

EARLY
DETECTION &
PREVENTION &
SAVES LIVES

Share

Issue 2 2013 | PP9314/08/2012 (030426)

World Kidney Day Run & Carnival 2013



Who's Who @NKF

PATRON

YAB Dato' Sri Mohd Najib bin Tun Haji Abdul Razak

BOARD OF GOVERNORS

President

Y. Bhg. Tan Sri Dato' Dr. Abu Bakar Suleiman

Deputy President

Y. Bhg. Tan Sri Dato' Seri Dr. Jeffrey Cheah

Vice-President

Mr. Lynn Kulasingham

BOARD MEMBERS

Y. Bhg. Dato' Lam Peng Chong

Y. Bhg. Tan Sri Datuk Clifford F. Herbert

Dr. V. Sivabalasingam a/l Veerasingam

Y. Bhg. Tan Sri Dato' Dr. R. V. Navaratnam

(Alternate to Y. Bhg. Tan Sri Dato' Seri Dr. Jeffrey Cheah)

BOARD OF DIRECTORS

Chairman

Dato' Dr. Zaki Morad Mohd Zaher

Vice-Chairman

Dr. Thiruventhiran Thilaganathan

Mr. Goh Seng Chuan

Hon. Secretary

Dr. J. D. John

Hon. Treasurer

Mr. Leong Yeng Kit

Members

Dr. Prasad Menon

Dr. Ong Loke Meng

Dato' Shamsuddin Mohd Dubi

Mr. Chua Yoong Saeng

Dr. Tarcisius Chin

Dr. Lee Wan Tin

Dr. Tan Hee Wu

EDITORIAL COMMITTEE

Chief Editor

Dr. Prasad Menon

Ex-Officio

Mr. Chua Hong Wee

Editorial Writers

S. Shobana

Teo Say Guan

Kher Pui Ling

Siti Norlela

Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia.

Our highlight for the 2nd quarter of 2013 is the successful organisation of the World Kidney Day 2013 celebrations. This event was jointly organised by the Malaysian Society of Nephrology (MSN) and NKF in collaboration with the Medical Development Division, Ministry of Health, Malaysia. The event saw some 4,000 participants who came together to celebrate by participating in the run and carnival at Dataran Putrajaya on 28th April 2013.

We are also happy to share with you a story on Malaysia's 2nd successful kidney transplant involving a different blood type. Usually a kidney transplant is only possible if the donor and patient share the same blood group. With this 2nd successful operation and the advanced technology available, we would like to encourage more Malaysians to come forward to pledge and donate their organs. You too can help to save many lives.

The 2nd quarter also features many youngsters coming forward to help to raise funds for NKF. NKF is pleased to know that students are willing to go the extra mile to care and contribute to the community. Their creative and innovative ways to raise funds for the underprivileged as well as NKF's poor and needy kidney failure patients are indeed very commendable. It is really touching to see so many of them coming forward to show their talents to raise funds for NKF, and we are truly very grateful.

In this issue, we would like to remind our patients to control their fluid intake. If a patient drinks more fluid than what is recommended, it may lead to other complications and affect their overall well-being and can also cause death.

Our sincere appreciation to all our donors for your support and contributions to NKF. You have helped us to continue providing subsidised dialysis treatment for our over 1,500 patients in our 27 dialysis centres nationwide.

Thank you very much for your support and enjoy reading.

Dr Prasad Menon
Chief Editor

NKF DIALYSIS CENTRES

TEL NO

1. Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar).	04-9777411
2. Pusat Dialisis NKF - Superkids Trinity (Alor Setar).	04-7340215
3. Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar).	04-7352190
4. Pusat Dialisis Amal FO YI - NKF (Unit I) (Penang).	04-2824952
5. Pusat Dialisis Amal FO YI - NKF (Unit II) (Penang).	04-2828701
6. Pusat Dialisis NKF - Lions, Penang.	04-2101555
7. Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping.	05-8041633
8. Pusat Rawatan Dialisis Peningkatan Pendidikan Akhlak - NKF (Ipoh).	05-3215921
9. Pusat Rawatan Dialisis Ping Rong - NKF (Seri Setia, Sg Way, Petaling Jaya).	03-78746707
10. Pusat Dialisis NKF - Dato' Dr. G.A.Sreenevasan (Petaling Jaya).	03-79549048
11. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor).	03-61371884
12. Pusat Dialisis NKF - Fungates Superflow (Kepong, Kuala Lumpur).	03-62519850
13. Pusat Dialisis NKF - Kelab Apex (Klang).	03-33417009
14. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur).	03-40217704
15. Pusat Dialisis NKF - Bakti (Klang).	03-33239424
16. Pusat Dialisis NKF - Charis (Cheras).	03-91328193
17. Pusat Dialisis NKF - Good Health (Kampung Pandan, Kuala Lumpur).	03-92813451
18. Pusat Dialisis NKF - Che Luan Khor (Kluang).	07-7765313
19. Pusat Dialisis NKF - Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru).	07-3866164
20. Pusat Dialisis NKF (Kota Bharu).	09-7475834
21. Pusat Dialisis NKF - Kuala Terengganu.	09-6249423
22. Pusat Dialisis NKF - Tun Abdul Razak (Kuantan).	09-5141566
23. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kuching).	082-240927
24. Pusat Rawatan Dialisis MUIS - NKF (Kota Kinabalu).	088-538532
25. Pusat Dialisis NKF - Yayasan Buah Pinggang Kemaman.	09-8583393
26. Pusat Dialisis NKF - Sandakan Kidney Society.	089-227852
27. Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim).	04-4080669

Disclaimer

While all care is taken to ensure that the information in this newsletter is accurate, the authors and publishers of this newsletter cannot be held liable for any loss or harm suffered by any person, by any reason of information contained in this newsletter or any inaccuracies, omissions or misrepresentations in any article in this newsletter. Readers are at all times cautioned to consult a suitably qualified medical practitioner before acting on any information contained in this newsletter.

Patient Support Group Improves Patients' Quality of Life



A day trip to the 'historic' state of Malacca was organized by the Patient Support Group (PSG) on 24th March 2013 for NKF's patients within the Klang Valley and their care givers to enjoy a fun-filled and stress free day.

The PSG team was very supportive of this trip. Despite the distance and scorching weather, they managed to visit various places. Amongst the places visited were the Malacca Zoo, Malacca Town, the famous Jonker Street and Crocodile Farm.

The sole purpose of this trip was to improve the relationship between patients and their care givers. Having occasional trips for patients also provides an opportunity for patients to exercise outside their comfort zone as a change of environment helps to improve their frame of mind. With the help of PSG, patients can appreciate and enjoy short trips as NKF strongly believes in the improvement of patients' quality of lives.



For more information on the **Patient Support Group (PSG)**, please log on to www.nkf.org.my

Post Basic Haemodialysis Nursing Course Graduation Ceremony



Graduates of Post Basic Haemodialysis Nursing Course Group 14 with CEO and the tutors



Student representatives from Group 14 & Group 15 respectively giving a speech

Congratulations to Groups 14 and 15 for their completion of the Post Basic Haemodialysis Nursing Course. This is the first time 2 groups of Post Basic students were combined for the graduation ceremony which was held on 15th March 2013. This course has a success rate of 100% passes since it first kicked off in 2005.

Post Basic Haemodialysis Nursing Course is a 6 months' program catered specifically for registered staff nurses and assistant medical officers to develop skills, knowledge and attitude required of a safe, effective and caring dialysis nurse.

The graduation ceremony was also attended by the students' family members who made the event more meaningful. Mr Chua Hong Wee, CEO of NKF, presented certificates to the graduates.

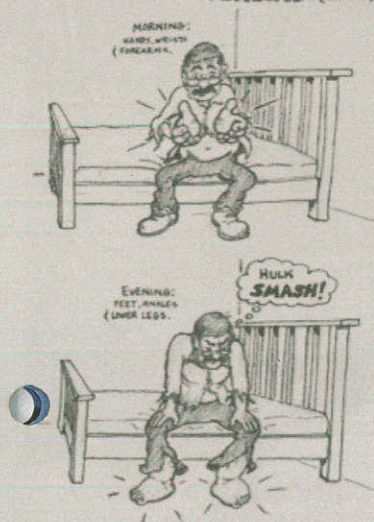
A short speech was given by representatives from both groups on their 6 months' training experience. Although this experience was tough and challenging, it was good to know the students enjoyed and appreciated the entire course.

**NKF Training Centre is located at,
C-23-03, Blok C, 3 Two Square,
Jalan 19/1, 46300 Petaling Jaya,
Selangor**

**Call us at
03-7960 2301
for more info!**

Kidney Diet: Control Your Fluid Intake

FIGURE 11: FLUID OVERLOAD. (EDEMA)



One of the main functions of the kidney is to remove excess water from the body. Failure of the kidney will affect fluid control, making it the most challenging obstacle for haemodialysis patients. Some may question why should patients restrict their fluid intake even though they are undergoing dialysis treatment? As you might already know, patients receive dialysis treatment 3 times per week (4

hours per session; 12 hours per week) as compared to an ordinary kidney which functions daily for 24 hours, 7 days a week. Thus, on non-dialysis days, the body retains excess fluid and waste that only a dialysis machine can remove. Usually, if a patient drinks more fluid than is recommended, it may lead to signs and symptoms such as high blood pressure which cause the heart to pump further, shortness of breath when fluid accumulates in the lungs, edema or swelling, muscle cramps during dialysis, nausea and dizziness. These not only make patients feel uncomfortable, but, also affect their overall well being as many of us do not know that uncontrolled or untreated fluid management may cause death!

What are fluid foods?

Fluid food is liquid-based food that turns into liquid at room temperature and contains a large amount of water:

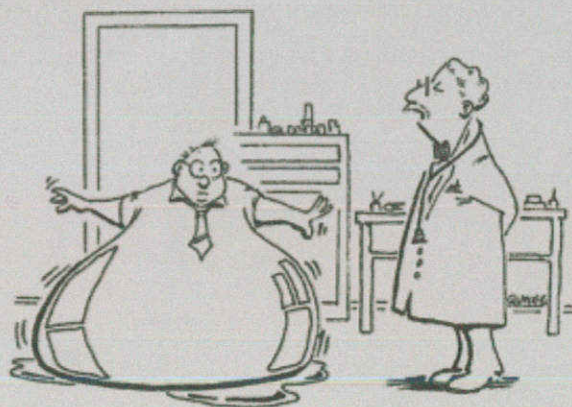
- All Kinds of Drinks
- Juices
- Milk
- Ice Cream, Yoghurt
- Jelly or Gelatin
- Sorbet
- Ice Cubes
- Soup
- Porridge
- Gravy, Sauces
- Fruits that contain large amount of water such as watermelon

Here are some useful household measurements to estimate fluid intake:

Household tools	Volume, ml
1 glass	250
1 mug	300
1 cup	150
1 small mineral bottle	500
1 Chinese rice bowl	230
1 soup scoop	80
1 rice scoop	60
1 teaspoon	5
1 dessertspoon	10
1 tablespoon	20
1 Chinese soup spoon	20
1 full sip	30
1 ice cube	20

Tips for better fluid control:

- **Avoid salty food.** High salt or salty food will trigger thirst. This food includes processed meat (sausages, ham and cured meat), pickles, snacks (chips, salty nuts) and canned food.
- **Keep mouth moist at all times.** Brushing teeth, rinsing the mouth and chewing gums can be refreshing. Sucking lemon/lime or hard candy stimulates the production of saliva to keep the mouth moist.
- **Use smaller cups for drinks to deter you from consuming a lot.**
- **Stay cool. Avoid direct sunlight!** Stay away from direct sunlight. Try popping an ice cube into the mouth or consume ice water to quench thirst.
- **For those who have diabetes, maintain a good blood glucose profile.** High blood glucose level will increase thirst.



Your tests reveal that
you are retaining fluids!

Malaysia's 2nd Lucky Pair

NKF would like to congratulate Madam Tang Say Mui and Mr. Calvin Chin on being the 2nd lucky pair in Malaysia to have successfully undergone a kidney transplant with a **different blood type**, breaking the common belief that kidney transplantation could be possible only if the donor and patient shared the same blood group. Usually, if a person receives a kidney from someone with an incompatible blood type, the immune system will reject the kidney immediately due to our natural antibodies acting against different blood types.

Fortunately for Madam Tang, her lucky donor was no common stranger but her own husband, Mr. Calvin Chin, a loyal, loving and dedicated individual who has been her rock of support from the start of her ordeal.

For Madam Tang, after the kidney transplantation, her life changed tremendously. A woman whose life was close to perfect with a successful business career had a sudden change 6 years ago when she was diagnosed with kidney failure at an early age of 39 years. Being a loving mother, a doting wife and a business partner, Madam Tang's capabilities and responsibilities suddenly became a challenge.

Unlike every other dialysis patient, Madam Tang's treatment had to be pre-arranged as she prioritized her career and the demands of her business to travel both locally and internationally, making it strenuous and expensive. Throughout the 6 years, Madam Tang was not the only one who was emotionally and physically affected, but so were her husband and their business associates. Mr. Calvin often worried about the health of his wife making it difficult for him to focus on his business.



Today, 46 year old Madam Tang has been given a second chance in life - doing the things she loves, and spending most of her days travelling around the world with her husband.

She is grateful and thankful to her beloved husband, whom she has relied on for strength, faith, hope, patience, love and a long journey of self-discovery throughout this ordeal.

They urge relatives to be more supportive and considerate towards their kin receiving organ transplantation. Most Chinese believe the taboo of organ transplantation, but honestly it is okay to donate your organs or be a recipient of an organ donation. With advanced technology in Malaysia, we would like to encourage more Malaysians to come forward to donate. Think about the many lives you can save.



"Always remember when you feel like giving up, take a step back and ponder. Life in general is too short to be given up on easily."

My Internship: Moments with NKF

Pang Khang Soon and Weng Soo Kuan, both undergraduates from UCSI University, are among the many nutritionists-in-the-making who did their internship programmes with National Kidney Foundation of Malaysia. Both Pang and Weng are currently pursuing their degree in Food Science & Nutrition at the UCSI University.

Question: What made you choose NKF Malaysia for your internship placement programme?

Pang: "It's not just about raising awareness about kidney diseases; every day NKF's Mobile LifeCheck Health Screening Unit goes out and educates the public on preventive measures and kidney care. I would say that the educational factor in this project inspires me to join NKF!"



Pang providing dietary counseling to the participants of the health screening as part of NKF's commitment to educating the public on kidney care. He also helped out with administrative work at the office.



Weng: "I was given the opportunity to learn about dietary counseling with NKF's Mobile LifeCheck Health Screening Unit during my internship... that gave me some insight to clinical counseling; for me, this is a great learning ground!"



Weng measuring the health screening participant's waist circumference for BMI calculation.

During their internship with NKF's Public Education Department, both Pang and Weng were given the opportunity to work closely with NKF LifeCheck Mobile Health Screening Unit which goes out every day to provide free health screenings to the Malaysian public. In addition to blood sugar and blood cholesterol tests, urine tests for

proteinuria, BMI and waist circumference measurements, they too learnt how to provide comprehensive dietary counseling to the members of the public as part of the preventive education on kidney health and care.

Question: How do you feel about your internship with NKF in general? What did you learn?

Weng Soo Kuan, Year 2 Trimester 1



"During my 2 months' internship with NKF, I am happy to gain exposure on what is it like in a real workplace. I have learnt that each individual has different behavioral patterns. My patience and tolerance level has improved, and I would also like to practise more on my management skills."

"This internship opportunity will serve as a preparation for my future; after all these experiences and exposures, my goals and ambition are clearer than before!"

Pang Khang Soon, Year 3 Final Trimester



"One of the major tasks given to me during my 4 months' internship with the LifeCheck team is to provide dietary counseling to the health screening participants. Thanks to these hands-on counseling sessions, my communications skill has improved. I have also learnt that it is crucial for us to update ourselves and gain new knowledge as we will need to apply all these when we counsel the public on proper dietary consumption."

"Overall, I am glad to work with the NKF team!"

"We are really grateful to Ms Shobhna Papatlal from NKF's Public Education Department. She has been very helpful and understanding in our internship projects and reports. She is also very concerned about our learning progress."



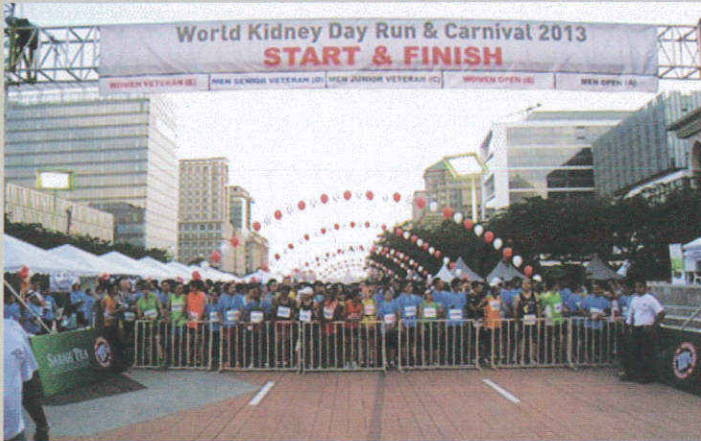
Pang and Weng having great time during their internship with NKF!

"We enjoyed our internship very much as we have really good teammates in the LifeCheck Mobile Health Screening Unit. Everyone has great bonding and we will never forget the experience we have gained in NKF!" both Pang and Weng exclaimed.



Feature interview with Pang Khang Soon and Weng Soon Kuan (Undergrads from UCSI University on internship with NKF Malaysia)

World Kidney Day a Success!!



It was a fun and joyous occasion as 4,000 people from all walks of life and background came together to celebrate World Kidney Day Run and Carnival 2013 at Dataran Putrajaya. Many members of the public were very enthusiastic about the event as they gathered there as early as 5am to register for the run and cyclethon. This event was jointly organized by the Malaysian Society of Nephrology



(MSN) and NKF in collaboration with the Medical Development Division, Ministry of Health, Malaysia.

The day-long event saw participants who came together to pledge their support thereby reinforcing the theme for this year's campaign - 'Kidneys For Life: Stop Acute Kidney Injury'. With the aim to raise awareness on the importance of our kidneys to our overall health and to reduce the impact of the disease and its associated health problems, World Kidney Day started off in 2006, and has since become an annual event celebrated globally.

The focus for this year was to raise awareness of "Acute Kidney Injury". This year, cyclethon was included as an event.





Various booths catering for numerous activities ranging from various games to food were set up. Everyone participated and enjoyed themselves. The highlight of the event was definitely "Star Wars" as participants and guests were treated to a special appearance from Darth Vader and his famous "Stormtroopers". Guests were allowed to snap photographs with the Star Wars crew upon each making a donation of RM10 to NKF.



The event was graced by Guest of Honour, Y. Bhg Datuk Dr Noor Hisham Abdullah, Director General Of Health, Malaysia, who conducted the first "flag-off" for the 12 kilometer marathon. Winners received medals and prizes worth more than RM10,000 which included RM500 for first place in the adult category and RM300 first prize for the 13-17 year old category.



In all, we would like to take this opportunity to thank the sponsors, participants and those who had supported the World Kidney Day Run & Carnival 2013. All monies raised from the event were channelled towards NKF's prevention and welfare activities.



Instilling Good & Healthy Habits from Young

SMK Wangsa Maju Seksyen 2 recently organized an interactive and educational health program led by Puan Siti Norlela from the Public Education Department of the National Kidney Foundation. This program was attended by 800 students from Forms 1-5 & 30 teachers of all of ages and background. The program was run concurrently with the school's co-curricular activities.



The objective of this program is to instill and educate good and healthy habits from a tender age to prevent diabetes as it is one of the root causes of kidney failure. Puan Siti Norlela conducted two educational health talks on 'Importance of Breakfast' and "The Choices of a Healthy Meal'. It was a fun and interesting event as students were responsive and openly participated in the quiz session in groups of 20 per team. Winners were rewarded with prizes such as World Kidney Day T-shirts, lunch boxes and Organ Donation Campaign CDs.



Wives of Airforce Personnel Taking a Step Back to Reflect



Badan Amal Kebajikan Angkatan Tentera (BAKAT) lately invited the National Kidney Foundation for the first time to organize an awareness program. Led by Puan Siti Norlela herself from the Public Education Department of NKF, this program was initiated to all the wives of Airforce personnel towards increasing the knowledge and awareness of kidney failure. This special program was an eye opener for them as the program progressed because various kidney awareness topics were discussed by Puan Siti Norlela including sub-topics such as daily lifestyle, diet and choice of food.

NKF believes that wives in general play a vital role in the preparation of daily meals for the family. Choice of food and its portion are crucial to determine the factors contributing to kidney failure.

BAKAT enjoyed their program with Puan Siti Norlela and requested for future talks on the awareness of kidney health to be held at the Airforce bases in the Klang Valley. "It was eye opening and life changing for many of us as most of us were unaware of the little things that could lead up to kidney failure" said Datin Sri Norainy, wife of the Chief of Air Operations RMAF.



1st Cooking Demo at Charis Centre: Secret Ingredient to a Hearty Meal



As many of you may already be aware, potatoes are very high in potassium. Potatoes, therefore, cannot be enjoyed by dialysis patients. In view of this, a cooking demonstration on how to replace potatoes when cooking "Samosa" was organized by Ms Kher Pui Ling, NKF's Dietician, and Puan Siti Norlela, Public Education Executive, on 23rd March 2013 at NKF Charis Centre for the patients and their care-givers.

Samosa, an all-time favourite baked or fried pastry usually made with potatoes was replaced with cauliflower fillings modified specially for renal diet. Patients on dialysis are required to monitor the potassium levels in their blood; hence it is essential to understand and control their food intake.

NKF is currently extending the cooking demonstration to the other centres in the Klang Valley with an aim of achieving a more positive effect and to reduce the arrangement and hassle of transportation for patients.

For more healthy-cooking tips and information, 'LIKE' our Facebook at www.facebook.com/nkfmy or 'Follow' us on Twitter at www.twitter.com/nkfmy

Thank You to All Our Donors Who Have Contributed From January - March 2013

No	Paticulars	Amount (RM)
1	Donation Boxes "Spare A Change, Save A Life Campaign"	
	Parkson Corporation Sdn Bhd	2,066.00
	Mercato Hypermarket	1,720.00
	Alpha Pharmacy	1,062.00
	Caring Pharmacy	606.00
	DAVE's Deli (I Utama)	570.00
	Health Lane Pharmacy Sdn Bhd	300.00
	Apro Pharmacy (Jaya 33)	235.35
	Wan Seng Acupuncture	195.00
	Mosat Management-Caltex Station	170.00
	Hot n Roll @ e-Curve	100.00
	Vinson Aquarium, Kajang	80.00
	Total	7,104.35
2	Environmental Project - "Recycle Paper Into Lives"	
	Soka Gakkai Malaysia (SGM)	1,164.20
	PJ Fibre Recovery-NKF	414.00
	Total	1,578.20
3	Projects	
	DNMC - Care to Give	13,566.00
	Sold.my Charity Auction	6,000.00
	Investmatic Management	1,090.00
	Halliburton Giving Choices Program	1,036.00
	Total	21,692.00
4	Company CSR / Associations / Individuals	
	LV Worldwide Sdn Bhd	45,000.00
	Maybank Trustee Berhad-Public Ittikal Fund	16,988.00
	St. John's Cathedral	10,000.00
	ALC College	5,000.00
	Axiata Group Berhad	5,000.00
	Malaysia Steel & Metal Distributor's Association	5,000.00
	Telekom Malaysia Berhad	3,000.00
	Factory Retail Sdn Bhd	3,000.00
	Magnum Foundation	2,000.00
	Total	94,988.00

Kids Support NKF

In conjunction with World Kidney Day 2013, people from all walks of life took the time and effort to celebrate this good and healthy cause. They included students from Sri KDU International School and Sri Garden International School.



In support of the National Kidney Foundation, Sri KDU International School managed to raise RM30,647.50 through the school's fundraising efforts. Throughout March, students of Sri KDU International School enthusiastically initiated various activities in a show of support to promote a good cause. This cause was adopted by the school's council, following a proposal from a student named Violet Wong, 14, as its big fund raising effort. RM8,264 was initially raised through a Bazaar Day held in December 2012 and the remaining funds were raised from a mufti day, the sales of cupcakes and NKF's kidney-shaped coin boxes as well as donations made through the boxes.

Competitions were held using the kidney-shaped coin boxes. Students participated in competitions by creating the "best name" for the coin box and the "best decorated" coin box. Prizes were also given to students who adopted the most coin boxes. Prizes such as 2 Blackberry phones were offered as a reward for those who participated.

NKF is pleased to know students are willing to go the extra mile to care and contribute to the local community. We would like to thank Violet Wong and Ms. Valente, Key Stage 3 Coordinator for coordinating and overseeing this wonderful project!



Pupils of Sri Garden International School celebrated World Kidney Day 2013 by showing their support for the National Kidney Foundation.



The school also celebrated its first non-uniform day where everyone was encouraged to wear RED with a minimum donation of RM5 to NKF.

Principal Peter Wells said, "The activity allows the pupils to wear anything red for the day in support for a good cause. We like to instill healthy lifestyle habits early, and, at the same time encourage our pupils to contribute to a good cause."

Pupils as young as four participated in an aerobics session conducted by instructor and nutritionist Puan Siti Norlela from the NKF's Public Education Department.

Puan Siti Norlela also conducted an interactive health talk for the older students. Through the activities organised in the school, the students managed to raise RM10,257.55 for NKF.

We would like to take this opportunity to thank the school teacher, Mr. Arunandy, for initiating this project. We look forward to many more opportunities with Sri Garden International School.



Celebrity MasterChef Malaysia – Cooking for a Cause

Don't forget to catch one of Malaysia's most beautiful female artists, Rozita Che Wan as she represents the face of NKF to compete with 20 other celebrity contestants in a cooking for charity reality competition.

Please tune in to Astro RIA (104) and Astro Mustika HD (134) to vote. Each prize received by the celebrities will be donated to the NGO of their choice.



When Aid Turns To Sustainability (WATTS)

2 lucky NKF dialysis centres will be going 'green' thanks to the efforts by Truly Loving Company (TLC), in an upcoming project called "Project WATTS". This project aims to successfully support and encourage charitable organizations to be cost and environmental savvy effortlessly.

In line with saving Mother Nature and reducing the utility cost of NKF's centres by 30-40%, energy saving appliances will be sponsored and changed at NKF dialysis centre and building without any extra cost.

"Cost saved = fund raised" - TLC believes that donating could be a waste of money because now there is a better way to give.



NGO Awareness Campaign

On the 28th & 29th March 2013, the National Kidney Foundation of Malaysia alongside other 18 NGOs participated in the NGO Awareness Campaign at Taylor's University Lakeside Campus, Subang Jaya. This event was a platform of opportunity to elevate NKF Malaysia as a one-stop national resource centre for the prevention and treatment of kidney diseases.

Throughout the event, NKF's limited edition kidney-shaped coin boxes were sold at RM25 per box. In addition to the event, health talks were given on both days to educate the public on the importance of kidney care and organ donation!



Leo Run for Charity: Adopt & Donate

On 3rd March 2013, in aid of the Community Service Centre for the Deaf (CSCD) and PJ Caring Home, a complimentary booth was given to NKF by Leo Club of Kuala Lumpur Unity and Leo Club of SMK Jinjang. The fundraising team and public education department of NKF raised funds by selling the limited edition of the kidney-shaped coin boxes designed by NKF in addition to promoting the awareness of kidney diseases and kidney care. The event was held at Taman Metropolitan, Kepong.

The total amount raised from this event was RM574.00. The funds raised would be channeled to fund and maintain NKF's medical equipment as well as subsidize patients' dialysis fees.

For more information and inquiries, kindly contact our Fundraising team at fundraising@nkf.org.my or call us at 03-79549048.

A Night with Jojo Struys and Patricia Knudsen



Malaysia's famous faces, Jojo Struys and Patricia Knudsen were recently "auctioned off" in an Auction for Charity event hosted by Sold.my - a bidding event that was solely organized to raise funds in aid of the National Kidney Foundation of Malaysia. In line with the event, 10 top lucky bidders were selected to dine-in with

the stars at Sentidos Tapas, Starhill Gallery, as a show of appreciation in support for the cause.

Jojo Struys exclaimed her joy in taking her time off in support of this good cause. "My dad was a Rotarian himself and I was very exposed to charity events; therefore, when I heard about Auction for Charity, I was really looking forward to this event. I am glad I am able to play a part in helping those in need!"

Sold.my managed to raise RM6,000,000 from the bidding event. In addition, 4 exclusive kidney-shaped coin boxes autographed by Jojo and Patricia themselves are now being auctioned at RM150.00 per piece. Log on to www.sold.my to support NKF!



Adoption, A Gift of Hope

The National Kidney Foundation is auctioning 4 exclusive kidney-shaped coin boxes autographed personally by two of Malaysia's famous faces, Patricia Knudsen and Jojo Struys for RM150.00 each.

Please support the National Kidney Foundation. We appeal to the public to adopt the coin box to raise funds for NKF's underprivileged dialysis patients in a very personal and meaningful approach. Join us in Giving Hope to the patients

**For more information,
kindly contact**

NKF's Fundraising Department at

03 - 7954 9048 or

via email at

fundraising@nkf.org.my



Lioness Club of Subang Jaya



5 representatives from the Lioness Club of Subang Jaya recently presented a mock cheque worth RM6,000.00 to Mr Chua Hong Wee, CEO of NKF Malaysia at the NKF Secretariat, Petaling Jaya. The Lioness Club of Subang Jaya has been a loyal donor of NKF in the recent years in funding the necessity needs of NKF's patients.

We would like to take this opportunity to thank Kuehne + Nagel Sdn Bhd, Mr Wong Sze Meng, Mr Gan Jee Siong, Mr Lim Ton Von and Mr Yong Chee Wen for the efforts to raise aid for 8 hard core poor patients.



Fundraising for NKF by Students of the Canadian International Matriculation Program (CIMP), Sunway University College



Mr. Chua Hong Wee (3rd from L) receiving the mock cheque from the organisers (L-R) Mr. John Futa (Director of CIMP), Mr. Terry Reich and Ms. Jaime Dale

On 21st May 2013, NKF CEO, Mr. Chua Hong Wee, received a mock cheque for RM15,172.45 on behalf of the Foundation at a presentation ceremony. The money was raised by students from over 21 different classes of the CIMP, Sunway University College, in aid of NKF at a 3 day charity week that they had planned in January this year. It truly represented all the proceeds from the activity packed week going towards the coffers of NKF for assisting the underprivileged and unfortunate.

Amongst the activities carried out under the able supervision of their lecturers, Ms. Jaime Dale and Mr. Terry Reich, were holding of raffles, manicures and sales of food and teddy bears.

The activities culminated on the third and final day with a barbeque at the Sunway-U residence with food donated by Las Carretas (SP) and Advanced Catering. At that point of time, winners for the Raffles that had been running during the 3 days were drawn, and prizes sponsored principally by Meeples Board Game Café and Sunway Resorts given away.

NKF was indeed blessed to be the maiden recipient of the CIMP project, which was mooted by another lecturer, Mr. Lawrence Welsh.



Enthusiastic organisers at the charity carnival



A huge turn-out at the Assembly during the cheque presentation



Promoters of the sales of cupcakes and teddy bears

Special thanks to the student photographers of CIMP, Ali Moradkhani for the picture above and Harun Ur Rashid for the 3 pictures below.

Direct Debit Donor Programme (DDDP)

Date : February - April 2013

Our sincere gratitude to all DDDP donors who 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 in the months of February - April 2013.

1 Mont Kiara Mall, KL	Johor Premium Outlets, Johor
AmBank Kangar, Perlis	Jusco Melaka Ayer Keroh, Melaka
Bank Rakyat, Kangar, Perlis	Jusco Metro Prima Shopping Centre, KL
Batu Pahat Mall, Johor	Kepong Brem Mall, KL
Berjaya Megamall Kuantan, Pahang	Klinik Kulit Khoo, Kedah
Boustead Curve Sdn Bhd	Klinik Singapore, Penang
Chempaka Buddhist Lodge, Selangor	Kluang Mall, Johor
CIMB Bank Kangar, Perlis	KPJ Hospital, Penang
Columbia Asia Hospital - Seremban, Negeri Sembilan	Kulim Technology Park Corporation Bhd, Kedah
Damansara Specialist Hospital, Selangor	Mahkota Medical Centre, Melaka
Dataran Putrajaya, Wilayah Persekutuan	Maybank Kangar, Perlis
EG Group Holdings Sdn Bhd	Maybank Taman Desa Corina, Pahang
EM Exhibition (M) Sdn Bhd	Maybank Tanah Rata, Pahang
Festival City Mall, KL	Melawati Indoor Stadium, KL
Glomac Tower Kelana Jaya, Selangor	Menara Amfirst, Selangor
Hospital Bukit Mertajam, Penang	Northam Tower Pulau Pinang, Penang
Hospital Fatimah Ipoh, Perak	Paragon Point, Selangor
Hospital Kota Tinggi, Johor	Pasaraya Aneka, Kedah
Hospital Pantai Ayer Keroh, Melaka	Perpustakaan Negara Malaysia, KL
Hospital Pantai Batu Pahat, Johor	Plaza See Hoy Chan, KL
Hospital Pantai Klang, Selangor	Public Bank Bandar Baru Brinchang, Pahang
Hospital Pulau Pinang, Penang	RHB Bank Kangar, Perlis
Hospital Sultan Ismail, Johor	S&O Electronics (M) Sdn Bhd.
Hospital Sultanah Aminah, Johor	Sentosa Medical Centre, KL
Hospital Sultanah Bahiyah, Perak	Seremban Specialist Hospital, Negeri Sembilan
Hospital Sultanah Fatimah, Johor	Sime Darby Medical Centre, Selangor
HP Towers, KL	Sunway Medical Centre, Selangor
HSBC Tanah Rata, Pahang	TAD Air Itam, Penang
Ikano Power Centre, Selangor	University Kuala Lumpur, KL
Institute Jantung Negara, KL	Wisma MTT, Penang
Jabatan Kastam Negeri - Sungai Petani, Kedah	Wisma Perintis, KL
Jabatan Pelajaran Pulau Pinang, Penang	

NKF'S Top 3 Fundraisers

Cheers to our top 3 fundraisers. We are proud to present to you



Sim Tze San



Emei Syaira
Mohd Yusof



Ngue Haeu Kee

NKF is pleased to announce our Top 3 fundraisers for the first Quarter of 2013. 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.



YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA
NATIONAL KIDNEY FOUNDATION OF MALAYSIA Regd. No. 659 (Sel)

马来西亚肾脏基金会 மலேசிய தேசிய சிறுநீரக அறநிறுவனம்

70, Jalan 14/29, 46100, Petaling Jaya, Selangor Darul Ehsan, Malaysia.

Hotline: 1300-88-3110

Tel: 03-7954 9048/49 Fax: 03-7954 0535

Web: www.nkf.org.my