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THE WORLD'S BEST BRANDS  
THE BRANDLAUREATE  
CSR BRANDLEADERSHIP  
AWARDS 2018



**NKF HONoured WITH  
THE BRANDLAUREATE CSR  
BRANDLEADERSHIP AWARD 2018**

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# Message From Chief Editor

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

Before the onset of 2019 NKF was blessed with a series of wonderful and inspiring news.

First to breach the cocoon of the good tidings was our dialysis centre, Pusat Dialisis NKF-Fungates Superflow (Kepong, Kuala Lumpur) which was the pioneer centre to be bestowed the Malaysian Society of Quality in Health (MSQH) Accreditation for 4 years in August 2018 from 2018 -2022. The action by MSQH led to a streak of accreditations for Pusat Dialisis NKF – Dato' Dr. G.A. Sreenesan (Petaling Jaya) in September, Pusat Dialisis NKF - Sultanah Bahiyah (Kulim) in November, Pusat Dialisis NKF – BonusLink (Kota Bharu) in December 2018 and Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh) in January 2019, all for a duration of 4 years.

Added to this string of accolades, the Foundation itself was conferred the Brandlaureate CSR Brandleadership Award 2018 in December by the Asia Pacific Brands Foundation. The award is for the National Kidney Foundation of Malaysia's efforts in kidney health management and education.

This award recognises corporations, non-governmental organisations, societies, institutions and individuals who have gone out of their way to give back to society as NKF has done in the past decades.

In the mean-time there had been an increase in the tempo in the flurry of activities to raise funds, while the rest of the NKF centres will be striving to achieve the MSQH accreditation.

2019 with its arch of triumph will certainly be the morale booster for the Foundation in the face of challenges as revealed by 2 major events held on 14 March 2019 in conjunction with the World Kidney Day 2019. These were the NKF Open Day held within the Foundation's premises and the launch of the second edition of Clinical Practice Guideline On Management of Chronic Kidney Disease (CKD) in Putrajaya.

Until then, happy reading.

Cheerio!

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 (Ipoh)	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 : Pusat Dialisis NKF – Yayasan Sultanah Bahiyah (Kulim)



On 9 December 2018, 80 persons comprising patients, their family members and the centre staff set off in two buses for Taiping.



Women & children at the Taiping Museum



Taking a leisurely ride in Taiping Zoo



Dinner at The Gate Café before going back to Kulim



Having an early rest at the zoo when tired of animals and plants

## NKF's 4th Renal Nutrition Seminar Featured World-renowned Expert



On 6 & 7 December 2018 the National Kidney Foundation (NKF) of Malaysia hosted the 4th Renal Nutrition Seminar in collaboration with the International Federation of Kidney Foundations (IFKF) at Nexus, Bangsar South, Kuala Lumpur.

The seminar was open to both local and international registered dietitians, physicians, and other medical experts to enable them to further their renal nutrition education.

200 participants came from Malaysia, Indonesia, Brunei and Singapore.

Among the notable speakers was Professor Joel D. Kopple the renowned father of the field of Renal Nutrition. The attendees were thus given a rare opportunity to tap on his vast knowledge and experience.

In launching the seminar, Mr. Goh Seng Chuan, the Vice-Chairman of the NKF Board of Directors mentioned, "Based on a study published by the Ministry of Health in June 2018, the number of Malaysians with CKD is projected to significantly increase due to the increasing prevalence of diabetes, hypertension and the aging

population. Therefore, shared decision making and close collaboration between different levels of healthcare is essential and could reduce the deterioration in kidney function by as much as 50%."

In addition, sponsors such as Fresenius Kabi Malaysia Sdn Bhd, Pharm-D Sdn Bhd, Pharmaniaga Biomedical Sdn Bhd, Cymed Sdn Bhd and JKS Biomedical Sdn Bhd helped to add to the success of the 4th Renal Nutrition Seminar.



# PHOSPHORUS – Diet tips for people with Dialysis

By Ms.Kher Pui Ling, NKF Dietitian

Phosphorus is a mineral that works with calcium in the body to keep your bones healthy. When kidneys are not working well, you may need to limit its intake. Here are some useful tips to help you control your phosphorus intake and stay healthy.



Processed Food



Fresh Food

Be careful of the phosphorus contained food additive.

Up to 100% of the phosphorus added into processed food is completely absorbed by the body.

Go for fresh food products.



Milk



Almond Milk

Dairy is a good source of protein. However, a dialysis patient needs to limit this due to its high phosphorus content.

Opt for the substitution – such as almond milk, rice milk which are lower in phosphorus content.



Chocolate Cake



Angel Cake

Having a snack or dessert in between meals is a good way to provide additional energy especially to those who struggle to eat adequately.

Look for the kidney friendlier sweet treats – such as “sago kuih”, meringue



Brown Rice



White Rice

For people with later stage of kidney disease, they may need to limit mineral intake in diet (phosphorus & potassium).

White rice or refined rice has lesser of these minerals compared to brown rice or multi-grain rice.



Pizza

It is okay to have a cheat meal or cheat day.

If your blood phosphorus is in good range, ask your dietitian how to occasionally have your favourite food that is high in phosphorus by having a small portion.

Tip – food sharing is a good way.



**CODE: Life - A Forum on Living Renal Transplantation** is a platform for dialysis patients (especially new and young ones) and their immediate caregivers to:-

1. take charge of their well-being;
2. learn more about living renal transplantation; and
3. exchange experiences with one another.

This programme hopes to hasten the uptake of ESRD patients on living transplantation and of caregivers for organ donation.



**3 sessions of CODE: Life were conducted in 2018 at:-**

- Nouvelle Hotel, Seri Kembangan (25 November)
- PJ Trade Centre, Damansara Perdana (2 December)
- Maju Junction, Kuala Lumpur (16 December)

**Programme activities:**

### 1. Health talk by Nephrologist



Topics:

- Renal replacement therapy option and why transplant is the best?
- Living related transplant – preparing for a gift of life and a better life
- Living after transplant

### 2. Sharing session with kidney donors & recipients



### 3. Interactive session

Total number of participants from these 3 sessions was about 204 participants including patients, caregivers and medical staff. Patients and caregivers who were interested to undergo living related renal transplant were then referred to those involved in this programme.



# Simple Tips to Make Your Diet Healthier



## Healthy cooking methods

- Steaming keeps nutrients and flavours in
- Stir frying cooks small pieces of food quickly using minimal oil
- Grilling and roasting in high heat allow fat to drip away from meats
- Baking and microwaving help to keep flavours and aromas in while using minimal oil
- Braising is an ideal way to soften tough meats without oil
- Braising and stewing in low heat are ideal ways to preserve nutrients in all meats and vegetables



## Exchange with healthier ingredients

- Use low fat milk instead of santan
- Substitute mayonnaise with yoghurt or low fat salad dressing, low fat mayonnaise
- Choose wholegrain bread instead of white bread
- Use herbs and spices instead of sauces or salt
- Use fresh or dried fruits instead of sugar



## Healthier meal preparations

- Remove visible fats and skins from meats
- Remove prawn head as it is high in cholesterol
- Wash vegetables and fruits before cutting
- Use vegetables of different colours in your meals for more variety and to get more phyto-nutrients.
- Cook fish, chicken and meat thoroughly to kill micro-organisms

# Kidney Health For Everyone Everywhere



On 14 March 2019, the National Kidney Foundation (NKF) of Malaysia organised the NKF Open Day in conjunction with World Kidney Day 2019 which promoted “Kidney Health for Everyone Everywhere”.

The programme commenced with one hour of Bollywood Fitness Dance instructed by Mr Kirenjit Singh, the Bhangra Dance Master to unleash the adrenalin rush of the participants. Free health screening was provided for members of the public to keep track of their blood pressure, blood glucose and blood cholesterol level with counselling given by NKF’s health professionals.

Chronic kidney disease (CKD) is an irreversible illness which strikes 9 out of every 100 Malaysians. As signs are not obvious in the beginning, CKD is often called the silent killer.

Currently, there are more than 50,000 dialysis patients in Malaysia with 7,000 new patients every year. Meanwhile, 20,665 patients are still on the waiting list for organ transplants as of December 2018. The numbers speak for themselves and paint a staggering and frightening picture.

In conjunction with World Kidney Day that is celebrated globally on the second Thursday in March, we would like to take this opportunity to raise awareness of preventive measures in avoiding kidney disease by maintaining kidney health.

At the same time, an exhibition on kidney disease and awareness on organ donation was held, while talks were given by medical experts in relation to kidneys and medication.

Turning 50 years old this year, NKF will commemorate its momentous journey with a lineup of celebratory events, including the NKF Glow Run which will take place on 20 July 2019, Saturday at Malaysia Agro Exposition Park Serdang (MAEPS). Aside from the unique glow in the dark fun run, the event aims to convey an educational message and increase public awareness on kidney disease. All proceeds of the run will contribute directly to subsidise the underprivileged end stage renal disease (ESRD) patients under NKF’s care.

For more information on these and future NKF activities or to donate towards the organisation’s efforts, please visit <http://www.nkf.org.my> or call 03-7954 9048



## Launch of Second Edition of Clinical Practice Guideline to Address the Rise of Chronic Kidney Disease



On 14 March 2019 at the Le Meridien Hotel in Putrajaya, the Ministry of Health (MOH), Malaysian Society of Nephrology (MSN) and National Kidney Foundation (NKF) of Malaysia collaborated to launch the second edition of clinical practice guideline (CPG) on management of chronic kidney disease (CKD).

Established by the members of the development group from MOH, Minister of Higher Education (MOHE) and private healthcare, the CPG serves to assist practitioner decisions about appropriate health care for chronic kidney disease

such as identification of risk in developing CKD, screening and early detection of CKD, treatment of early CKD to prevent progression, management of CKD and more.

The second edition of the CPG was launched on the World Kidney Day 2019 with the theme “Kidney Health for Everyone Everywhere” to highlight the increasing burden of kidney disease and the need for strategies for kidney disease prevention and management on a national level.

The event also included a host of talks and case discussions on chronic kidney disease

from a clinical perspective.

“The launching of the CPG on Management of Chronic Kidney Disease (Second Edition) is an important milestone in the development of kidney care in Malaysia. The primary objective of the CPG is to educate health care providers hence ensuring that optimal kidney care is provided to everyone, everywhere,” said YB Dr Lee Boon Chye, the Deputy Minister of Health, Malaysia.

For more information please visit <http://www.nkf.org.my>, <https://www.msn.org.my/> or call 03-7954 9048



# NKF Received The Brandlaureate CSR Brandleadership Award 2018



19 December 2018 : Dato' Dr. Zaki Morad Mohd Zaher, the Chairman of the NKF Board of Directors, accepted the Brandlaureate CSR Brandleadership Award 2018 on behalf of NKF from Tan Sri Rainier Althoff, the Chairman of the Asia Pacific Brands Foundation (APBF)

The award was accorded to NKF by APBF in appreciation of NKF's time and efforts over the years from its inception to make the world a better place in specifically promoting and treating kidney health with no profit in mind.

Such an achievement could only be attained with the unceasingly efforts of the management and staff of NKF both past and present.



# New Year Celebrations for 2019: Pusat Dialisis NKF – Yayasan Pertubuhan Pendidikan Akhlak, Taiping



83 cute and small cakes, each decorated with “Happy New Year 2019 & 50th Anniversary NKF” and placed in a box ushered the new year 2019. All patients and staff members received a box each.

A cross-section of the patients and staff members with their cake gifts in the premises of the centre.





## Run To Give 2018

22 hotels of Marriot International Kuala Lumpur joined together to organise the “Run To Give 2018” on 23 September 2018 at Taman Pudu Ulu, Kuala Lumpur, to raise 2 dialysis machines for the National Kidney Foundation (NKF) of Malaysia.

At the presentation ceremony, Mr. Chua Hong Wee, the Chief Executive Officer of NKF presented a token of appreciation to Mr. Gregory Gubiani, the Co-Chairman, Marriot Worldwide Business Council Malaysia.



## Pusat Dialisis NKF – Kelab Apex (Klang) Received 2 New Dialysis Machines

Mr. Ong Kan Bin had a soft spot for the kidney failure patients dialysing in Pusat Dialisis NKF-Kelab Apex (Klang). He had been an avid donor to the centre since 2013.

On 31 January 2019, Mr. Ong Kan Bin donated 2 more dialysis machines to the centre. The National Kidney Foundation of Malaysia is grateful to Mr. Ong Kan Bin for his unwavering support.



**GRAB REWARDS CAMPAIGN WITH NKF MALAYSIA**  
*Anytime, Anywhere*

MAKE USE OF YOUR GRAB REWARDS POINTS AS A DONATION TO NKF MALAYSIA To purchase a dialysis machine for our poor kidney failure patients and give them a better quality of life.

**STEPS TO MAKE YOUR DONATION**

- 01 Click on "Rewards"
- 02 Select "Service"
- 03 Choose "National Kidney Foundation of Malaysia"
- 04 CBA "Purchase"

For further information, please email [fundraising@nkf.org.my](mailto:fundraising@nkf.org.my)

National Kidney Foundation of Malaysia (www.nkf.org.my)  
 75, Jalan 6/101, 46100 Petaling Jaya, Selangor Darul Ehsan, Malaysia  
 Tel: 23 7964 8040, 23 7254 8040 Fax: 23 7964 8222

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 @ nkf  
<https://bit.ly/2wv1q8p>



## GrabRewards Campaign

The GrabRewards Campaign with NKF Malaysia “Anytime, Anywhere” allowed GRAB users to donate their reward points to the National Kidney Foundation (NKF) of Malaysia in the months of November and December 2018. The charity initiative successfully raised RM25,070 to help in the treatment of poor kidney failure patients in the NKF dialysis centres.



## 18 Centres Benefitted From The Generosity of 99 Speed Mart Sdn Bhd

On 15 February 2019, Mr. Chua Hong Wee the CEO of the National Kidney Foundation of Malaysia received 2 units of body composition analysers from Ms. Ng Lee Thieng, Executive Director, Mr. Simon Yong, MIS Director and Mr. Yong Eng Kwang, Branches Operation-General Manager of 99 Speed Mart Sdn Bhd.

## A Wild Wild West Night of Charity

On 16 February 2019, Mr. Chua Hong Wee, the Chief Executive Officer of NKF and Staff Nurse Noorhayati Bte Abdul Rahman from Pusat Dialisis NKF-Yayasan Pembangunan Keluarga Darul Tazim (Johor Bahru) received a donation of RM23,000 from Flexi Components Sdn Bhd. The money was raised during the Flexi Versa Group Annual Dinner with the theme "Wild Wild West".



## RM20,000 In Aid of NKF Dialysis Centres

On 3 December 2018, the National Kidney Foundation (NKF) of Malaysia received a donation for RM20,000 from Mr. Alan Thoo and Lions Club Sunway Damansara Metro to purchase medical equipment such as

dressing trolley, ECG machine, platform weighing scale, defibrillators and other equipment needed by our dialysis centres.

9 dialysis centres benefited from this donation.

NKF is truly grateful to Mr. Alan Thoo and Lions Club Sunway Damansara Metro for their generosity.





## Toyota Tsusho (Malaysia) Sdn Bhd

On 19 November 2018, Mr. Jun Sugimoto, General Manager, Corporate Division of Toyota Tsusho (Malaysia) Sdn Bhd presented a cheque for RM9,000 to Mr. Chua Hong Wee, the Chief Executive Officer of the National Kidney Foundation of Malaysia. The money was for paying the daily food essentials for NKF's poor dialysis patients.



## Let There Be Lights

On 13 February 2019, NKF received a timely sponsorship of 500 units of LED T8 and 40 units of down lights of 18W from Sirocco Hospitality Group Sdn Bhd. These lights were installed in the NKF Secretariat, Dialysis Centre and Training Centre.



## Direct Debit Donor Programme (DDDP)

Date : October - December 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 October to December 2018.

Aeon Tebrau City Shopping Centre, Johor
Amoda Building, Kuala Lumpur
Anjung Neighbourhood Center, Johor
Damai Service Hospital HQ, Kuala Lumpur
Empire Shopping Gallery, Selangor
Financial Park Labuan, Labuan
Gleneagles Kota Kinabalu, Sabah
Hospital Ampang, Selangor
Hospital Kulim, Kedah
Hospital Penawar, Johor
Hospital Pulau Pinang, Penang
Hospital Putrajaya, Putrajaya
Hospital Queen Elizabeth, Sabah
Hospital Segamat, Johor
Hospital Selayang, Selangor
Hospital Serdang, Selangor
Hospital Sultanah Bahiyah, Kedah
Hospital Sultanah Nur Zahirah, Terengganu
Hospital Tuanku Fauziah, Perlis
Hospital UKM, Kuala Lumpur
Island Hospital, Penang
ITCC Mall, Sabah
JPJ Negeri Pulau Pinang - Batu Uban, Penang
Kluang Mall, Johor
Kompleks Karamuning, Sabah
KPJ Sabah Specialist Hospital, Sabah
KPJ Selangor Specialist Hospital, Selangor
Mydin Taman Batik Hypermarket, Kedah
Puteri Harbour, Johor
Putra Medical Centre, Kedah
Senai Airport, Johor

Straits Quay, Penang
Summit USJ, Selangor
Suria Sabah, Sabah
Wisma Bernama, Kuala Lumpur

## NKF'S TOP 5 FUNDRAISERS

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



AHMAD AUNNI RIDZUAN



GOH HUI LING



CHAN KAM MOON



FARHANA BINTI MOHD FADZIL



DHIVYESREE A/P SHOMESUNDRUM

NKF is pleased to announce our Top 5 fundraisers for the 4th 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.