

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

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**15TH NKF ANNUAL DIALYSIS MEETING
(ADM) 27 & 28 OCTOBER 2018**

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Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia and A Happy New Year for 2019.

We are truly happy and rejoice that two of our dialysis centres have secured the renowned national accreditation from the Malaysian Society of Quality in Health (MSQH) following its assessment of the centres' performance in healthcare against applicable standards. The centres are Pusat Dialisis NKF – Dato' Dr. G.A. Sreenevasan (Petaling Jaya) and Pusat Dialisis NKF – Fungates Superflow (Kepong, Kuala Lumpur). This is a prelude to our planning for a grand celebration in conjunction with the Golden Anniversary of our beloved Foundation in 2019. More details of the celebration will be forthcoming in the later issues of our newsletter in that year.

Looking back at 2018, many of our readers will have noticed that we had been devoting and focusing towards a more patient-centric platform within our centres. These centres had been encouraged as well as provided with incentives to hold social gatherings to have fun and games followed by lunches and to organise dinners to celebrate family day and festivities like the moon cake festival.

In 2018, we also successfully held the 14th Patient Forum, 15th Annual Dialysis Meeting (ADM) and 4th Renal Nutrition Seminar (RNS) which brought about knowledge to hundreds of local and foreign participants.

In addition, we even have an interesting article in this issue contributed voluntarily without any cost by Ms. Jac Gordon, and for this, we thank the writer for her efforts.

We would like to express our greatest appreciation to all, both individuals and organisations, that their very efforts in contributing funds had helped to sustain our operations in saving the lives of the poor and needy patients with end stage kidney disease (ESKD).

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

Family Day At Dialysis Centres

Our NKF dialysis centres celebrated Family Day. In all the celebrations, participation was by the patients of the centres together with their families and the centre staff members.



Family Day on 5 August 2018 by Pusat Dialisis NKF - Fo Yi (Unit II) (Penang) at St. Giles Wembley Hotel in Georgetown, Penang.



On 15 July 2018, Pusat Dialisis NKF - Lions, Penang organised Family Day at the Eastern & Oriental Hotel.



18 August 2018 - Day of fun and games by Pusat Dialisis NKF - Bonuslink (Kota Bharu) for its Family Day.



On 14 September 2018, Pusat Dialisis NKF - Kelab Lions Alor Setar together with the Lions Club of Alor Setar organised the Family Day at the Grand Alora Hotel in Alor Setar.

15th Annual Dialysis Meeting : Exploring the Possibilities



“EXPLORING THE
POSSIBILITIES”



27 - 28
Oct 2018

15th Annual Dialysis Meeting

In ensuring the highest standards of care for dialysis patients, NKF continues to improve the knowledge of those in the frontline by providing continuous professional development through the 15th Annual Dialysis Meeting held on 27 and 28 October 2018 at Connexion Conference & Event Centre @ The Vertical, Bangsar South City, Kuala Lumpur.

The 1½ day Meeting with the theme

“Exploring the Possibilities” comprised 8 symposiums and 3 plenaries with the aim of including diverse topics and speakers. It covered new and interesting topics including Medicolegal Aspects of Nephrology and Complementary Medicine.

On the more humane aspect affecting the patients, two patients were invited to share their experiences on social and emotional matters faced

personally by them.

The meeting of 500 delegates was a success. We would like to thank all the speakers and healthcare experts for your service rendered at this Annual Dialysis Meeting. We would also like to thank our sponsors for helping us in making this event a success.



Build a Healthy Plate

by Ms. Kher Pui Leng, NKF Dietitian

¼ HEALTHY PROTEIN

Protein builds our muscle, repairs tissue and maintains a strong immune system.

Meat based – Fish, poultry, eggs, lean meat

Plant based – soy products, beans, peas, nuts and seeds

Go easy on fatty cuts of meat and processed meat.

HALF VEGETABLES AND FRUITS

Eat a variety of fruits and vegetables.

Our bodies benefit from a variety of vitamins, minerals, antioxidants, and phytochemicals in fruits and vegetables which have enormous health benefits.

¼ WHOLE GRAIN

Choose whole grain options to fill up half of your daily grain intake (whole wheat, brown rice, oats, and food made from them).

Whole grains have more fibre, vitamins and minerals than refined grains.

DRINK WATER

Drink water instead of sugary drinks.

Water can help you manage your calories.

Make water, low-fat or fat-free milk, or 100% juice an easy option in your daily life.



#SukuSukuSeparuh

NKF #Ambilserious About Promoting Organ Donation



Members of the public pledged to donate their organs during NKF's Green Pen Project.

In conjunction with “Minggu Kesedaran Pendermaan Organ (MKPO) Peringkat Kebangsaan 2018”, the National Kidney Foundation (NKF) of Malaysia came up with a

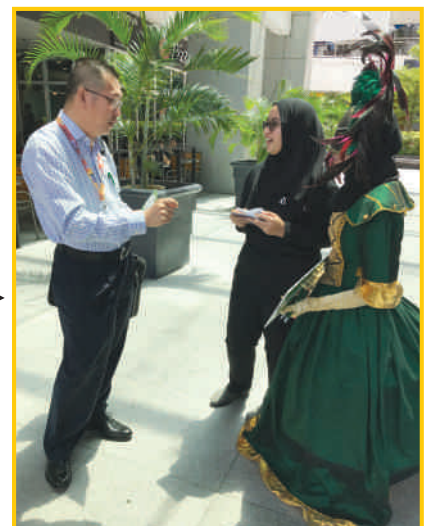
special approach to promote organ donation. The NKF team used mobile cruisers to distribute flyers containing organ donation statistics and information about organ donation

along with green pens to drive awareness and commitment for organ donation between 17-21 October 2018.

The Mobile Cruiser team of the National Kidney Foundation (NKF) of Malaysia went around shopping malls and universities in the Klang Valley areas to promote organ donation.



University students participated in the informative and interactive activities of the event.



" Wake Up to a Great Day! Have Breakfast "

..... DOs and DON'Ts



1. Wake up early so that you have time for breakfast.



2. Prepare breakfast the night before so that you won't be rushing the next morning.



3. Eat high-fibre, wholegrain and high-protein foods (eg milk and cheese) to boost your metabolism.



4. Ensure you have enough time to enjoy your breakfast.

5. BREAKFAST!

1. Eating foods that are high-fat everyday (eg roti canai, nasi lemak and local kuih that leave you lethargic and bloated).



2. Having just coffee for breakfast.



3. Skipping breakfast and compensating with a heavy lunch.



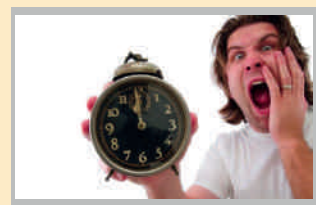
4. SKIP BREAKFAST!

Running Late??

Have breakfast on the go. Here are some food to keep at home if you have no time to eat.

- Fruits
- Fresh bread or buns
- Packet of milk
- Hardboiled egg
- Single-serving boxes of cereal or muesli
- Sliced cheese
- Yoghurt, yoghurt drink or cultured-milk

Tips: You may combine two items, say, munching cereal and then drinking milk.



DADSHOW

AWARENESS

Healthy Plate



www.facebook.com/nkfmj www.twitter.com/nkfmj



Cooking Methods



Boiling



Exchange With Healthier Ingredients

- Use low fat milk instead of coconut milk.
- Substitute mayonnaise with low fat salad dressing or yoghurt.
- Make half of your grains whole grains.
- Add herbs and spices for flavouring instead of salt.
- Use fresh or dried fruits to replace sugar in recipes.

Brought to you by:
 NATIONAL KIDNEY FOUNDATION MALAYSIA



03-7954 9048
1 300 883 110



70 Jalan 14/29,
46100 Petaling Jaya,



edu@nkf.org.my



www.nkf.org.my



@nkfmy



Occur in Hospital

Death must be in hospital as each organ has a short critical lifespan



Brain Death

A person who is brain dead can donate all his organs and tissues.
Brain dead is equal to death.
Anyone who has normal death can donate his tissues only.



Family's Second Consent

Only donations of organs and tissues require consent from the family

Everything You Need To Know

Organ Donation in Malaysia



Baby

The youngest baby (Age: 25 Days) donated a heart valve to another baby



Old people

The oldest person at 85 years old donated a kidney



Waiting List

21,826 patients are suitable recipients of organ transplants but chances of one having a transplant are negligible (NTRC, 2017)



A patient's family member with a lantern.

Celebrations of the Lantern (Mooncake) Festival Within NKF

On 22 September 2018, the Fo Yi Committee for Pusat Dialisis NKF – Fo Yi (Unit II) Penang organised a lantern dinner for patients and staff members of the centre.

Mooncakes were given to the patients and staff members, while children at the dinner were given lanterns and soft toys

Meanwhile in promoting the lantern festival (commonly known as

the mooncake festival) from early September to the date of the festival on 24 September our Fundraising Department raised RM29,891.00.

Our sincere appreciation goes to all the participants in donating towards the promotion to create a life-line to our poor and needy patients.

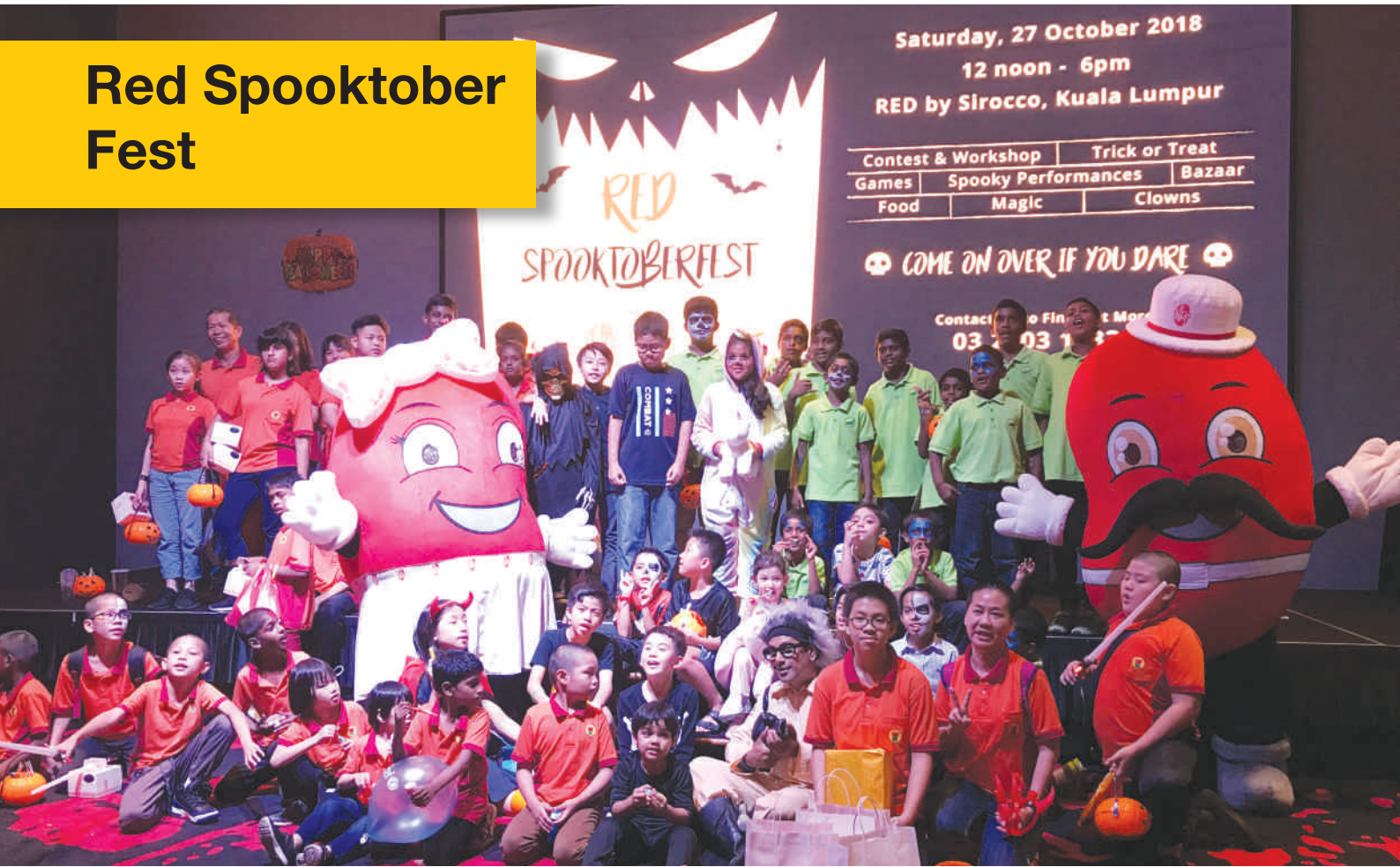


Guest-of-Honour presented lanterns and soft toys to children



Patients & Children with Y.B. Mr. Ong Ah Teong, the Guest of Honour (in white short sleeve shirt) who is the State Assemblyman for Batu Lintang.

Red Spooktober Fest



Red Spooktober Fest at the Sirocco Hotel, Kuala Lumpur, was held in the afternoon of 27 October 2018 with the National Kidney Foundation (NKF) of Malaysia being a beneficiary. With fun and games

as well as live entertainment and a bazaar, the event also catered for NKF to have a complimentary booth to display and sell its merchandise. Adding excitement to the atmosphere was a pair of kidney mascots.



Properly Storing & Managing Your Kidney Disease Medications

Diabetes and high blood pressure are the two known leading causes of End Stage Kidney Disease, accounting for more than 60% of new cases of dialysis patients in Malaysia. If you or a loved one has been diagnosed with kidney disease, you will likely be speaking with healthcare providers about your options as well as the causes. While many treatment options exist, not all require transplants or even dialysis, and if they do, you will probably still need to take some sort of medication or vitamin and supplement to ensure you're in top shape to prevent other issues from developing. If you are able to prevent kidney failure before it happens or even control your kidney functions with a mixture of medications, you will want to ensure you are caring for your medications properly to ensure they work well in order to keep you healthy.



Using Conservative Management & Kidney Disease Medication

Conservative management refers to the treatment of kidney failure without dialysis or a transplant, and by following this route you will work to manage your symptoms as best as you can while preserving your kidney function and quality of life as long as possible. While conservative treatment is normally done when the kidney function experiences moderate to severe impairment, it is important to note that all patients who are in End Stage Kidney failure will need either transplant or dialysis. However, conservative management often includes medicine that is designed to treat various symptoms associated with kidney diseases, such as blood pressure medicine, iron supplements, vaccinations, medication that helps remove water from your body and



What's the Right Temperature to Store Food At?

more. Seeing as these types of medications differ in the way that they are distributed to the patient, you might have to store them in various different ways. For example, the most commonly prescribed tablet for iron supplements is ferrous sulfate while a vaccination for Hepatitis B will likely be administered in the form of an injection. These types of treatments will need to be discussed with your physician, but once you have formulated a plan and been prescribed medicine, you will want to store them properly to ensure they work.

General Tips on Storing Medication

As a general rule, you will always want to keep medication in its original container and take the cotton ball out of the bottle as it pulls moisture into the bottle, which is something



you will want to avoid when storing important medications. Seeing as pills and capsules are easily damaged by heat and moisture, it is a good idea to keep these types of medications inside of a dark, cool medicine cabinet or even in your refrigerator. If you are going to choose to store them in a cabinet, ensure that it isn't the one in your bathroom, as the moisture created by the shower water and steam can affect the medicine. If you have a lot of medicine to look after, you might consider dedicating a small fridge to solely storing medicine as this will allow you to organize all of your supplements in one convenient, cool space.

Ensuring Your Medicine is Safe

It is a good idea to set reminders in order to check the expiration dates of your kidney disease medications every 1 to

3 months. Never take medicine that is expired, and if you



notice that it is expired, you should dispose it off properly. If you are going to throw away your medicine in the trash, ensure that it is first mixed with something that can destroy it properly, such as coffee grounds or kitty litter, and then put that into a plastic bag. Never flush your medications down the toilet as it can damage the water supply. After ensuring your medication is properly stored and within the expiration date, you can ensure it is not damaged by checking to make sure it doesn't have an odd color, texture, or smell. Pills that stick together or that are harder or softer than normal are likely damaged and shouldn't be consumed.

Staying on Top of Your Kidney Disease Treatment

It is important to review your medicines at every visit you have with your healthcare provider as you are the only one who knows how your body is responding to the treatment. Be open and honest about how you feel so you can adjust your management plan accordingly while also ensuring you are following your plan as you should be. By staying active, taking and storing your medications correctly, and ensuring you have a proper treatment plan in place, you can manage a kidney disease without problems.



Pro Bono Article Contributed by

Jac Gordon

From Gift To Gifts 5

24 March 2018 marked through the “From Gift to the 5th consecutive year Gifts” Charity Concert. This the Leo Club of SMK was made possible under Damansara Jaya (SMKDJ) the continuous guidance and raised funds to purchase support from the Lions Club a dialysis machine for NKF of Petaling Jaya.



Mahamayuri Foundation

On 29 September 2018, Dato' Hong and Datin Helen of Mahamayuri Foundation presented a dialysis machine to Mr. Chua Hong Wee, the CEO of NKF at Pusat Dialisis NKF – Chempaka.

On that day, the Foundation also handed over Epoetin subsidies to 15 hard-core poor patients from 7 NKF dialysis centres, namely, Pusat Dialisis NKF – Good

Health (Kampung Pandan, Kuala Lumpur), Pusat Dialisis NKF – Nanyang (Setapak, Kuala Lumpur), Pusat Dialisis NKF - Dato' Dr. G.A. Sreenevasan (Petaling Jaya), Pusat Dialisis NKF – Bakti (Klang), Pusat Dialisis NKF – Fungates Superflow (Kepong, Kuala Lumpur), Pusat Dialisis NKF – Kelab Apex (Klang) and Pusat Dialisis NKF – Charis (Cheras).



BIKERS WITH A HEART OF GOLD

HTC Motorcycle Club founders ChoyG, PongG & LeongKG presented a dialysis machine to the partners of Pusat Dialisis NKF - Yayasan Dato' Mohamad Kamil Bin Othman and Tuan Haji Abdul Ghani Bin Haji Azhari. This machine was raised through the 3-day Malaysia Day Charity Ride from 15 -17 September 2018 covering over 1,000km from Kuala Lumpur through Kemaman, Kuantan, Batu Pahat, Seremban and back to Kuala Lumpur.



AXA Hearts In Action Run

On 30 September 2018, the Chief Executive Officer (CEO) of AXA Affin General Insurance (AAGI) Berhad, Mr. Emmanuel Nivet, presented a mock cheque for RM20,000 to the CEO of the National Kidney Foundation (NKF) of Malaysia at Anjung Floria, Putrajaya. NKF would like to express our sincere gratitude to AAGI Berhad for selecting us as one of the beneficiaries for AXA Hearts In Action Run 2018.



Love Gifts from Bard Sdn Bhd

On 9 August 2018, the Managing Director of Bard Sdn Bhd, Mr. Tom Mangan, presented 53 units of blood pressure monitoring machines to the patients in Pusat Dialisis NKF – Yayasan Sultanah Bahiyah (Kulim). On top of this, 15 patients also benefitted from the Bard Charity Grant in the form of transport subsidies.



LIT Run

From its futuristic neon theme to its glitzy glam carnival feel, the LIT Run was not only glowingly unforgettable but also successfully raised RM10,000 in aid of

the National Kidney Foundation (NKF) of Malaysia. Mr. Darren Tan, the founder of World Information Technology Foundation presented a mock cheque to Mr. Chua

Hong Wee, the Chief Executive Officer of NKF Malaysia on 14 July 2018.



Direct Debit Donor Programme (DDDP)

Date : July - September 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 July to September 2018.

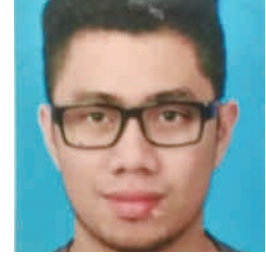
Association of Private Hospitals of Malaysia, Kuala Lumpur
Boulevard Shopping Mall, Sarawak
Giant Petra Jaya Mall, Sarawak
Green Heights Mall, Sarawak
Hospital Ampang, Selangor
Hospital Pulau Pinang, Penang
Hospital Queen Elizabeth, Sabah
Hospital Sultanah Aminah, Johor
Hospital Sultanah Nur Zahirah, Terengganu
Hospital Sungai Buloh, Selangor
Hospital Tuanku Fauziah, Perlis
Hospital USM, Kelantan
JPJ Alor Setar, Kedah
KPJ Kluang, Johor
KPJ Selangor Specialist Hospital, Selangor
Kuching Specialist Hospital, Sarawak
Malaysian Rubber Glove Manufacturers Association (MARGMA), Selangor
Mydin Petra Jaya, Sarawak
Oriental Melaka Straits Medical Centre, Melaka
Perak Community Specialist Hospital, Perak
Putra Medical Centre, Kedah
Sarawak Plaza, Sarawak
Sphere Exhibits Malaysia Sdn. Bhd, Kuala Lumpur
Suria Sabah, Sabah
Sutera Mall, Johor
Taiping Mall, Perak
Tesco Kulim, Kedah

NKF'S TOP 5 FUNDRAISERS

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



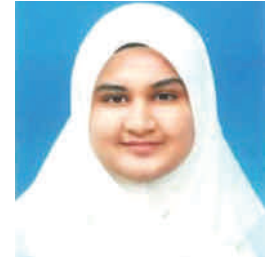
GOH HUI LING



AHMAD AUNNI RIDZUAN



CHAN KAM MOON



NUR FATIM ATIKAH BINTI
ABDUL MUTALIB



MEGERUBEN A/L
SUBRAMANIAM

NKF is pleased to announce our Top 5 fundraisers for the 3rd Quarter of 2018. 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.