

# SHARE

EARLY DETECTION & PREVENTION SAVES LIVES

ISSUE 2 2019 | PP9314/08/2012 (030426)



**1st NKF Public Education Department  
(PED) Unit In the Southern Region  
Launched**

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# Message From Chief Editor

Greetings from The National Kidney Foundation (NKF) of Malaysia!

This year NKF celebrates the 50th anniversary of its inception. Over time we have emerged to enjoy the sweet accolade to be one of the best, if not, the best non-government organisation (NGO) in the field of promoting public health in particular in relation to kidney diseases. Proof of this acclamation is revealed by the accreditations and recognition we have received recently from the government and private agencies as shown in this issue of our newsletter.

Such certification is synonymous with our Foundation having attained the level of maturity in its operations brought about by the unceasing and tireless efforts of its management team made up of the Board of Governors, Board of Directors and staff.

Following the efforts of all concerned, we have been able to weather challenges to fulfil our objectives of principally meeting the dire need for haemodialysis by our poor patients. In addition, we have been promoting awareness of kidney diseases through our concrete action via the mobile health check teams, health talks and exhibitions as well as

getting pledges for organ donation. These activities have reached the eyes and ears of a broad spectrum of society brought about by the media and our newsletter.

With the publicity and the positive image that we have garnered, our path to carrying out our operations which is essentially dependent on public donations is much lightened.

With these, Ladies and Gentlemen, with your trust in us and our very best efforts towards serving humanity, let us steadfastly keep the Foundation on an even keel.

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 |

## Patients' Family Day Pusat Dialysis NKF – Dato' G.A. Sreenevasan (Petaling Jaya)



### Pusat Dialysis NKF - Dato' Dr. G.A. Sreenevasan

24 March 2019  
Shah's Village Hotel  
Petaling Jaya

## Patients' Family Day 2019

On 24 April 2019, 100 people attended the Patients' Family Day-cum-NKF's 50th Anniversary Celebrations of Pusat Dialysis NKF – Dato' G.A. Sreenevasan (Petaling Jaya) at Dewan Parameswara, Shah's Village Hotel in Petaling Jaya.

Apart from the centre's patients, their family members and staff, the other participants included invited family members of the late Dato' Dr. G.A. Sreenevasan. They were his daughter Madam Swarupini and her

husband Professor Dr. Raman, his son Mr. Gopal and Mr. Gopal's son.

Also at the celebrations were Dr. Shyma Devi d/o K. Ramu, the centre's Person-in-Charge and Mr. Chua Hong Wee, the NKF Chief Executive Officer.

The programmes for the celebrations covered health screening for patients' family members and hotel staff, games, a best dressed contest and lucky draws.

The award for the longest dialysing patient of the centre went to 56-year old Mr. Ng Ek Hui, who has been dialysing at Pusat Dialysis NKF - Dato' Dr. G.A. Sreenevasan, Petaling Jaya for 22 years.



# 1st Alumni Meeting of The National Kidney Foundation (NKF) of Malaysia's Post Basic Haemodialysis Nursing Programme



The 1st Alumni Meeting of NKF's Post Basic Haemodialysis (PBHD) Nursing Programme was held in conjunction with NKF's 15th Annual Dialysis Meeting on 27 October 2018 at Khan's Indian Cuisine, Bangsar South City, Kuala Lumpur. This was a national level meeting for the alumni targeting about 150 graduates nationwide.

The PBHD Nursing Programme started in 2005 and had a good following with over 1,000 trained participants until 2018 throughout Malaysia.

The aim of this alumni is to:

- foster closer relationships among the alumni of PBHD Nursing Programme
- provide a forum for the exchange of ideas among alumni, faculty and administration of NKF Training Centre
- establish strategic alliances between alumni and NKF
- promote lifelong learning and

upgrading of the professional skills of the alumni

The first batch of Alumni Committee Members was elected and introduced on that night. The Vice Chairman of the NKF Board of Directors, Dr. Thiruventhiran Thilaganathan and the CEO of NKF also graced the occasion with their presence. This meeting was a good opportunity for the alumni to interact and network. They had a fun-filled night with a fine-dining experience, games and performances.



### Eat in Moderation

- Food portion control is essential for a person on dialysis. It is okay to eat everything in moderation, but this depends on your dietary need and your recent blood test result.
- For example, if you have a high phosphorus level, avoid a big portion of high phosphorus food, such as “sambal kacang”, chocolate cakes and “bandung” syrup. Instead, you should have smaller portions of these food.



### Watch out for your Salt Intake

- Controlling your sodium intake can control your thirst, which in turn manages your fluid intake to be within the recommendation made by your doctor.
- Avoid preserved or processed foods such as fruit pickles, salted fish/eggs, nuggets and sausages. Instead go for freshly home-cooked dishes.
- Avoid having a large amount of sauces and gravies poured onto your rice/staple. These are common sources of sodium. Again, take them in moderation.

## Healthy Holiday Eating Tips for People on Dialysis

I have  
Enough

### Learn how to say “I’ve had enough, thank you.”

- It is okay to speak up when your friends and relatives offer you “seconds”. Do not force yourself to consume more than you would like to.
- Be polite, but do not feel guilty. You should not be shameful in sticking to your health goals.



### Bring your medication (phosphate binder) along at Open Houses!

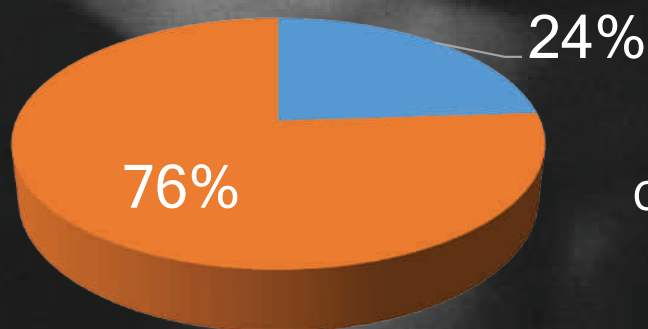
- You know that you will be offered a variety of dishes, snacks and desserts.
- Bringing along your medicine such as phosphate binder is a smart move because you will never know how much phosphorus you will be taking from the food when you go visiting.
- Phosphate binder is a medication that helps to reduce the amount of phosphorus being absorbed into your blood from what you have eaten.

# WAITING LIST ORGAN DONATION

(As at December 2018)

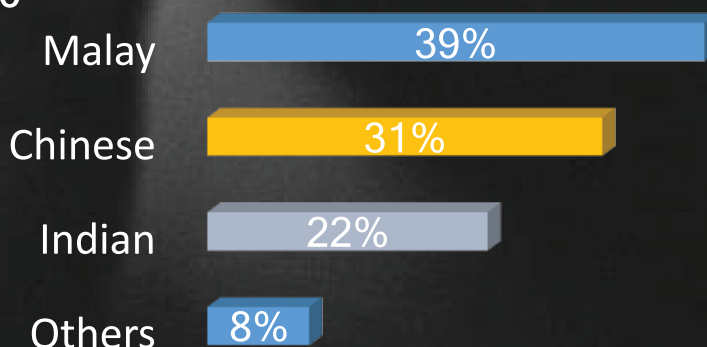
|               |        |
|---------------|--------|
| Kidney        | 20,648 |
| Liver         | 4      |
| Heart         | 7      |
| Lungs         | 3      |
| Heart & Lungs | 3      |

Number of Transplants in Malaysia  
from 1970 till to-date **665**



■ Organ Transplant  
■ Tissue Transplant

Number of Organ Pledgers  
424,580 pledgers



# 1st NKF Public Education Department (PED) Unit In the Southern Region Launched



On 17 March 2019, Y.B. Dr. Sahrudin Bin Jamal, currently the Menteri Besar of Johor, (the then Chairman of the Johor Health, Environment and Agriculture Committee) launched the first NKF PED Southern Regional Unit in Batu Pahat.

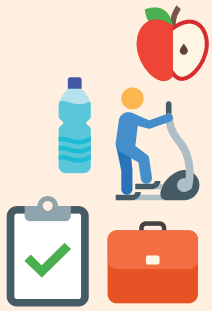
Present were Dr. Lee Wan Tin, the member of the NKF Board of Directors-cum-Chairman

of the NKF Technical and Dialysis Committee and Mr. Chua Hong Wee, the NKF Chief Executive Officer.

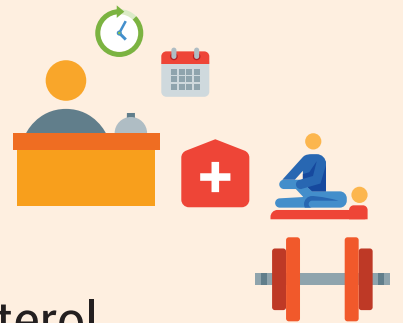
The launch was accompanied by activities promoting healthcare and wellness, a Zumba session together with a Johor cultural performance and a cooking demonstration.

The Unit is to provide the public with easily accessible information and services such as mobile health screening, health talks, health exhibitions and counselling which are conducted by NKF health care professionals.





# CHOLESTEROL MYTHS & FACTS



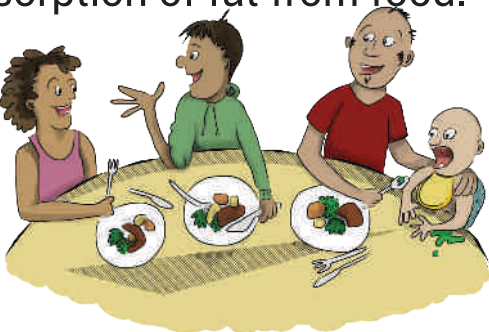
1 in 2 Malaysian adults has high cholesterol.

Malaysians are getting heart attack 10 years younger  
compared to 30 years ago

1

## CHOLESTEROL ONLY COMES FROM THE FOOD WE EAT

Not true. Cholesterol comes from two sources. While food is one of them, cholesterol is also produced by our liver for various important body functions such as building cell membranes, production of hormones and absorption of fat from food.



2

## WE SHOULD NOT EAT FOOD CONTAINING BAD CHOLESTEROL

This is an incorrect statement. Animal-based food do contain cholesterol, but there is no good or bad cholesterol in food. Good (HDL) and bad (LDL) cholesterol are only found in blood. With good dietary practices and an active lifestyle, a person can raise the good (HDL) cholesterol level in the blood.



3

## ONLY OBESE PEOPLE HAVE HIGH CHOLESTEROL

Not true. Even thin people can have high blood cholesterol



4

## KIDS CAN'T HAVE HIGH CHOLESTEROL

No. Research has shown that kids as young as eight years of age can have high cholesterol



5

## SANTAN (COCONUT MILK) CONTAINS HIGH CHOLESTEROL

A popular misconception. There is no cholesterol in coconut milk. Cholesterol is only found in animal products. However, coconut milk contains saturated fat that can raise cholesterol level.



6

## IT IS NOT ENCOURAGED TO EAT EGGS BECAUSE THEY ARE HIGH IN CHOLESTEROL

Not true. Eggs do contain cholesterol. However, cholesterol from food such as eggs is poorly absorbed into the body and thus contributes to a small rise in cholesterol. Therefore, we can continue to eat eggs and give them to our children as they are nutritious.



## World Kidney Day 2019 at NKF Dialysis Centres & Regional Units

### 14 March 2019

WKD celebrations were solely an in-house affair at Pusat Dialisis NKF – Fo Yi II (Penang).

Talks were given by the Centre Manager and staff nurses on kidney disease with patients raising questions and sharing their experiences in facing the disease, including dialysis. Other activities on that day included games and were thereafter followed by food and drinks.



### 22 March 2019

The NKF Public Education Department (PED) Regional Unit Eastern Region based in Kota Bharu, Kelantan celebrated the World Kidney Day (WKD) 2019 at the KB Mall in Kota Bharu. Among the activities were a health talk and a children's colouring contest.



### 30 March 2019

The NKF Public Education Department (PED) Regional Unit Northern Region based in Alor Setar, Kedah and Majlis Perundingan Pertubuhan Islam Malaysia (MAPIM) collaborated in holding the World Kidney Day (WKD) 2019 celebrations at Dewan Casuarina Meru Raya Hotel, Ipoh in Perak. This event was officially inaugurated by the Deputy Minister of Health, YB Dr Lee Boon Chye.



### 19 April 2019

Staff of Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar) assisted in a health screening exercise at Aman Central, Alor Setar in Kedah by the NKF PED Unit Eastern Region based in Kota Bharu, Kelantan. The exercise was part of the campaign amongst the centre, the Lions Club of Alor Setar (Host) and Sultanah Bahiyah Foundation. Other activities in the campaign included eye screening, diabetic retinopathy screening and a health talk together with a display of pamphlets cum dissemination of information by the NKF PED Unit Northern Region of Alor Setar.





## OUR ACHIEVEMENTS

### Accredited to:

- ✓ Pusat Dialisis NKF - Fungates Superflow, Kepong
- ✓ Pusat Dialisis NKF - Dato' Dr. G. A. Sreenevasan, Petaling Jaya
- ✓ Pusat Dialisis NKF - Yayasan Sultanah Bahiyah, Kulim
- ✓ Pusat Dialisis NKF - Bonuslink, Kota Bharu
- ✓ Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak, Ipoh



**Certificate of Accreditation For Post  
Basic Haemodialysis Nursing  
Programme  
MQA/FA9770**



**The BrandLaureate  
CSR BrandLeadership Awards 2018**

**Kidney Health Management  
& Education**



FOR MORE INFORMATION, KINDLY CONTACT:

**03-79549048**

**nkf.org.my**

## RM17,000 for NKF From Stella Maris International School Bukit Damansara



After a 2.7 km cross-country run and a fundraising campaign, students and school staff of Stella Maris International School, Bukit Damansara, raised RM17,000 for the National Kidney Foundation (NKF) of Malaysia. Such humane deeds had been carried on over the past

years by the students and staff of the school for the benefit of poor kidney patients seeking dialysis treatment in the NKF centres. NKF greatly appreciates the sustained years of moral and financial support from the school populace.

## NKF at SE-Asian Health Care Show : 9-11 April 2019

NKF and its Project Partners were privileged to have the presence of Y.B. Dr. Lee Boon Chye - the Deputy Health Minister of Malaysia at its showcase booth in the SE-Asian Health Care Show which was held at the Kuala Lumpur

Convention Centre.

The successful event included an explanation on the roles of NKF, which drew many visitors to the booth.



The National Kidney Foundation Of Malaysia

# GLOW RUN

MAEPS, SERDANG  
20.7.2019

Use promo code  
**NKF5**  
enjoy RM5 discount for  
single entry purchase

AS LOW AS  
RM **60**

5KM FUN RUN  
LET'S RUN FOR CHARITY

## Glow Run To Commemorate NKF's 50th Anniversary

As part of its 50th anniversary celebrations, the National Kidney Foundation (NKF) of Malaysia is organising on 20 July 2019 its Glow Run 2019 at MAEPS Serdang.

With the intention of raising funds to subsidise underprivileged kidney patients under its care, the run encompasses a luminous 5km route comprising multiple fun zones and a line-up of exciting activities.

Participants can support by joining the treadmill donation challenge which converts every kilometre covered into monetary contribution to NKF. To register, visit [www.ticket2u.com.my/event/13418](http://www.ticket2u.com.my/event/13418). Participation fee is RM65/person and RM240 for a group of four. For details, visit [www.nkf.org.my](http://www.nkf.org.my) or call 03-79549048.



## Chinese New Year cum Birthday Celebrations

29 & 30 January 2019 saw President Lion Chen Joo Pau, Vice-President Lion Lee Chu Jiang, Lion Datuk Dr. Cheng Joo An together with other Lions from the Lions Club of Alor Star (Host) coming to bring cheers to patients and staff of the centre.

With Chinese New Year 2019 on 5 February 2019 which is about a week

away, they enlivened the spirits of the patients by handing out mandarin oranges and "angpows".

Since the celebrations coincided with the birthday of one patient, Madam Lee Yoke Lee, she was greeted with "Many Happy Return".

## NKF Received RM150,000 Raised by MWCMUA

On 22 March 2019, the Malaysia World Chinese Merchants Union Association (MWCMUA) organised the Hongkong Stars' Charity Concert at the HXC Grand Ballroom of the Pudu ICC Kuala Lumpur.

The theme show was "Hongkong Night, Love For Malaysia".

Arising from the outcome of the concert, the National Kidney Foundation (NKF) of Malaysia is truly appreciative of the gift of RM150,000 that MWCMUA had raised for the Foundation to pay for the dialysis treatment provided to poor kidney patients.



## Sixth Consecutive "From Gift to Gifts" Charity Concert for NKF

The National Kidney Foundation (NKF) of Malaysia received RM 40,000 from the sixth annual consecutive "From Gift to Gifts" charity concert organised by the Leo Club of Sekolah Menengah Kebangsaan Damansara Jaya.

The concert had over the 6 years been under the guidance of the Lions Club of Petaling Jaya with the result that over that period of time RM240,000 had been raised to greatly help to lessen the suffering of the financially poor kidney patients dialysing in NKF.

NKF is indeed indebted to the young members of the Leo Club.





## Harley Bikers Did It Again

As part of its continuous support for the National Kidney Foundation (NKF) of Malaysia, the H.T.C Motorcycle Club organised a charity auction night in conjunction with its 6th Annual Dinner.

raised money for one dialysis machine which was placed in Pusat Rawatan Dialisis Tuanku Syed Putra – NKF (Kangar).

This was the 3rd machine the bikers had donated to NKF.

The benevolent bikers

**Donate your GrabRewards points for NKF**

**MAKE A DIFFERENCE, SAVES LIVES**

**MAKE USE OF YOUR GRABREWARDS 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**

- STEP 01** Click on "Rewards"
- STEP 02** Select "Services"
- STEP 03** Choose "National Kidney Foundation of Malaysia"
- STEP 04** Click "Purchase"

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

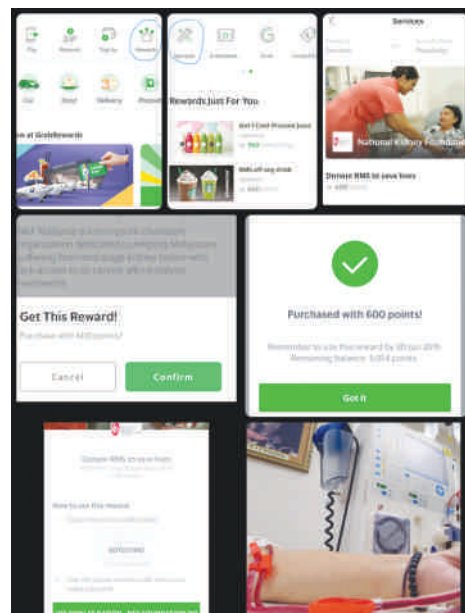
National Kidney Foundation of Malaysia BERKESAMA SAMA MELAKSANAKAN TRANSFORMASI  
 70, Jalan 14/29, 46100 Petaling Jaya, Selangor Darul Ehsan, Malaysia  
 Tel: 03-7954 9048 / 03-7954 9049 Fax: 03-7954 8535

## Opportunity for Grab Users to Donate to NKF

From 12 April – 30 June 2019 Grab users can donate to the National Kidney Foundation (NKF) of Malaysia by converting the GrabReward

points they have in the Grab App catalogue.

Every 600 GrabReward points they have can be converted to a RM5 donation to NKF.



## Direct Debit Donor Programme (DDDP)

Date : Jan - March 2019

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 2019.

|  |
|--|
| Aeon Tebrau City Shopping Centre, Johor                                  |
| Amanjaya Specialist Centre- Green Hospital, (Pusat Pakar Amanjaya) Kedah |
| Center Point Sabah, Kota Kinabalu,, Sabah                                |
| Green Heights Mall, Kuching, Sarawak                                     |
| Hospital Ampang, Selangor  |
| Hospital Bentong, Pahang   |
| Hospital Kepala Batas, Penang  |
| Hospital Pulau Pinang, Penang  |
| Hospital Queen Elizabeth, Sabah  |
| Hospital Segamat, Johor  |
| Hospital Sultan Ismail, Johor Baru, Johor                                |
| Hospital Sultanah Aminah, Johor Baru, Johor                              |
| Hospital Pakar Sultanah Fatimah, Muar, Johor                             |
| Hospital Sultanah Nur Zahirah, Terengganu                                |
| Hospital Tengku Ampuan Rahimah Klang (HTAR), Selangor                    |
| Hospital Tuanku Ampuan Najihah, (Kuala Pilah Hospital), Negeri Sembilan  |
| Imago Shopping Mall, Kota Kinabalu, Sabah                                |
| IOI Mall Bandar Putra Kulai, Johor                                       |
| Johor Premium Outlets Indahpura, Kulai, Johor                            |
| Kluang Mall, Johor   |
| Kompleks Sukan Pandamaran Klang, Selangor                                |
| KPJ Johor Specialist Hospital, Johor Baru                                |
| KPJ Klang Specialist Hospital, Klang, Selangor                           |
| KPJ Pasir Gudang Specialist Hospital, Johor                              |
| KPJ Sabah Specialist Hospital, Sabah                                     |
| Plaza Shell, Kota Kinabalu, Sabah  |
| Star Health Expo 2018 @ Spice Arena Penang, Penang                       |
| Suria Sabah Shopping Mall, Kota Kinabalu, Sabah                          |
| Tesco Extra Plentong, Johor  |

## NKF'S TOP 5 FUNDRAISERS

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



DHIVYESREE A/P  
SHOMESUNDRUM



NUR FATIN ATIKAH  
BINTI ABDUL MUTALIB



FATIN NADHIRAH  
BINTI NOORDIN



CHAN KAM MOON



NESHA KUMAR RAO A/L  
VENGADASAN

NKF is pleased to announce our Top 5 fundraisers for the 1st Quarter of 2019. 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.