

EARLY DETECTION & PREVENTION SAVES LIVES

# SHARE

ISSUE 3 2018 | PP9314/08/2012 (030426)



**NKF'S 14TH PATIENT  
FORUM – ALOR SETAR**

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# Message From Chief Editor

Greetings from the National Kidney Foundation (NKF) of Malaysia and Happy Merdeka.

With the passage of time and in keeping with the advice of our Board of Governors (BoG) to amend the format of our newsletter and to focus more on photographs and less words, readers will have noticed vividly these changes. These are evidenced in the masthead facelift and changes in the articles which are less wordy but contain more of pictures which speak "a thousand words."

We had been further guided by the BoG to emphasize on kidney health and to prevent kidney diseases. Consequently, we had focused more on increasing information to promote actively and pervasively measures to keep kidney diseases in check besides highlighting incentives for health examinations. The result had been a trade-off at the expense of fund-raising.

In doing so, it had been our fervent desire to bring down the incidence of kidney disease so as to reduce the financial burden from not only the perspective of individual houses-holds, but also of

society and the nation as a whole. It is hoped that with lowering the incidence of CKD, families will face less likelihood of emotional upsets and unemployment problems of their adult beloved ones.

In view of the positive air whirling within society, there will be less loss in productivity such that overall a scent of increase in the general well-being and positivity prevails.

Nonetheless, this does not mean that NKF will lose its focus in helping the less fortunate end stage kidney disease (ESKD) patients. We shall continue in our task to provide the best and up-to-date means to help the unfortunate ESKD patients, and shall leave no stone unturned in our efforts to deal with their deadly kidney disease.

Until then, happy reading.

Cheers!

Dr. Prasad Menon  
Chief Editor

### NKF DIALYSIS CENTRES

|  | TEL NO       |
|--|--------------|
| 1. Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar)                       | 04-977 7411  |
| 2. Pusat Dialisis NKF - Superkids Trinity (Alor Setar)                           | 04-734 0215  |
| 3. Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar)                       | 04-735 2190  |
| 4. Pusat Dialisis Amal FO YI - NKF (Unit I) (Penang)                             | 013-917 0722 |
| 5. Pusat Dialisis NKF - FO YI (Unit II) (Penang)                                 | 04-282 8701  |
| 6. Pusat Dialisis NKF - Lions, Penang  | 04-210 1555  |
| 7. Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping   | 05-804 1633  |
| 8. Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipo)           | 05-321 5921  |
| 9. Pusat Dialisis NKF - Dato' Dr. G.A.Sreenevasan (Petaling Jaya)                | 03-7954 2359 |
| 10. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor)                 | 03-6137 1884 |
| 11. Pusat Dialisis NKF - Fungates Superflow (Kepong, Kuala Lumpur)               | 03-6251 9850 |
| 12. Pusat Dialisis NKF - Kelab Apex (Klang)                                      | 03-3341 7009 |
| 13. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur)                         | 03-4021 7704 |
| 14. Pusat Dialisis NKF - Bakti (Klang)   | 03-3323 9424 |
| 15. Pusat Dialisis NKF - Charis (Cheras)   | 03-9132 8193 |
| 16. Pusat Dialisis NKF - Good Health (Kampung Pandan, Kuala Lumpur)              | 03-9281 3451 |
| 17. Pusat Dialisis NKF - Che Luan Khor (Kluang)                                  | 07-776 5313  |
| 18. Pusat Dialisis NKF - Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru) | 07-386 6164  |
| 19. Pusat Dialisis NKF - Bonuslink (Kota Bharu)                                  | 09-747 5834  |
| 20. Pusat Dialisis NKF - Kuala Terengganu  | 09-624 9423  |
| 21. Pusat Dialisis NKF - Tun Abdul Razak (Kuantan)                               | 09-514 1566  |
| 22. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kuching)          | 082-240 927  |
| 23. Pusat Rawatan Dialisis MUIS - NKF (Kota Kinabalu)                            | 088-538 532  |
| 24. Pusat Dialisis NKF - Yayasan Buah Pinggang Kemaman                           | 09-858 3392  |
| 25. Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim)                        | 04-408 0669  |
| 26. Pusat Dialisis NKF - Sang Riang (Triang)                                     | 09-250 5709  |
| 27. Pusat Dialisis NKF - Calvary   | 03-9133 9452 |
| 28. Pusat Dialisis NKF - Chempaka  | 03-7865 0971 |

# 14th Patient Forum

The National Kidney Foundation of Malaysia (NKF) hosted its 14th Patient Forum at the Imperial Ballroom of the Royale Signature Hotel in Alor Setar on 10 August 2018.

The theme of the Forum was “Improving the Quality of Your Life”. 450 people comprising patients, caregivers and staff of government, private and NGO dialysis centres from Kedah, Kangar and Penang attended the Forum.

Mr. Maniam Raman Chettiar, a member of the NKF Board of Directors and Patient Selection and Welfare Committee, officiated the opening ceremony.

The Forum featured four experienced nephrologists: Dr. Faisal Azmee spoke about “Numbers in Dialysis – what Patients should pay attention to”; Dr. Ching Chen Hua spoke about “Caring for your Fistula”; Dr. Leong Chong Men spoke about “Improving Survival in Dialysis Treatment”; and Dr. Nor Fadhina Zakaria spoke about “Supplements and Kidney Health”. Ms Kher Pui Ling, NKF’s dietitian, gave her tips on “Eating Healthy”.

For the first time at a public forum, NKF paid tribute to 20 NKF patients who have been dialysing for more than 10 years at NKF. Of the 20, 3 had been dialysing at NKF for more than 20 years and 4 for more than 15 years. They were given Certificates of Appreciation and cash awards.

NKF’s mobile health screening team – NKF LifeCheck – carried out health screening of the public from 10.00 am until 3.00 pm.

Participants went home with door gifts sponsored by Roche, Baxter, JKS Biomedical Sdn. Bhd. and NKF. Patients were given special gifts by NKF.





# NKF's 4th Renal Nutrition Seminar (RNS)



With the collaboration from the International Federation of Kidney Foundations (IFKF), NKF is organising the 4th RNS on 6 & 7 December 2018 at the Nexus, Bangsar South City, Kuala Lumpur.

Included in the two-day programme are topics on:-

1. Intradialytic Parenteral Nutrition;
2. Nutraceuticals for Inflammation;
3. Muscle Wasting In Protein Energy Wasting; and
4. Phosphate Management in line with the Chronic Kidney Disease-Mineral and Bone Disorder (CKD-MBD) guidelines.

NKF is tapping on the expertise of Professor Joel D. Kopple, currently the Professor Emeritus at the David Geffen UCLA School of Medicine and UCLA School of Public Health. He is also known as the father of the field of Renal Nutrition.

Other speakers are:-

1. Dr. Maria Chan, PhD, AdvAPD, AN Senior Renal Dietitian, The St. George Hospital (SGH) Conjoint Associate Lecturer, University of New South Wales (UNSW) Honorary Senior Fellow, University of Wollongong, Australia
2. Professor Dr. Tilakavati Karupaiah, PhD, APD, AN Professor, Taylor's University, Malaysia
3. Dr. Zulfitri Maat Daud, PhD, RD Senior Lecturer, Universiti Putra Malaysia

Registration fees are as follows:-

1. Early Bird :  
Registration before 30 September 2018  
Local Participants : RM550 per pax  
Overseas Participants : USD250 per pax

2. Standard Rate :

Registration After 30 September 2018  
Local Participants: RM600 per pax  
Overseas Participants: USD300 per pax

To register, intending participants are requested to fill up the registration form and e-mail to [training@nkf.org.my](mailto:training@nkf.org.my) or fax to 03-79602359.

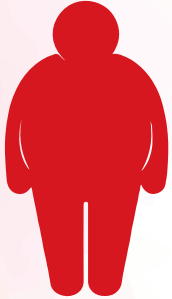
Closing date for registration:  
21 November 2018

All payments are to be made in favour of the "National Kidney Foundation of Malaysia" with Bank Islam Malaysia Berhad Account No : 120 470 100 523 69 | Swift Code: BIMBMYKL  
Please email: [training@nkf.org.my](mailto:training@nkf.org.my) or fax 603-7960 2359 to us a copy of the payment receipt.

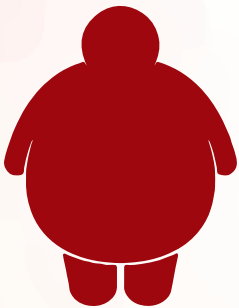
For enquiries on the seminar, please contact Ms. Rebekah/Puan Khairani (Tel: 603-7960 2301/02 or Fax 603-7960 2359)

# Obesity and Overweight : What You Should Know

A growing number of adults is overweight or obese in Malaysia

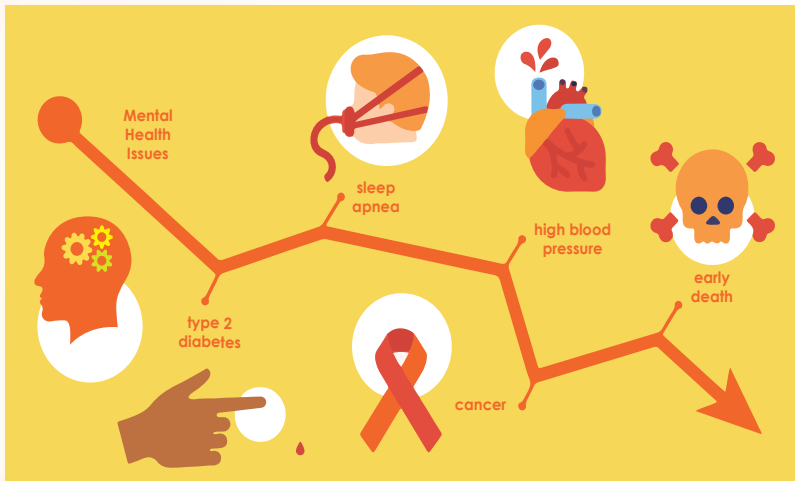


**30% (5.6 million) are overweight**

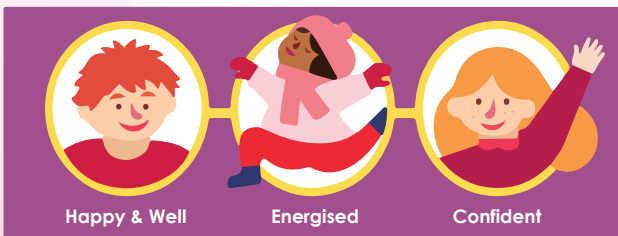


**17.7% (3.3 million) are obese**

Maintain a Healthy Weight Reduces the Life-time Risk of :



Having Good Healthy Habits Makes You Feel :



10 ways to encourage healthy weight



**(1) REDUCE MEAL SIZE**

Larger sized meals don't just cost more. They can also contain larger amounts of calories. Go for "regular" or "small" instead of "large".



**(2) UNDRRESS YOUR FOOD**

Ask for your food to be served with less gravy or have it served at the side. Have your salads with low-fat dressing. Beware of the hidden fats and calories.



**(3) SHARE IT**

Can't pass on a deal ? Consider sharing a large portion with someone else or take away half the meal for the next day.



**(4) FEAST ON WHOLE GRAINS**

Choose foods that are high in fibre or made of whole grains such as whole wheat bread, brown rice and pasta.



**(5) GO LEAN**

Go for leaner cuts of meat and remove the skin of your poultry. Go for fish dishes more often.



**(6) DRINK WATER**

Cut down on sugary drinks.



**(7) 5 A DAY**

Go for 5 servings of fruits and veggies a day.



**(8) BE ACTIVE**

Choose activities you enjoy. It can burn more calories.



**(9) ELECTRONIC SCREENS**

Reduce time spent facing electronic screens. Get out and get active.



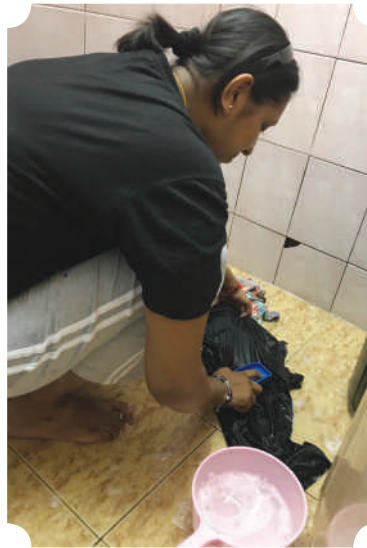
**(10) MOTIVATION**

Empower and encourage. Avoid negativity.

## The Agony of a Patient's Wife and Care-Giver

29 year old care-giver Yougeetha A/P Rajendra Kumar was married to Madhavan Muthiah at 19 years, while working as a cashier.

Less than a year after her marriage, her husband fell at work and was warded in Hospital Kuala Lumpur where he was found to have only one diseased kidney. With no money for medical treatment, the family of the husband and wife together with his parents living in a low cost rented flat let the husband's kidney condition worsen to End Stage Kidney Disease (ESKD).



◀ *Completing household chores before leaving for hospital*

*Leaving for hospital*  
▼



*Loving couple*

To save his life, Hospital Kuala Lumpur (HKL) resorted to carrying out haemodialysis on him as an interim measure since the hospital could not provide dialysis for the rest of his life.

She and her in-laws found the affordable nominal charging Pusat Dialisis NKF-Nanyang (Setapak, Kuala Lumpur) for him as a self-paying patient. Shortly, the centre got SOCSO to pay for his treatment.

Bugged by sheer poverty, he was forced to work as a cashier with a parking outfit and both husband and wife then set up a booth to sell handphone accessories.

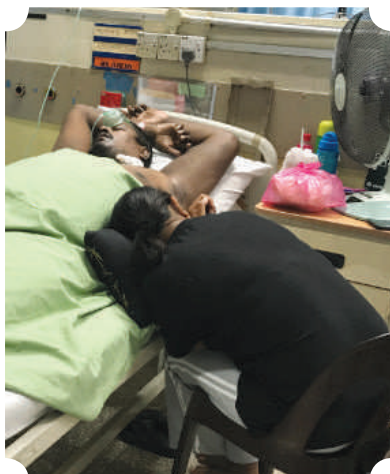
However, while riding to work with often bouts of tiredness the husband was involved in a nasty accident leading to stints of hospitalization and treatment. He was subsequently forced to stop work and she too had to follow suit to take care of him.



▲ *Relieving husband's headache*

The family is dependent solely on the meagre wage of the mother-in-law. To make matters worse, the family owes a debt from a loan the husband had taken to set up the handphone business.

With such a bleak future, her family is living from hand to mouth.



◀ *Overcome by tiredness*

*Feeding husband* ▶



# CHRONIC KIDNEY DISEASE

IS ON THE RISE!

OVER 500 MILLION

1 in 10 adults has Chronic Kidney Disease (CKD)

## DEFINITION

Chronic Kidney Disease (CKD) refers to an irreversible loss of renal function that develops due to multi-factorial causes over a period of a few years.

## RISK FACTORS FOR CKD

- Diabetes
- Hypertension
- Autoimmune disease
- Urinary tract infections
- Family history of CKD
- Reduction in kidney mass
- Exposure to certain drugs
- Low birth weight

## CONSEQUENCES

CKD can lead to complications in many areas of the body, premature mortality, decreased quality of life, and increased health-care expenditure.

## KEY ACTIONS



Monitor blood pressure



Eat healthily



Be physically active



Monitor blood glucose level



Follow medical advice



Urine Test



Stop smoking



Be aware of signs/symptoms



**IT'S IMPORTANT TO TAKE GOOD CARE OF YOUR KIDNEYS!**

Sources

1. National Kidney Foundation. KDOQI Clinical Practice Guidelines for Chronic Kidney Disease: Evaluation, Classification and Stratification. Am J Kidney Dis 2002;39 (supp 1):S1- S266. 3. Innes JA

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Reasons to

# DONATE BLOOD



Reduces Risk of Heart Disease



Free Hepatitis B Vaccination



Free Health Check-ups



Replenishes your Blood Cells



Free stay at 1st Class Hospital Ward

Save a life and donate.

# 5 Tips

## To Keep Your Kidney Healthy



1



### Check Blood Pressure

Regular checkup to ensure blood pressure is well-controlled (Normal range below 130/85mg)

2



### Control Blood Sugar & Cholesterol Level

Keep your blood sugar level under control and monitor cholesterol level

3



### Regular Physical Activity

Milder Exercise  
Brisk walking for 30-60 minutes, at least 5 times/week.

4



### Healthy & Balanced Diet

Balance-Moderation-Variety

Eat a balanced and variety meal from all food groups in pyramid

5



### Drink Plenty of Water

Drink at least 8 glasses of water everyday

# Outstation NKF Mobile Health Screening Sponsored By CIMB Foundation



25 mobile health screenings sponsored by the CIMB Foundation were carried out by the NKF Northern Team based in Alor Setar during March, April, June and July 2018.

The health checks were conducted in Perlis, Kedah, Pulau Pinang and Northern Perak.

These checks were held on board the NKF bus or on the ground at the sites of the screening from 9 or 10 a.m. to 4 or 5 p.m.

Local community leaders were responsible in the preparatory work to spread the news of the impending screenings, prepare the sites and make available facilities.

With the screening ending in around mid-July, the health check team of seven had screened 1,928 persons covering:-

- (i) blood pressure readings;
- (ii) urine tests for diabetes and kidney diseases;
- (iii) measurements in body mass indices; and
- (iv) counselling based on items (i) – (iii).

Those with abnormal readings were advised to go for further check-ups at clinics and hospitals.

## Bringing Cheers To The Poor and Needy Patients



24 March 2018 saw smiling faces among patients and staff in Pusat Dialisis NKF – Superkids Trinity (Alor Setar).

Each patient was presented with:-

- i) a cash gift of RM2,200; and
- ii) a Barakah box with consumables

Staff members in turn received momentos.

All the gifts were distributed by Mr. Lim Keng Seng, the Chairman of the Organisation of Mercy and Goodwill (OMG) Charity, Alor Setar and members of the local committee from the Fungates Superflow Foundation and OMG.

The cash came from OMG and Fungates Superflow Foundation, while the boxes and consumables were with the compliments of Dato' Seri Ahmad Bashah Bin Md Hanipah, the former Menteri Besar of Kedah.



## My Blessings In The Face Of A Double Whammy

My name is Annuar Bin Abu Bakar and my wife, Hasina Binti Hamzah is driving me for my 4 hourly haemodialysis in Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar).

I have been doing this regularly 3 times a week from April 2017 after Hospital Sultanah Bahiyah Alor Setar confirmed that my kidneys had failed.



The confirmation followed my regular medical check-up for my chronic kidney disease which I have suffered since 2008 and my stroke which I had in 2013 affecting my right side. Inevitably, the stroke cost me my job as a lorry driver for furniture shop at a relatively youthful age of 48.

At that time when I lost my job, I had a family of 3 children who were still studying but luckily my wife, who with her tailoring trade was able to step in as the family breadwinner simultaneous to retaining her role as a housewife. To add to my good fortune, I have been receiving a monthly pension from SOCSO under “pencen ilat”, and my dialysis treatment has also been sponsored by SOCSO.

Currently with my eldest child working as a consultant engineer in Subang Jaya and the second an assistant nurse in a private hospital in Kuala Lumpur, I am really blessed to have

the support of my family. On top of these, my eldest child is married and has a daughter.

Without the ability to work and with no hobbies, I spend much of my time helping my wife in carrying out household chores, while relatives and friends drop by the house off and on.

I have come across news of a more permanent and better option of kidney transplant as an alternative to the haemodialysis treatment. I would be glad to receive a donor kidney if a matching one is found, be it from a relative or an unrelated donor.

Meanwhile, my appreciation goes to good and kind treatment I have from the staff of the centre.

My message to all patients is to go for their regular dialysis, control their diet and be happy.





## NKF Patients & Families Embraced The Spirit Of Ramadan

On 21 May 2018, in celebrating the Ramadan spirit of “sadaqah” (giving), the Kuala Lumpur Convention Centre (KLCC) hosted its 11th annual “buka puasa” gathering by welcoming amongst others 38 patients from the National Kidney Foundation (NKF) of Malaysia and their family members amidst an evening of fun and festivities.

All guests were treated to the KLCC’s ‘A Nostalgic Ramadan Journey’, which was a sumptuous “buka puasa” feast featuring a delectable spread of mouth-watering signature

dishes and hometown favourites specially prepared by its award-winning Chefs.

The evening ended with the KLCC’s General Manager, Mr. Alan Pryor and members of his senior management team handing out sweet treats courtesy of the KLCC’s culinary team and “duit raya” to the NKF patients and their families as well as the young invited guests from two other organisations.

NKF sincerely thanks the KLCC for bringing cheers and happiness to particularly our poor patients and their families.



## Celebrate Mooncake Festival With NKF

Come, celebrate the mooncake festival for 2018 which falls on 24 September with the National Kidney Foundation (NKF) of Malaysia with a range of assorted 100% halal mooncakes for families, friends, acquaintances and business associates.

- Type A box of 4 pieces of 180 gm/piece of pure lotus paste, golden starlight with 1 yolk and green tea with red bean at a donation of RM68 a box;

- Type B box of 6 pieces of 180gm/piece of white lotus with 1 yolk, lotus paste with 2 yolks, pure golden starlight, assorted fruits and nuts, green tea with red bean and Shanghai with 1 yolk at a donation of RM88 a box

These mooncakes are the outcome of NKF’s partnership with the Oversea Enterprise Bhd, running the chain of Oversea Restaurants

The mooncakes come in two custom-designed gift box types with red and gold packaging as follows:-

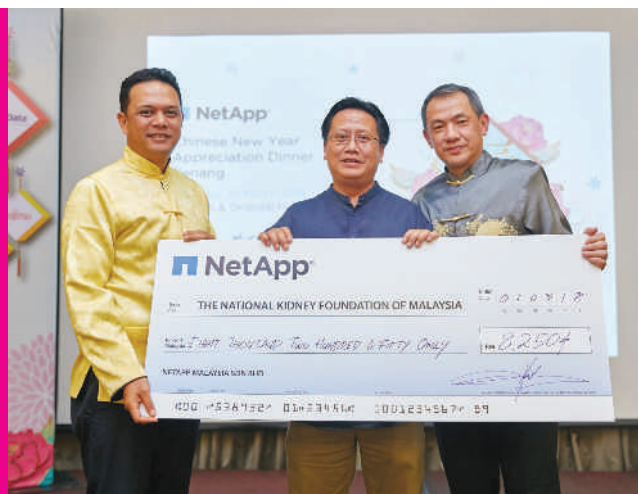
## NKF Received RM20,871 From NetApp

In conjunction with the Chinese New Year 2018 celebrations and appreciation of its vendors NetApp, a data storage company, held two dinners with one in the Sheraton Petaling Jaya Hotel on 27 February and another at the Eastern and Oriental Hotel in Penang on 1 March 2018.

RM 20,871 was raised for NKF from the sales of 600 soft toys.

NKF is truly appreciative of NetApp and its vendors in raising the money to assist poor patients dialysing in the Foundation's centres.

During the functions, the NetApp vendors set up booths to sell soft toys to raise funds solely for the benefit of the National Kidney Foundation (NKF) of Malaysia.



## Harlow's and MGI Sdn Bhd Presented RM20,000

In the spirit of sharing and caring during Hari Raya Aidilfitri, Encik Mohd Hatim Abdullah, the Executive Director of Harlow's and MGI Sdn Bhd (HMGI) presented a mock cheque for RM 20,000 to Mr. Chua Hong Wee, the Chief Executive Officer of the National Kidney Foundation (NKF) of Malaysia on 3 July 2018 at the Maya Hotel.

Encik Mohd Hatim Abdullah expressed the hope that the company's effort would continue to be a yearly affair.

We would like to thank Harlow's & MGI Sdn Bhd for its generous donation in aid of NKF's poor patients.

HMGI had been making the donation as a gesture of its corporate social responsibility since 2011.





## NKF Received RM61,550 From Maxis Charity Jogathon

Maxis employees in organising the Maxis Charity Jogathon raised over RM30,000. The amount was matched by Maxis Bhd to bring up to a total of RM61,550 which was presented by Mr. Robert Nason, the Executive Director of Maxis Bhd.

Gracious appreciation is made to both the employees and company for the generous and sincere gift.



## Serba Dinamik Holdings Bhd (SDHD) Gave RM10,000

At its "Majlis Berbuka Puasa - Kumpulan Serba Dinamik 2018" on 11 June 2018 at the Concorde Hotel Shah Alam, Serba Dinamik Holdings Bhd (SDHB), selected the National Kidney Foundation (NKF) as one of its beneficiaries under its charity programmes.

Serba Dinamik Holdings Bhd (SDHB) handed a mock cheque for RM10,000 and a Raya gift hamper to NKF.

NKF expresses its gratitude to Serba Dinamik Holdings Bhd (SDHB) for the gifts to aid NKF's poor kidney patients.

Tuan Haji Abdul Kadier Bin Sahib, Y.M. Dato Pangeran Awang Daud Bin Pangeran Putera and Dato' Dr. Ir. Mohd Abdul Karim Bin Abdullah, the founders of

## Direct Debit Donor Programme (DDDP)

Date : April - June 2018

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 April to June 2018.

|   |
|---|
| Angsana Mall Johor Bahru, Johor                                 |
| Bagan Specialist Centre, Penang                                 |
| CityOne Megamall, Sarawak                                       |
| Hospital Fatimah Ipoh, Perak                                    |
| Hospital Putrajaya, Wilayah Persekutuan                         |
| Hospital Selayang, Selangor                                     |
| Hospital Sultan Ismail, Johor                                   |
| Hospital Sultanah Bahiyah, Perak                                |
| Hospital Tuanku Fauziah, Perlis                                 |
| Hospital USM, Kelantan  |
| Island Hospital, Penang   |
| Johor Bahru City Square, Johor                                  |
| Loh Guan Lye Specialists Centre, Penang                         |
| Metro Specialist Hospital, Kedah                                |
| One Jaya Mall, Sarawak  |
| Paradigm Mall Johor Bahru, Johor                                |
| Perling Mall, Johor   |
| Plaza Merdeka Kuching, Sarawak                                  |
| Putra Medical Centre, Kedah                                     |
| Real Estate & Housing Developers' Association (REHDA), Selangor |
| Sunway Pyramid Shopping Mall, Selangor                          |
| The Spring, Sarawak   |
| Vivacity Megamall, Sarawak                                      |

## NKF'S TOP 5 FUNDRAISERS

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



GOH HUI LING



SITI AISHAH  
BTE MOHD YASIN



CHAN KAM MOON



DHIVYESREE A/P  
SHOMESUNDRUM



DAING' IZZAT' AZIM  
BIN EMBOK ONGAH

NKF is pleased to announce our Top 5 fundraisers for the 2nd Quarter of 2018. This appreciation recognises the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the efforts they have taken in helping our dialysis patients.