

EARLY DETECTION & PREVENTION SAVES LIVES

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## **Community Organ Donation Drive (CODE): Life – A Forum on Living Renal Transplantation**

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# Message From Chief Editor

Happy New Year and wishing all readers a great 2020.

In this issue, we are pleased to announce that the "Red Bean Assistance Programme" launched for patients in the Klang Valley in July 2019, will now go nationwide from April 2020 onwards.

We take this opportunity to educate our readers on gout, healthy oil for consumption, symptoms of sugar addiction as well as food to avoid before bedtime. For diabetic patients who love to travel, we share tips for you and how to eat mindfully.

Please read about our successful "Community Organ Donation Drive (CODE) Life forum on living renal transplantation. NKF hopes to educate and create an awareness about kidney transplant as the first option for end-stage renal disease patients.

Finally, in conjunction with Christmas, we had many kind hearted donors who came forward to share their love and joy with our patients.

We are now busy preparing for "World Kidney Day (WKD) 2020". You will read about our WKD events in the next issue.

Till then happy reading.

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 - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping	05-804 1633
7. Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh)	05-321 5921
8. Pusat Dialisis NKF - Dato' Dr. G.A.Sreenevasan (Petaling Jaya)	03-7954 2359
9. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor)	03-6137 1884
10. Pusat Dialisis NKF - Fungates Superflow (Kepong, Kuala Lumpur)	03-6251 9850
11. Pusat Dialisis NKF - Kelab Apex (Klang)	03-3341 7009
12. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur)	03-4021 7704
13. Pusat Dialisis NKF - Bakti (Klang)	03-3323 9424
14. Pusat Dialisis NKF - Charis (Cheras)	03-9132 8193
15. Pusat Dialisis NKF - Good Health (Kampung Pandan, Kuala Lumpur)	03-9281 3451
16. Pusat Dialisis NKF - Che Luan Khor (Kluang)	07-776 5313
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18. Pusat Dialisis NKF - Bonuslink (Kota Bharu)	09-747 5834
19. Pusat Dialisis NKF - Kuala Terengganu	09-624 9423
20. Pusat Dialisis NKF - Tun Abdul Razak (Kuantan)	09-514 1566
21. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kuching)	082-240 927
22. Pusat Rawatan Dialisis MUIS - NKF (Kota Kinabalu)	088-538 532
23. Pusat Dialisis NKF - Yayasan Buah Pinggang Kemaman	09-858 3392
24. Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim)	04-408 0669
25. Pusat Dialisis NKF - Sang Riang (Triang)	09-250 5709
26. Pusat Dialisis NKF - Calvary	03-9133 9452
27. Pusat Dialisis NKF - Chempaka	03-7865 0971
28. Pusat Dialisis NKF - Lions, Penang (closed on 31st October, 2019)	04-2101 555

## RED BEAN ASSISTANCE PROGRAMME TO GO NATIONWIDE FROM APRIL 2020

The first Red Bean Assistance Programme was launched by the National Kidney Foundation on 25 July 2019 by Datuk Seri Dr. Haji Dzulkely Bin Ahmad, the Minister of Health, Malaysia. The programme was rolled out in the Klang Valley from 1 September 2019.

Under the programme, The National Kidney Foundation and Roche Cares helps to lighten the financial burden of poor chronic kidney disease (CKD) patients suffering from anaemia, a condition in the loss of haemoglobin or red blood cells in the blood. This programme was aimed at reducing the financial burden

of dialysis patients, especially those from the B40 group.

Anaemia (deficiency of red blood cells) is present in most pre-dialysis patients and it gets more prominent as the disease progresses. Our kidneys produce erythropoietin (EPO) hormone that tells the body to make red blood cells. However, the EPO level reduces when the kidneys are damaged or diseased, hence leading to the development of anaemia.

The Red Bean Assistance Programme is now open for patients nationwide from April 2020 onwards. A qualified nephrologist will assess

the patient's eligibility before being referred to the nearest NKF dialysis centre.

NKF will accept kidney failure patients, whether they are on dialysis or not, and also non-NKF patients from government hospitals, other NGOs dialysis centres that require EPO treatment. The patients are requested to apply for the programme through any Nephrologist nationwide. For more information on the application process, please visit [www.nkf.org.my](http://www.nkf.org.my) or contact NKF at Tel: 03- 79540052/03-79540119.

## LIONS CLUB INTERNATIONAL FOUNDATION MEMBERS VISITED PUSAT DIALISIS NKF – KELAB LIONS ALOR STAR (ALOR SETAR)



On 11 November 2019, Pusat Dialisis NKF -Kelab lions Alor Star (Alor Setar) was visited by members of the Lions Club International Foundation.

Amongst the visitors were the District Governor 30 B2 William Lim Kok Peng, Yasuhisa Nakamura the Lions Club International Foundation, Oseal Vice Constitutional Area Leader & Past International Director, Datuk Dr. K. Nagaratnam the GAT Regional Area Leader & Past International Director, the Lions Club International Foundation, Area

5F Leader PID Datin Hajjah Ellis Suriyati Binti Haji Omar, Christopher Plunkett the Lions Club International Foundation Far East Manager, Datuk Dr. Cheng Joo An the Region 3 Chairperson as well as the Organising Chairman for 214 fund raising concert and the Lions Club International Grant Application and Gudrun Yngvadottir the Chairperson of Lions Club International Foundation 2019 -2020.

Besides the dialysis centre staff members, Mr. Chua Hong Wee the NKF Chief Executive Officer was present to welcome the visitors.

The visitors presented water bottles to both patients dialysing at the centre and staff members.

In turn, Mr. Chua briefed them on NKF and its operations, while Datuk Dr. Cheng spoke on the set-up of the centre.

The highlight of the visit was the presentation of the books "National Kidney Foundation of Malaysia – A Golden Journey" by Mr. Chua, "LCIF Matching Grant Application" by Datuk Dr. Cheng and a plaque by Gudrun Yngvadottir.

## INFECTION PREVENTION WORKSHOP



On 23 and 24 November 2019, an Infection Prevention Workshop was held at the NKF Training Centre which was attended by 26 staff nurses. The workshop is designed for healthcare workers working in dialysis centres. The objectives of the 2-day workshop were:

- Understanding Infection Prevention as a whole in a dialysis centre
- Implementing the best Infection Control Practices based on the latest guidelines and recommendations
- Enhancing staff safety standards at their own dialysis facility
- Taking lead in best practices of Infection Prevention
- Understanding the local MOH

guidelines and enforcing stricter compliance in the dialysis centres.

The workshop was conducted by Ms. Harpreet Kaur, a qualified Infection Preventionist with more than 8 years of experience in the healthcare industry.

On the following day, 25 November 2019, the NKF Training Centre conducted the Towards Zero Catheter-related Bloodstream Infection (CRBSI) Workshop which received an overwhelming response. A total of 39 participants from Peninsular and East Malaysia attended the workshop. The objective of the workshop was to train the Haemodialysis nurses on the care of the Internal Jugular Catheters (IJC) to prevent or minimize the risk of blood stream infection.

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

- Dr. Rosnawati binti Yahya (Nephrologist, Hospital Kuala Lumpur)
- Matron Victoria Agnes Mary (Hospital Kuala Lumpur)
- Sr. Zanariah bte Arsat (Hospital Kuala Lumpur)
- KUP Esukarni binti Kamaruddin (Pusat Perubatan Universiti Malaya)
- KUP Che Nor Aini binti Che Awang (Hospital Kuala Lumpur)
- KUP Erlina Hayani binti Md Noor@ Fauzi (Hospital Kuala Lumpur)

# WHAT YOU NEED TO KNOW ABOUT GOUT?

Gout is a type of inflammatory arthritis caused by the buildup of uric acid crystals in the joints or connective tissues. Uric acid comes from the breakdowns of purines, which is a substance found naturally in both our bodies and diet.

## Signs & Symptoms



The joints become red, swollen, hot, tender and in extreme pain.



Urate may collect under the skin forming small white pimples (tophi) but these usually aren't painful.

## What You Can Do to Manage or Reduce the Frequency of the Attacks? (Lifestyle Changes)

	<p><b>Be physical active and maintain a healthy weight.</b> Excess body weight may lead to increased production of uric acid. Maintaining a healthy weight can help reduce the risk for gout flare-ups.</p>		<p><b>Drink plenty of water.</b> Plain water is the best! Staying well-hydrated helps flush out uric acids from your body. Ask your healthcare team how much you need to drink.</p>
	<p><b>Gout-friendly diet - Low purine!</b> Avoid food and beverages that are high in purines while maintaining a healthy balanced diet. However, a low purine diet should be personalized to fit individual's needs and preference.</p>		

### High Purine Foods



Examples: Shellfish, anchovies, sardines, mackerel, organ meat, alcoholic beverages. Restrict these foods especially during a gout attack!

### Moderate Purine Foods



Examples: Lentils, mushroom, asparagus, spinach, meat, poultry, fish. Proceed with cautious!

# PATIENTS FAMILY DAY 2019 AT PUSAT DIALISIS NKF - YAYASAN SULTANAH BAHYIAH, KULIM, KEDAH



It was indeed a happy moment for dialysis patients, family members and staff when Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim) celebrated Patients Family Day on 27 November 2019 at the Kulim Golf & Country Resort. The objective of the celebration was to bring the patients, their families and centre staff closer together and to provide a platform for them to interact with one another.

More than 200 persons attended the function. All the patients were presented with goody bags containing mugs and snacks.

Patients Goh Chin Chai, Nur Fazira Bte Zinol, Lim Sai Taim, Tan Lai Hooi, Mohd Zahir Bin Mat Noh participated in a cake-cutting event,

and before a buffet lunch commenced, there was a group photograph session. During the lunch there was a slide presentation of the centre's Family Day celebrations of previous years.

The lunch ended with a quiz contest, a game of musical chairs and a best dressed patients contest followed by a lucky draw.

Yeo Beng Choo, Muhammad Nazril Bin Zakaria together with 2 patients family members emerged winners in the musical chairs, while for passing the ball game, Tamilaeson a/l Arumugam, Afizulna'im Bin Mahad Nor and another 2 patients family members were the champions. Regunathen

a/l Supramaniam, Shahidatul Azwa Bte Kamaruzzaman, Hamid Bin Mohamad and Nagamah a/p Subramaniam received hampers for winning the best dressed patients contest.

To round up the occasion, Mohd Zahir Bin Mat Noh, Saraswathy a/p Veerasamy, Ashaari Bin Marimuthu, Noraini Bte Syed Abu Bakar, Hafizah Bte Abu Bakar, Tan Chin Peng, Lim Cheng Pheng, Krishanamah a/p Anna Malai, Ashaari Bin Ahmad Tajudinm, Selvaraja a/l Katherason and Vijayalakshmi a/p Yehambaram won prizes in the lucky draw.

# LORD SCOTT RECEIVED A KIDNEY FROM HIS BROTHER

Lord Scott, 35, was diagnosed with a chronic kidney disease for almost a decade. He went for haemodialysis for almost 9 years, until his own brother agreed to donate his kidney. Scott was 25 and was a sales manager in the logistics industry, when he discovered he had hypertension and kidney failure.

Scott was devastated and traumatized by the news. He informed the public about his health condition through a press release by the National Kidney Foundation (NKF). Lord's body felt weak after long hours of the dialysis treatment. He was unable to work full-time and eventually lost his job. He was strapped for cash, as his treatment was costly.

At last, Lord felt blessed when he received a kidney from his brother and has undergone a successful kidney-transplant operation. Lord was over the moon, as his health condition has improved and he could live a happy life again. He is currently working for Football Focus Asia, as a regional Marketing Manager.

Lord conveys his hope that the Malaysian government will introduce the opt-out policy for organ donation in our country. He also urges for more circulation of information regarding kidney care, measures to prevent kidney-failure and to reduce the numbers on the organ waiting list.

According to the Health Ministry's National Transplant Resource Centre, as of June this year, over 20,000 CKD patients remain on the waiting list for kidney transplants, and the waiting time for a deceased donor kidney is between eight and 10 years in Malaysia.

Statistics also reveal that only 2,047 kidney transplants have taken place successfully since 1976.

As of October 2019, while 1.3 per cent (432,215) of the country's population are registered as organ donors, the Health Ministry recently revealed that donors were faced with opposition from family members after their death.

For further information on organ donation, please refer to: [www.dermaorgan.gov.my](http://www.dermaorgan.gov.my).

*This article is extracted from Malaymail.com dated 28 November 2019*



Lord Scott has received a new lease of life ever since he received a kidney transplant from his brother last year. — Picture courtesy of Lord Scott

## NATIONAL KIDNEY FOUNDATION - “CODE: LIFE” TO PROMOTE ORGAN DONATION



It has been reported that the number of patients in the organ donation waiting list is increasing each year but only 1.3% of the population of Malaysia registered as organ donor pledgers. To address this concerning issue, the National Kidney Foundation of Malaysia (NKF) recently conducted “Community Organ Donation Drive (CODE): Life – A Forum on Living Renal Transplantation” at Flamingo Hotel by The Lake in Ampang Jaya; an experience-sharing platform created for dialysis patients and caregivers to take care of their wellbeing, as well as educating them on living renal transplantation.

The “CODE: Life” programme first started in November 2018 and has since conducted numerous sessions to promote the cause and further identify barriers that affect those who are uncertain or unaware of the concept of organ donation. The recent session has successfully hosted 120 attendees, among whom were dialysis patients, caregivers and medical personnel involved in renal transplantation. Some of the activities carried out during the forum included a health talk on renal transplantation by nephrologists, as well as sharing sessions by kidney donors and recipients. The event concluded with an interactive experience-sharing session among the participants and the nephrologist.

“Through the “CODE: Life” programme, NKF hopes to educate and create awareness about kidney transplant as the first option for end-stage renal disease (ESRD) patients, for it allows patients to have a better quality of life as compared to dialysis treatment. Indeed, our participants believe that widespread campaigns around organ donation will not only break the taboo surrounding the subject but will also help the public make informed decisions regarding organ donation that could potentially save their loved ones,” said Chua Hong Wee, CEO of NKF.

**POLYUNSATURATED FATS**  
Sunflower  
Safflower  
Corn  
Soybean

**MONO- & 30% POLY-UNSATURATED FATS**  
Peanut (groundnut)  
Canola

**IDEAL FOR:**  
ALL-PURPOSE OILS

Salad dressings, cooking and multi-purpose frying.  
Possibility of repeated use.  
(Depends on the fried product, frying time and frying temperature).

**QUALITIES**  
Clear, light coloured with a bland taste.  
Temperature stability varies.

**MONO- & 40% POLY-UNSATURATED FATS**  
Sesame

**POLYUNSATURATED FATS**  
Walnut

**MONOUNSATURATED FATS**  
Hazelnut

**IDEAL FOR:**  
Salad dressings, drizzling.  
Refined oils can be used for stir frying.

**QUALITIES**  
Distinctive taste, typically more expensive.  
Refined oils are heat stable.

**POLYUNSATURATED FATS**  
Flaxseed

**IDEAL FOR:**  
Salad dressings and drizzling.

**QUALITIES**  
Heat sensitive.

**SATURATED FATS**  
Oil Palm

**IDEAL FOR:**  
Commercial frying and baking.

**QUALITIES**  
Reddish colour, semi-solid, long shelf-life.

**MONOUNSATURATED FATS**

Cold pressed oils:  
Extra virgin olive oil  
Extra virgin canola

**IDEAL FOR:**  
Salad dressings, sautéing, and drizzling.

**QUALITIES**  
Cloudy with a green/amber hue, distinctive taste, typically more expensive.

**WHAT OIL TO CHOOSE**

Reference:  
<https://www.eufic.org/en/whats-in-food/article/how-to-choose-your-culinary-oil>

**SATURATED FATS**  
Coconut

**IDEAL FOR:**  
Commercial frying

**QUALITIES**  
Semi-solid, long shelf-life.

**MONOUNSATURATED FATS**  
Virgin olive

**IDEAL FOR:**  
Dressings, sautéing & simmering.

**QUALITY**  
Distinctive taste.

**MONOUNSATURATED FATS**  
Regular and light refined olive

**IDEAL FOR:**  
Cooking at high temperatures.

**QUALITIES**  
Clear, light coloured, high heat stability.

**MONOUNSATURATED FATS**  
High oleic (omega-9) versions of Rapeseed, Sunflower, Safflower

**IDEAL FOR:**  
Multi-purpose frying.  
Cooking at high temperatures.  
Repeated frying (frequent with deep frying).  
Making mayonnaise and salad dressings.

**QUALITY**  
High heat stability.

**REAP THE BENEFITS!**

Use a variety of oils. Consume unsaturated oils, instead of saturated fats, as they may reduce the risk of developing cardiovascular disease. Experiment with cold-pressed and unusual oils for optimum taste in dressings and sautéing. Choose heat-stable oils for deep frying and refined oils for baking. To prevent rancidity and off-flavours, store oils in a dark, cool, dry place and use within the defined shelf life of the oil. Remember: all oils are calorie-dense, and should be used sparingly. But don't forget to enjoy your culinary oils!

# 10 Symptoms of Sugar Addiction

Malaysians need to be aware that excess sugar intake contributes to extra calories. When the extra calories are not used as energy, mainly through physical activities, they will be stored as fat. Over time it will lead to weight gain and obesity.

Here are 10 reasons why eating too much sugar is bad for your health.

- Causes sugar rush or low in energy
- Weight gain
- Low sex drive
- Unexplained bloating
- Insomnia
- Weakened immune system
- Constantly craving sugar
- Taste buds are dulled to sweet foods
- Skin breakouts caused by inflammation
- Increase in cavities will destroy tooth enamel



# FOOD THAT YOU NEED TO AVOID BEFORE BEDTIME



## COFFEE

It's best to avoid for several hours before going to bed. Caffeine can remain in your system for hours. It can reduce the quantity and quality of your sleep.

## SODA

Full of sugar, which leaves you wide awake and will cause restless sleep



## SPICY FOOD

Can irritate your stomach and cause heartburn. It will be harder to fall asleep or stay a sleep.



## BURGER

Will cause your digestive tract working hard, which can be disruptive if you're trying to get sleep.



# Travelling With Diabetes



## Things to check before you go

- Medical report and a letter from your GP for your medication you need to take.



## Things to think about at the airport

- Stay up-to-date with the airport time to avoid running into last minute problems.



## Packing for a trip

- Prepare some of your diabetes supplies in your hand luggage.



## Food and Travelling

- Prepare glucose tablets and drinks or any sugary drink if you become hypo.



## Cold Climates

- Insulin absorbed more slowly in cold climates.
- Guarding against hypo is really important.



## Hot Climates

- Take care of your feet if you have neuropathy that will cause numbness. Protect your feet from the sun with socks.



## Getting ill abroad

- Talk to your doctor for advice before you go.
- Check your insurance policy for what your insurers will pay for.



# MINDEFUL EATING

## HELPFUL TIPS TO EAT MINDFULLY

Mindful Eating - Brings mindfulness to food choice and the experience of eating. Eating while texting, watching tv or eating on your working desk may cause you to gain weight! When our brain is distracted during eating, we are unable to fully register what we are eating and how much we are eating.



### Tip #1

Do nothing during mealtime, except eat. Turn off tv and put down your phone.



### Tip #2

Eat slowly and do not rush. Chew thoroughly.



### Tip #3

Eat in silence. Focus on your food and drink.



### Tip #4

Stop eating when you are full to prevent from overeating.



### Tip #5

Eat when your body tells you to eat (i.e stomach growling, low energy).



### Tip #6

Have a proper seat to eat and minimize eating on the go.

## LIFTING SPIRIT OF DIALYSIS PATIENTS



Senior church members from Charis Christian Centre presenting a dance performance



A Christmas carol session by the Chinese Teen Force of Charis Christian Centre.



Mr. S. Oliver Subindran from the Social Security Organisation (SOCSO) giving a motivational talk as a dialysis patient of 23 years.



Mr. Chua Hong Wee, CEO of National Kidney Foundation, presenting an appreciation token to Pastor Lawrence, Senior Pastor of Charis Christian Centre

Charis Christian Centre recently organised a Christmas party for our patients at Pusat Dialisis NKF - Charis (Cheras). It was attended by 130 people including patients, volunteers, church members and NKF's staff.

Patients were entertained throughout the event with a myriad of fun activities by the NKF team and church members. The event started off with a jolly Christmas carol session by the Chinese Teen Force of Charis Christian Centre where everyone chanted and hummed along during the session. A dance performance presented by the senior church members was also one of the event highlights.

“As a non-profit charitable organisation, the wellbeing of patients is of paramount importance to us. It has been a rewarding event for NKF as every smile made is something that fuels us to strive further to improve the lives of these patients,” said Chua Hong Wee, CEO of the National Kidney Foundation of Malaysia.

A light-hearted skit was presented by the church members followed by a short motivational talk by Mr. S. Oliver Subindran from the Social Security Organisation (SOCSO) who happened to be a dialysis patient himself for the past 23 years. He casually enlightened patients and their caregivers on eating right

for chronic kidney disease (CKD).

To further add to the merriment, patients were given goodie bags consisting of a limited edition thermal tumbler, hand sanitiser, soap and wet wipes specially prepared by the NKF team. To culminate the event, a token was presented by Mr Chua to Pastor Lawrence, Senior Pastor of Charis Christian Centre as an appreciation for the long standing partnership since 1997.

## DELIVERING CHRISTMAS JOY BY LEO CLUB OF SMK BANDAR UTAMA DAMANSARA 3



In the joyful Christmas spirit, members from the Leo Club of SMK Bandar Utama Damansara 3 recently paid a visit to the Pusat Dialisis NKF - Dato Dr. G.A. Sreenevasan, Petaing Jaya on 20th December 2019.

The members of the club were accompanied by their Advisor of the Leo Club, Mr. Alan Thoo.

The event kicked off with a heavenly Christmas carol where the staff sang and hummed along during the session.

The beautiful act did not stop there. The patients were given Christmas goodie bags consisting of a Tupperware container, face towel and a U-Shaped Travel Neck Pillow.

NKF sincerely thank the Leo Club of SMK Bandar Utama Damansara 3, for its generous efforts to celebrate this Christmas eve with our patients and staff.

## A CHRISTMAS VISIT BY LEO CLUB TO PUSAT DIALISIS NKF - YAYASAN DIALISIS PENDIDIKAN AKHLAK PERAK (IPOH)



On 21st of December 2019, the members of the Leo Club (Sunway Damansara Metro Lions Club) visited the Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh).

dialysis centre accompanied by their advisor, Mr. Alan Thoo.

Although the performances came to an end, the Leo Club members achieved a great fulfillment from the Christmas celebration, knowing that

they had shared the Christmas with a cheerful mood, thus its true meaning, with the hope that they had touched the hearts of the patients in NKF.

A total of 15 representatives attended the

## Direct Debit Donor Programme (DDDP)

Date : October - December 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 October to December 2019.

Big Pharmacy Sdn Bhd, Selangor
Dataran Pahlawan Melaka Megamall, Melaka
Hospital Ampang, Selangor
Hospital Melaka, Melaka
Hospital Selayang, Selangor
Hospital Sultanah Bahiyah, Kedah
Hospital Sungai Buloh, Selangor
Hospital Tengku Ampuan Rahimah, Selangor
Hospital Tuanku Jaafar Seremban, Negeri Sembilan
KPJ Bandar Maharani Specialist Hospital, Johor

## NKF'S TOP 5 FUNDRAISERS

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



GOH HUI LING



CHEAH TATT LIP



SIMON  
WONG TIAN BING



LIM KAH HOCK



KANG CHUNG TAT

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