising Department of NKF with a mock cheque for RM500 to show the amount of money he was handing over following his solo fund raising efforts.

On hand to receive the cheque as a symbolism for the hand-over of the money were Puan Dzuriakristina Azmi and Ms. Joanne Sim, both staff from NKF's Fundraising Department.

NKF greatly appreciates the benevolent efforts made by Master Eugene Ooi, and also truly thanks his parents in providing the necessary support and guidance towards helping the boy at a tender age to undertake a noble cause.



# LOWER FEES FOR KIDNEY DIALYSIS TREATMENTS

## ***NKF revises payment scheme for dialysis treatments.***

**21 April 2015** – National Kidney Foundation Malaysia today announced that it has worked at lowering dialysis fees for non-sponsored patients from RM100 to RM90 per treatment.

Under the new payment scheme, regular patients at NKF will have their treatment fee reduced to RM90 per session while patients receiving a RM50 subsidy by the Ministry of Health will now pay RM40 per session. However, the revised fee will not affect patients fully sponsored by specific bodies such as Public Service Department of Malaysia (JPA), Malaysian Armed Forces (ATM), the Royal Malaysian Police (PDRM) and statutory corporations.

Dato' Dr. Zaki Morad Mohamad Zaher, Chairman of NKF Malaysia said, "Chronic Kidney Disease is a lifelong disease and can have severe negative impacts on kidney patients' quality of life. With the rising costs of living, we understand that the cost of dialysis treatment can take a toll on the finances of kidney patients and their families. NKF wishes to decrease the burden of these kidney patients and reduce the impact of kidney disease on their lives."

NKF is a not-for-profit organization that is dedicated to helping underprivileged kidney patients. It is fully funded by donations from members of the public and the private sector. The organization reaches out to 1,600 patients a year through its dialysis programmes and works with various bodies to increase public awareness of Chronic Kidney Disease through awareness campaigns.

NKF also provides other forms of support for kidney patients, including the Children's Education Welfare Fund which supports the educational expenses of patients' school-going children and counselling for patients and their families.

Kidney disease impairs the kidney's function to eliminate body waste. If untreated, the waste accumulates in the body until it reaches a toxic level and can eventually lead to total kidney failure, known as end-stage renal disease (ESRD). Chronic Kidney Disease, the advance stage of kidney function loss, is irreversible but its progress can be slowed through regular dialysis sessions.

"At National Kidney Foundation, we believe that dialysis patients have the same right to a quality-filled life, just like any other individual. We aim to provide a holistic and well-rounded care to ensure that patients receive the best support in emotional, psychological and financial aspects," Dato' Dr Zaki added.

# Amendments to NKF Constitution

## (Approved by NKF Members during Annual General Meeting on 13 September 2014, and approved by Registrar of Societies on 19 February 2015)

### Original Wordings as per Old Constitution

#### OBJECTS

5. The general purpose of the Foundation shall be to:

- (a) Develop a co-ordinated citizens voluntary movement to work towards the improved care and treatment of those suffering from kidney disease;
- (b) Promote improved methods and services in research, prevention, detection, diagnosis and treatment of kidney diseases;
- (c) Promote the donation and transplantation of kidneys;
- (d) Promote the general well being of those suffering from kidney diseases; and
- (e) Develop the financial means to support the objects and operations of the Foundation.

#### BOARD OF GOVERNORS OF THE FOUNDATION

24. The quorum for a meeting of the Board of Governors shall be one third of its membership

#### BOARD OF DIRECTORS OF THE FOUNDATION

25. The Board of Directors shall consist of elected, nominated and co-opted officers. Elected officers shall be selected by and from among the Ordinary Members, Life Members and Corporate and Foundation Fellows at the annual general meeting called in accordance with Article 13 and such elected office bearers shall serve for a period of two (2) years until their next re-election in rotation in Article 34 (A-E). In recognition of the foundation of the National Kidney Foundation by the Rotary Club of Petaling Jaya, the Rotary Club of Petaling Jaya shall nominate 3 persons to the board of directors of the Foundation who shall be entitled to vote together with elected directors. Nominated and co-opted board members shall be nominated by a resolution of the Board of Directors and shall hold office during the term of office of the current Board. Co-opted members of the board shall not be entitled to vote together with elected directors. The composition of the Board of Directors shall be as follows:-

- a) A Chairman (elected)
- b) 2 Vice Chairman (elected)
- c) An Honorary Secretary
- d) An Honorary Treasurer
- e) 5 Ordinary Board Members (elected)
- f) 3 Nominees of the Rotary Club of Petaling Jaya (nominated by Rotary Club of Petaling Jaya and co-opted by a resolution of the Board of Directors with voting rights)
- g) 2 Board Members (co-opted by a resolution of the Board of Directors with no voting rights)

### Amendments as per New Constitution

#### CLAUSE 3 AIMS AND OBJECTIVES

#### OBJECTS

3.2 The general purpose of the Foundation shall be to:

- (f) To develop, provide, organise and conduct educational and medical training programmes and courses relating to kidney healthcare and diseases for the purpose of enhancing and promoting the objectives of the Foundation. **(new inclusion)**

#### CLAUSE 12 PROPERTY ADMINISTRATORS / TRUSTEES

12.5 The quorum for a meeting of the Board of Governors shall be one third of its membership.

- (a) The Board of Governors shall appoint a Board of Trustees comprising three of its members and shall appoint one of them as the Chairman. No sale of immovable property of the Foundation shall be made without the prior approval of the Board of Governors. The Board of Trustees may also from time to time oversee and advise the Board of Directors generally in all matters relating to the immovable properties of the Foundation. The Board of Trustees shall follow the rules of meeting as those followed by the Board of Governors. **(new inclusion)**

#### CLAUSE 8 CENTRAL COMMITTEE

8.2 The Board of Directors shall consist of Ten (10) Elected Directors, Three (3) Nominated Directors and Two (2) Co-opted Directors who will be elected or appointed in the following manners:

- (i) The Ten (10) Elected Directors, comprising a Chairman, 2 Vice-Chairman, an Honorary Secretary, an Honorary Treasurer and 5 Ordinary Board members shall be elected at the Annual General Meeting of the Foundation convened in accordance to \*Article 13\* of the Constitution and shall be elected by the members of the Foundation. The Elected Directors shall have voting rights and shall hold office for a period of two (2) years and shall be eligible for re-election and in rotation pursuant to \*Article 34 (A-E)\* of the Constitution.
- (ii) The Three (3) Nominated Directors shall have no voting rights and shall be appointed by the Board of Directors from the candidates nominated by each of the following organisations:
  - (a) One (1) nominee from the Rotary Club of Petaling Jaya;
  - (b) One (1) nominee from the Malaysia Society of Nephrology; and
  - (c) One (1) nominee from the Associates of Dialysis Medical Assistants and Nurses. They shall hold office during the terms of the office at the current Board of Directors.
- (iii) The Two (2) Co-opted Directors shall have no voting rights and shall be appointed by the Board of Directors. They shall hold office during the terms of office of the current Board of Directors. **(new amendment)**

## Direct Debit Donor Programme (DDDP) January - March 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 January to March 2015.

|  |   |
|--|---|
| Aeon Au 2 Shopping Centre,KL               | Hospital Sungai Buloh,Selangor                  |
| AEON Bukit Raja,Selangor                   | Hospital Tengku Ampuan Afzan,Pahang             |
| AEON Bukit Tinggi Shopping Centre,Selangor | Hospital Tuanku Jaafar Seremban,Negeri Sembilan |
| Alpha Angle Shopping Centre,KL             | Jelas Puri Sdn Bhd, Selangor                    |
| Ampang Puteri Specialist Hospital,Selangor | Jobs Central (M) Sdn Bhd, Selangor              |
| Best Western Hotel PJ,Selangor             | Johor Premium Outlets,Johor                     |
| Boustead Curve Sdn Bhd,KL                  | Metro Specialist Hospital,Kedah                 |
| D'Home Mental Health Association,Penang    | Pantai Hospital Ampang,Selangor                 |
| Damansara Specialist Hospital,Selangor     | Park City Medical Centre,KL                     |
| Dataran Pahlawan Melaka Megamall,Melaka    | Selangor International Circuit Sdn Bhd,Selangor |
| EM Exhibitions (M) Sdn Bhd,KL              | Seremban Specialist Hospital,Negeri Sembilan    |
| Encorp Strand Mall,Selangor                | Summit USJ,Selangor                             |
| Giant Kinrara,Selangor                     | Sunway Giza Mall,Selangor                       |
| Hospital Ampang,Selangor                   | Sunway Pyramid Shopping Mall,Selangor           |
| Hospital Pulau Pinang,Penang               | Tawakal Hospital,KL                             |
| Hospital Putrajaya,Wilayah Persekutuan     | World Kidney Day Walkathon 2015,Penang          |
| Hospital Serdang,Selangor                  |   |

## NKF's TOP 5 FUNDRAISERS

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



**Chan Kam Moon**



**Rodziah  
Binti Hassan**



**Vishvanathan A/L  
Arumugam**



**Amirathulhamizah  
Binti Hashim**



**Susianah  
Binti Sidin**

NKF is pleased to announce our Top 5 fundraisers for the 1st 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 effort they have taken in helping our dialysis patients.



**YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA**  
**NATIONAL KIDNEY FOUNDATION OF MALAYSIA** Regd. No. 659 (Sel)  
马来西亚肾脏基金会 மலேசிய தேசிய சிறுநீரக அறநிறுவனம்

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