

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

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**NKF GLOW RUN AT MAEPS
- 20 JULY 2019 -**

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Message From Chief Editor

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

While health checks, exhibitions and talks continue to promote awareness of kidney disease, the promotion of organ donation is ongoing.

As this is the 50th Anniversary of NKF, greater efforts were made to raise funds. We set about organising the Glow Run at the Malaysian Agro Exposition Park Serdang (MAEPS) and were pleasantly surprised by the tremendous response it had received.

In order bring about closer rapport between patients, their families and staff, centres also celebrated "Patients' Family Day".

Shell Malaysia in a scheme involving 315 retailers channelled part of the income from the sales of petrol at 3 weekends in June to NKF to buy new dialysis machines to treat poor kidney patients.

NKF also launched the "Red Bean Assistance Programme" to lessen the financial costs for chronic kidney disease (CKD) patients suffering from anemia by providing them with the treatment of an erythropoietin-stimulating agent (ESA) for red blood cell production. We thank Roche Malaysia for assisting us with this initiative.

Thanks to all our supporters and 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

Potassium and Your Chronic Kidney Disease (CKD) Diet

Potassium is an essential component in the human body. It keeps your heart beating regularly and ensures that your nerves and muscles are functioning properly. However, for people with advanced CKD, potassium may easily build up in the blood. When there is too much potassium in the blood, we call it “hyperkalemia”. To help keep the potassium level within a safe range, your medical team may require you to follow a low potassium diet. Here is a useful quick checklist to help control your potassium intake.

Only follow this guide if you have been advised to lower your potassium.

Traditional/Herbal Remedies or Supplements



People with chronic kidney disease should avoid taking herbal supplements. In this case, the supplements may have ingredients that are high in minerals such as phosphorus or potassium. For example: Alfalfa, Dandelion, Noni, Feverfew and Safflower are supplements that are high in potassium.

Please inform your doctor if you are taking supplements.

High Potassium Fruits & Dried Fruits



Jackfruit (Nangka)
5 fruits, K = 552 mg



Banana
1 medium, K = 228 mg



Avocado Pear
1 medium, K = 749 mg



Dried Dates
5 whole, K = 280 mg



Raisins
¼ cup, K = 249 mg

Dialysis patients are recommended to have 1 – 2 servings a day. Patients should choose fruits that are lower in potassium.

The good choices will be:

1 small apple, 1 small pear, 1 slice of papaya, 1 slice of watermelon, ½ of a whole guava.

Limit or avoid fruits that are high in potassium (usually more than 200 mg per serving) such as jackfruit, banana, avocado pear and dried fruits.

Concentrated Fruit Juices & Vegetable Purees



Fresh Orange Juice, non-diluted
1 glass, K = 496 mg



Coconut Water
1 glass, K = 496 mg



Mixed Fruit Juice Smoothie
1 glass, K = 341 mg



Tomato Puree, canned
½ can (215 g), K = 944 mg



Fresh Mushroom Soup
1 bowl, K = 515 mg



Sweet Peanut Cream Soup
1 bowl, K = 419 mg

Avoid taking concentrated fruit juices and vegetables purees.

Eating or drinking a large amount of fruits and vegetables at once can easily lead to the intake of a large amount of potassium especially when you are blending your own glass of fresh fruit juice or favourite creamy vegetable soup.

For vegetable intake, dialysis patients are recommended to take 2-3 servings a day.

A serving size is about 1 cup (uncooked) or ½ cup (cooked).

Tubers/Starchy Vegetables



Potato
1 large (168 g), K = 340 mg



Yam/Taro
1 cup cubes (150 g), K = 369 mg



Sweet Potato
1 whole (150 g), K = 315 mg

Potato – French fries, mashed Potato, Potato wedges, Potato chips.

Yam/Taro – Or Nee (Sweet Taro dessert), Yam cake, Taro fritters.

Sweet Potato – Sweet Potato soup, Sweet Potato “kuih”, Sweet Potato fritters.

However, tubers or starchy vegetables can be leached before cooking to remove some of the potassium. Limit to ½ a cup of leached vegetables.

Milk and Milk Products



Milk (fluid)
1 glass, K = 366 mg



Chocolate Milk (fluid)
1 glass, K = 394 mg



Yoghurt
½ cup, K = 351 mg



Milk Powder
4 Tablespoons, K = 351 mg

Milk and Milk Products are usually high in both phosphorus and potassium.

If you usually consume these products every day, you may need to reduce the frequency of consumption or the portion size by half.

Good choices of milk substitute would be almond milk, rice milk, non-daily creamer.

Salt Substitutes (Potassium salt)

Lo Salt

Salt Reduction

Sodium free

Avoid salt substitutes especially low sodium foods made with salt substitutes because most of them contain high potassium. When reading labels, confirm if the products have the ingredient of potassium salt.

Besides altering your diet, there could be other factors that raise your blood potassium level. Your medical team will check if there can be other reasons (poor sugar control, inadequate dialysis or certain medications, etc.) that cause your potassium level to be elevated. Speak to your doctor.

Basic Counselling Workshop



NKF had organised a Basic Counselling Workshop on 27 and 28 April 2019 at its Training Centre in Petaling Jaya, Selangor. The workshop was designed for those who had a basic grasp of counselling skills and wished to apply these skills in a range of challenging environments. The workshop's aim was to stimulate growth in knowledge, self-awareness and skills development while enhancing the participants' ability to accurately empathize with their patients, developing and applying listening and communication skills.

Basic Counselling Skills include attending skills, listening skills, empathizing, reflecting feelings and content using paraphrasing and summarising, responding skills, questioning, probing and leading, all of which are crucial when communicating with patients and also with colleagues.

participants who came from all over Peninsular Malaysia, who were mainly staff nurses. They joined the training with the hope to gather as much knowledge as possible to improve their work quality in patient care.

A highly professional and experienced team of trainers conducted the workshop, which consisted of the following members:

1. Mr. Loo Leong Heng, a Senior Welfare Officer at NKF
2. Ms. Wan Zuat Yin, a Lecturer in the School of Education & Social Sciences of Management & Science University
3. Pn. Nuraihan Muhd Noordin, a Lecturer in Psychology & Counselling of Management & Science University
4. Dr. Foo Fatt Mee, a Senior Lecturer in the School of Education & Social Sciences of Management & Science University

gained from this training and felt that it fitted their needs. The workshop was customised for the needs of those working with patients having kidney related illnesses. Almost all of the participants rated this workshop as excellent. They felt better equipped in the ability to enhance the psychological well-being of their patients upon completion of the workshop. They liked the Practical Role Plays whereby they role-played a real issue from the beginning to the end of a session. Overall, the Basic Counselling workshop was a success.



This training was attended by 21

Participants valued the knowledge they

TYPES OF LIVING DONORS

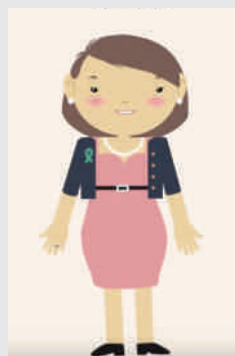
RELATED LIVING DONORS

UNRELATED LIVING DONORS

Any Family Member

Spouse

Friend



In Malaysia, organ donation is confined to close blood relatives (first and second degree relatives) or those in close emotional relationships (husbands / wives).

Unrelated living organ donation is not permitted unless the patient is suffering from a fatal organ failure, does not have any family members or cadaveric donors and has no alternative treatment to save his/her life. The donation must also be done voluntarily without any monetary consideration.

First Degree

Mother	Father
Daughter	Son
Full Sister	Full Brother

Second Degree

Grandmother	Grandfather
Granddaughter	Grandson
Aunt	Uncle
Niece	Nephew
Half Sister	Half Brother



CALORIES BURNT DOING HOUSEWORK



Vacuuming Floor
15 min > 43 calories
1 hour > 170 calories



Washing Dishes
15 min > 26 calories
1 hour > 102 calories



Ironing Clothes
15 min > 22 calories
1 hour > 88 calories



Sweeping Floor
15 min > 39 calories
1 hour > 156 calories



Mopping Floor
15 min > 43 calories
1 hour > 170 calories



Making a Bed
15 min > 17 calories
1 hour > 68 calories



Arranging & Tidying Furniture
15 min > 85 calories
1 hour > 340 calories



Folding, Hanging & Sorting Clothes (average load)
15 min > 17 calories
1 hour > 68 calories



Gardening
15 min > 26 calories
1 hour > 102 calories

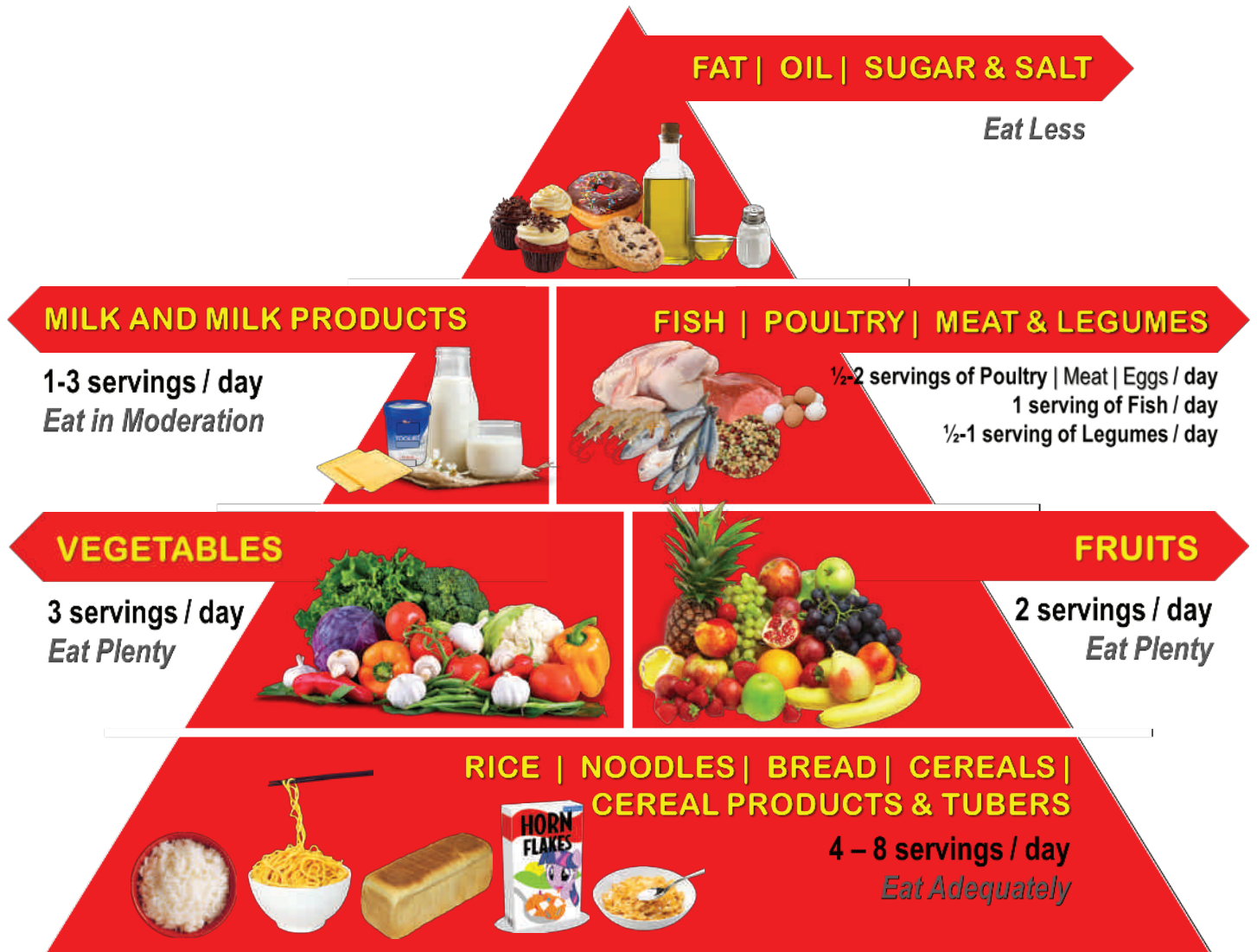


Washing a Car
15 min > 34 calories
1 hour > 136 calories



MALAYSIAN FOOD PYRAMID

Choose your daily food intake based on the following guide



2019 Family Day Celebrations At NKF Dialysis Centres



PUSAT DIALISIS NKF -
PICNIC



PUSAT DIALISIS NKF - SANG RIANG
TRIANG, PAHANG
PICNIC (14 APRIL 2019)



PUSAT DIALISIS NKF - YAYASAN
DARUL TA'ZIM
HIGH-TEA (28 JULY 2019)



PUSAT DIALISIS NKF - LIONS PENANG
HIGH-TEA (28 JULY 2019)



PUSAT DIALISIS NKF - F...
KEPONG, KUALA LUMPUR
HIGH-TEA (28 JULY 2019)



PUSAT DIALISIS NKF - BONUSLINK (KOTA BHARU)
PICNIC (13 APRIL 2019)



PUSAT DIALISIS NKF - KIDNEY ASSOCIATION OF SARAWAK/
ROTARY (KUCHING)
HIGH TEA (14 APRIL 2019)



PUSAT DIALISIS NKF - PEMBANGUNAN KELUARGA
(PERMAS JAYA)
(18 APRIL 2019)



PUSAT DIALISIS NKF - KELAB LIONS ALOR STAR
DINNER (3 MAY 2019)






PUSAT DIALISIS NKF - KUALA LUMPUR
HIGH-TEA (13 JULY 2019)





PUSAT DIALISIS NKF - KUALA TERENGGANU
HIGH-TEA (2 AUGUST 2019)

FOOD SERVING SIZE GUIDE

1 Serving of CEREALS / GRAINS




 =
  =
 

2 slices of bread 6 pieces of cream crackers 2 small potatoes

 =
 

1 cup of rice / noodles 2 cups of porridge

1 Serving of FRUITS

 =
  =
 

1 slice of watermelon 1 whole apple 8 whole grapes

1 Serving of VEGETABLES

 =
 

1 cup of raw vegetables 1/2 cup of cooked vegetables

1 Serving of MILK & MILK PRODUCTS

 =
 



1 glass of milk 1 cup of yogurt

1 Serving of LEGUMES


 =
 

1 piece of "tempeh" 2 pieces of tofu

1 Serving of FISH / SEAFOOD



 =
 

1 medium size fish 1/2 piece of fish cutlet

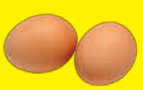


2 medium size squids

1 Serving of MEAT / CHICKEN

 =
 

2 matchbox sizes of lean meat 1 chicken drumstick



2 whole eggs

LOOK OUT FOR HIDDEN SALT

World Health Organisation recommends a reduction in sodium intake to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart disease in adults.



RISK OF EXCESSIVE SALT INTAKE

- HIGH BLOOD PRESSURE ☹️
- CARDIOVASCULAR DISEASE ☹️
- KIDNEY DISEASE ☹️
- STROKE ☹️
- CANCER ☹️

REDUCE INTAKE OF

SOY SAUCE	● ● ●			● ● ●	SALTED EGG
SAUCE	● ● ●			● ● ●	PICKLE
CHIPS	● ● ●			● ● ●	SALTED FISH
PROCESS FOOD	● ● ●			● ● ●	"TAUCU"

SOURCE: <http://hsi.moh.gov.my/2017/03/29/fakta-yang-perlu-anda-tahu-mengenai-garam/>

International Nurses Day 2019: Nurses A Voice To Lead - Health To All



Pusat Dialisis NKF – Fo Yi (Unit 1)/Pusat Dialisis NKF – Fo Yi (Unit 11)



Pusat Dialisis NKF – Kelab Lions Alor Setar



Pusat Dialisis NKF – Chempaka

Launch Of The Red Bean Assistance Programme

On 25 July 2019, Datuk Seri Dr. Haji Dzulkely Bin Ahmad, the Minister of Health, Malaysia launched the Red Bean Assistance Programme at NKF.

Under the Programme, NKF and Roche Malaysia help to lighten the financial burden of poor Chronic Kidney Disease (CKD) patients suffering from anemia, a condition in the loss of haemoglobin or red blood cells in the blood.

In welcoming the initiative, the Minister said, “The well-being of kidney patients cannot be taken lightly. The Red Bean Assistance Programme will help the needs of kidney patients especially since this is a growing issue around the world including Malaysia.”

In turn, Dato’ Dr. Zaki Morad Mohd Zaher, the Chairman of the NKF Board of Directors mentioned, “We are glad to have Roche Malaysia as our partner to reach out to more patients beyond those currently receiving treatment at NKF. Through this innovative, co-payment programme, the cost of the patient’s ESA treatment will be co-shared between NKF and Roche”.

In the words of Mr. Lance Duan, the General Manager of Roche Malaysia, “Basically the model brings together various funders and Roche to share patients’ burden of treatment cost”.

The Programme will commence in the Klang Valley from 1 September 2019 and

subsequently nationwide starting 1 January 2020.

It is expected to benefit more than 600 patients in the first year and 1,000 for the next 2 years, making it a total of more than 1,600 patients within the first 3 years. Patients currently receiving treatment outside of NKF and who require the additional ESA to optimize their treatment are eligible to apply.

Chronic kidney disease patients from the private and public treatment centres can apply for the Red Bean Assistance Programme through any Nephrologist around the country. For more information on the application process, please visit www.nkf.org.my or contact NKF at Tel: 03-79540052/03-79540119.



Shell's 'Anda Pam, Kami Derma' Campaign Raised RM428,388 for NKF Malaysia



On 20 August 2019 in Shah Alam, a total of RM428,388 had been successfully raised for the National Kidney Foundation of Malaysia (NKF) in a Raya charity campaign held by Shell retailers in Selangor, Kuala Lumpur and Negeri Sembilan.

Shell Malaysia's 'Anda Pam, Kami Derma' campaign was initiated in an effort to spread the spirit of caring and sharing during the balik kampung season. During the campaign period, 315 Shell retailers donated 1 sen (RM0.01) to NKF for every litre of petrol pumped at Shell stations in Kuala Lumpur, Selangor and Negeri Sembilan.

NKF was delighted to be a part of Shell Malaysia's 'Anda Pam, Kami Derma' campaign this year. We would like to express our utmost appreciation to all Shell retailers who have participated in this charitable project. The funds received will certainly help to ease the burden of our patients as well as improving their quality of life.

"This marks our second consecutive year to have Shell retailers in Kuala Lumpur and

Selangor participate in this social responsibility programme and we are thrilled to have Negeri Sembilan Shell retailers joining the force. It is certainly a great achievement to be accomplished within 6 days. Besides, we hope that this campaign helps raising awareness on kidney disease in the country," said Zharin Zhafrael, National Sales Manager, Shell Malaysia Trading Sdn. Bhd.

"It brings us great satisfaction to put a smile on the faces of deserving dialysis patients and their families, as well as contributing back to the community. We hope that our contribution will help alleviate the burden of underprivileged dialysis patients" said Eliza Abdul Razak, Representative of Shell retailers.

All funds collected from the campaign will go towards NKF's efforts in supporting the underprivileged dialysis patients, as well as purchasing new dialysis machines for NKF's upcoming dialysis centre in Seremban, Negeri Sembilan.

There are currently more than 40,000 dialysis

patients in Malaysia with 7,000 new patients every year. It is estimated to double more than that by 2040, which puts Malaysia in third place of the world's highest kidney related diseases. Meanwhile, NKF has over 1,700 dialysis patients receiving subsidized dialysis treatment currently in our 28 dialysis centres nationwide.

Members of the public who are interested in contributing towards NKF's cause in helping Malaysians who cannot access dialysis treatments can find out more through the NKF website at <http://nkf.org.my> or call 03-7954 9048.



NKF Glow Run – Malaysia Agro Exposition Park Serdang (MAEPS)



On the night of 20 July 2019, the Malaysia Agro Exposition Park Serdang (MAEPS) was transformed into a hive of activities associated with commemorating NKF's 50th Anniversary Celebrations.

More than 3,000 people were at the park to enjoy the night of activities.

Commencing the activities was the convoy of 20 Volkswagens, 55 super cars and 48 Harley Davidson that had made the ground their final destination after journeying 50 kilometres with pit stops at 1 Utama, Sunway Pyramid and IOI City Mall to distribute flyers, raise awareness of kidney disease and collect

banners with signatures of the public supporting NKF's kidney awareness campaign.

At MAEPS, the banners were presented to Mr. Chua Hong Wee, the Chief Executive Officer of NKF. At the same ceremony, Mr Chua Hong Wee received 3 dialysis machines from the H.T.C Motorcycle Club, Global Heal Group and Next Drive Family and Friends.

At the end of the ceremony over 3,000 participants who had signed up for the 5 kilometre Glow Run 2019 started off on a circuit lit by neon coloured lights and lanterns, lined in some places by food trucks and accompanied by music.

The runners ran, ate, danced and made life glow.

From the event, NKF raised RM120,000 in cash and the 3 dialysis machines worth RM121,900.

For its success, NKF besides being grateful to the machine donors is indebted to the sponsors, Fresenius Medical Care Malaysia Sdn Bhd, B. Braun Medical Supplies Sdn Bhd, 99 Speed Mart Sdn Bhd, Emerson Process Management Manufacturing (M) Sdn Bhd and Mr. VP Lee

NKF also extends its sincere thanks to all those who have directly and indirectly made the event possible.



NKF Received A Dialysis Machine From Biocytech Corporation Sdn Bhd

On 4 May 2019, at a presentation ceremony Mr Chua Hong Wee, the NKF Chief Executive Officer, formally received a dialysis machine presented by Biocytech Corporation Sdn Bhd (Biocytech Corp.), a company in Ipoh.

The presentation was in commemoration of the company's 10th Anniversary and was

carried out in Pusat Dialisis NKF – Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh).

The highlight of the ceremony was when Mr. Nicholas Cheong, the Founder and Chief Executive Officer of Biocytech Corp and Mr. Chua Hong Wee fixed a plaque on the machine. Present at the event were members of the

company and Sister Tam Mun Heng, the Centre Manager for Pusat Dialisis NKF – Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh).

NKF is indeed greatly indebted to Biocytech Corp. for its generosity and kind-heartedness in helping to lighten the suffering of the poor patients dialysing in NKF.



FBC MoM Power Presented RM10,000 To NKF



On 26 May 2019, NKF received RM10,000 from FBC Mom Power.

Puan Sri Karen Lim as the Adviser and Dato Alice Choon the Chairlady of FBC Mom Power at a ceremony handed over a mock cheque for the amount to Mr. Chua Hong Wee, the Chief Executive Officer of NKF.

The hand-over ceremony came after the release of fishes by the duo into the lake at D' Island Residence in Puchong to signify "life release".

NKF graciously thanks FMC MoM Power which is a part of the Chi Bei Xue Buddhist Society for the gift in helping to elevate the hardship faced by the poor patients dialysing in the Foundation's dialysis centres.

NKF Patients & Family Members Entertained To Hari Raya Aidilfitri Lunch



On 19 June 2019, 18 NKF patients and their family members were feted to a sumptuous Hari Raya Aidilfitri lunch by the Lions Club of Sunway Damansara Metro and CITTA Mall.

The lunch was at the "Makan Culture and Onde Onde" Restaurant of the Mall.

Apart from the lunch, the patients and their families received "Raya" hampers and "Duit Raya".

NKF together with the patients and their family members are grateful to the kind deeds of the Club and the Mall.

Embracing The Joy Of Giving In The Month Of Ramadan



On 13 June 2019, the Kuala Lumpur Convention Centre (KLCC) held its "Hari Raya" Open House. Amongst its invited guests were nearly 40 patients from NKF and their family members.

In the midst of the function, Mr. Alan Pryor, the KLCC General Manager shared, "As part of 'Embracing the Joy of Giving in the Month of Ramadan' we raised RM12,000 in total and donated the full amount equally across three organisations."

One of the three organisations to receive RM4,000 was NKF. The Foundation is deeply touched by the cheers the Centre brought to the Foundation's patients and members of their families, in addition to the financial gift to help in lessening the hardships encountered by the patients.

Direct Debit Donor Programme (DDDP)

Date : April - June 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 April to June 2019.

ABC Exhibitions Malaysia, Selangor
Agenda Suria Communication Sdn Bhd, Kuala Lumpur
Center Point Sabah, Sabah
Columbia Asia Medical Centre Miri, Sarawak
Genting Highlands Premium Outlets, Pahang
Hospital Bukit Mertajam, Penang
Hospital Bukit Padang, Sabah
Hospital Likas, Sabah
Hospital Melaka, Melaka
Hospital Miri, Sarawak
Hospital Seberang Jaya, Penang
Hospital Selayang, Selangor
Hospital Sultanah Bahiyah, Perak
Hospital Tuanku Fauziah, Perlis
Hospital Tuanku Jaafar, Negeri Sembilan
Imago Shopping Mall, Sabah
JPJ Negeri Pulau Pinang - Batu Uban, Penang
Kompleks Karamuning, Sabah
KPJ Klang Specialist Hospital, Selangor
Kuala Terengganu Specialist Hospital, Terengganu
Malaysia Social Media Chambers, Malaysia
MATTA Fair Penang, Penang
Normah Medical Hospital, Sarawak
Putra Medical Centre, Kedah
Putra Specialist Hospital Melaka, Melaka
Summit USJ, Selangor
Suria Sabah, Sabah
Permaisuri Imperial City Mall, Sarawak
U-Sentral Segamat, Johor

NKF'S TOP 5 FUNDRAISERS

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



DHIVYESREE A/P
SHOMESUNDRUM



DATSHANA A/P GANESAN



SITI NAWAL
BINTI AZMI



CHAN KAM MOON



FATIN NADHIRAH
BINTI NOORDIN

NKF is pleased to announce our Top 5 fundraisers for the 2nd 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.