

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

ISSUE 2 2021 | PP9314/08/2012 (030426)



**WORLD KIDNEY DAY 2021
LIVING WELL WITH KIDNEY DISEASE
VIRTUAL FORUM
(13TH MARCH 2021)**

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Message From Chief Editor

By now, wearing a mask and sanitizing our hands have become second nature to all of us. As we continue to keep our social distance, let's continue to play our part as responsible and caring citizens by registering ourselves for the National Covid-19 Immunisation Programme which is currently being carried out nationwide. Having said that, you can find out more on the potential risks of Covid-19 for dialysis patients and how to stay safe from the infection on page 11-12.

On a separate issue, NKF is launching a CKD clinic in Pusat Dialisis NKF – Yayasan Dialisis Pendidikan Akhlak Perak, in Ipoh, starting June 2021. It aims to provide information and support regarding dietary and lifestyle changes, and assist patients in choosing the right renal replacement therapy.

Besides that, do check out the available financial assistance provided by our Welfare Unit in supporting our patients.

In this issue, we will also be featuring tips on safe food keeping, food portion guide, hidden salt content in food, simple exercise tips and Islamic perspective on organ transplantation.

Happy reading.

Dr. Sunita Bavanandan
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)	012-643 4227
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
17. Pusat Dialisis NKF - Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru)	07-386 6164
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 - Sarikei, Sarawak (Operational from 1 March 2021)	084-642 627

FINANCIAL SUBSIDIES FOR NKF PATIENTS



1. Patient Dialysis Welfare Subsidy

Under this fund, patients are assisted with RM50 per dialysis treatment for a period of 5 months while waiting for the approval of their subsidy from the Ministry of Health.



2. Hardcore Poor Subsidy



This is a full subsidy for NKF's very poor patients who cannot afford to pay for their dialysis fees due to various circumstances such as unemployment, lack of support from family members, abandonment and poverty. A socio-economic report from the Medical Social Worker/District Social Welfare Officer on the applicant is required to ascertain his financial status. The amount is RM90 per dialysis treatment before the approval of their MOH subsidy.

3. Erythropoietin Subsidy

This fund is to assist poor patients with anemia obtain the necessary treatment, and is based on the prescription / recommendation of NKF's consultant nephrologists.



4. Patient Transport Subsidy

High transport costs are a burden to patients, their families and friends to meet their travel needs to and from the dialysis centres three times a week, especially for those staying in areas where public transport is non-existent, lacking or not reliable. This subsidy helps to ensure that very poor patients do not default on their dialysis treatment due to transport problems.



5. Patient Vascular Access Subsidy

This subsidy is to help poor patients pay for the Insertion of their vascular catheter / permcath, creation of new Arteriovenous Fistula (AVF) / Arteriovenous Graft (AVG) and repair of their AVF/AVG in government or private hospitals/centres/clinics as recommended by NKF's consultant nephrologists. This subsidy shortens the long waiting period for AVF/AVG/BCF surgery in government hospitals.



6. Patient Relief Subsidy

This subsidy is to help poor patients who have multiple health problems and other complications pay for the various health supplements which they need but cannot afford, including Oral Nutrition Support such as NOVASOURCE® Renal (Nestle) or Nepro HP (Abbot). This fund can also be used for the payment of ambulance fees, hospitalization/treatment/surgeries, and other medical and social emergencies.



7. Children's Educational Welfare Subsidy

Various organisations help NKF to provide for the educational expenses of patient's school-going children especially at the end of each year in preparation for the new academic year.



8. Peritoneal Dialysis Financial Assistance Programme

To provide financial assistance to poor Malaysians with kidney failure to have access to peritoneal dialysis treatment.



9. Red Bean Financial Assistance Programme

To provide access to adequate ESA treatment for poor CKD patients. This is open to all dialysis patients, even those not on dialysis at NKF centres.



Note: Application for the above subsidies must be made through the Centre Managers/Staff Nurses In – Charge of NKF's Dialysis Centres.

For more information, kindly contact: welfare@nkf.org.my

LIVING WELL WITH KIDNEY DISEASE IS POSSIBLE

Nephrologists, patients and caregivers marked World Kidney Day 2021 with a virtual forum on 13 March 2021

Chronic Kidney Disease (CKD) patients in Malaysia are now able to live well with their condition, thanks to the advancement of medical science and technology, particularly in the area of nephrology. The country has achieved significant milestones in delivering effective kidney disease management and treatment for CKD patients – even those who have undergone transplants, with less adverse side effects on patients.



“This has offered a glimmer of hope for the longevity and survival of many,” said Malaysian Society of Nephrology (MSN) president Prof Dr Abdul Halim Abdul Ghafor, at the World Kidney Day (WKD) 2021 virtual forum recently. The forum marked the national-level WKD 2021 celebrations officiated by Tan Sri Dato’ Seri Dr. Noor Hisham bin Abdullah, Director-General of Ministry of Health, Malaysia.

Dr Halim stressed on the importance for families to receive adequate support. With this year’s World Kidney Day celebrations themed “Living Well with Kidney Disease”, the organisers – National Kidney Foundation of Malaysia (NKF), Ministry of Health (MOH) Malaysia and MSN hope to provide awareness and educational support for people living with CKD and kidney care communities.

The virtual forum has enjoyed over 26,000 views to date and can be viewed again on MyBuahPinggang’s Facebook page as well as NKF’s Facebook page (www.facebook.com/nkfmj) and YouTube channel (www.youtube.com/nkfmj). The event was aimed at empowering the public to lead healthier lives and promote more effective disease management for kidney patients.



In his official address, Dr Noor Hisham highlighted that there are more than 40,000 renal failure patients in the country currently undergoing dialysis treatment. He warned that if current the trend persists, as many as 106,000 Malaysians will require dialysis treatment by 2040. “What is more worrying is that 30% of the patients are below 45 years old and undoubtedly this would adversely impact the country’s social-economic sector!” he said.

Dr Noor Hisham also urged CKD patients and the public to register for Covid-19 vaccination to protect themselves and the community.



NKF chairman Dato’ Dr Zaki Morad added that equally alarming is that the prevalence of diabetes, high blood pressure (BP), heart disease, stroke is also on the rise.

“Sixty one percent of new dialysis patients are diabetic, while 18% suffer from high BP, largely due to unhealthy eating habits and the absence or lack of an active lifestyle. CKD, as we know, comes without warning or symptoms. Often enough, it is only when 90% of the kidney has been damaged that signs emerge. That is why regular health screenings are crucial for early detection,” he said.

The virtual forum featured the country’s leading nephrologists who shared insights on kidney health and latest developments in kidney health management and treatment. The informative sessions covered topics such as “Facts and myth about kidneys” and “Kidney Impairment: Are you at risk?”



(Top row) Dr Nor Fadhlina Zakaria, nephrologist from Hospital Serdang with CKD patients including a kidney transplant recipient and a kidney donor-cum-caregiver at the “Living Well with Kidney Disease” testimony session

The main session saw 2 CKD patients, 1 transplant recipient and 1 living kidney donor-cum-caregiver. Each shared compelling personal testimonies of their battle against the disease.

Gordon Ling, the kidney donor-cum-caregiver also shared about his family’s challenging journey: from his wife’s diagnosis, his life-changing decision to be a donor to starting a new family together.

The event also shed light the challenges of funding support for CKD patients heightened by a pandemic and highlighting the various avenues available for financial assistance.

This is to ensure patients do not miss out on the opportunity to seek necessary treatment and remedy, be it surgery or transplantation.

A practical session by Social Security Organisation (SOCSO), NKF and Public Service Department (JPA) provided insights on each of these organisations’

various funding mechanisms offered to alleviate financial concerns among patients living CKD.

For instance, NKF shared on the various subsidies offered to patients undergoing dialysis with NKF, as well as for those seeking outpatient treatment i.e.: Peritoneal Dialysis (PD) and the Red Bean assistance program for Erythropoiesis-Stimulating Agent (ESA) treatment.

To this end, NKF is complementing ongoing government efforts by providing subsidised dialysis treatment to over 1,700 patients through its 28 dialysis centres located nationwide.

Another notable highlight at the WKD 2021 celebrations was the kick-off of the NKF Dance Challenge 2021.

The organisers of the event also kept the online audience engaged in an interactive Q&A and quiz session enticing them with attractive prizes.

For more information, visit www.facebook.com/nkfmym or www.facebook.com/MYBuahPinggang

COVID-19
#KitaMestiMenang

COVID-19

The Risk of Dialysis Patients



People undergoing dialysis are vulnerable to developing infectious diseases including COVID-19 infection because of an impaired immune system and they are usually older with other illnesses such as diabetes and hypertension.

Haemodialysis patients are also exposed to more risks because they must attend dialysis sessions three times a week, together with many other patients, and often travel to dialysis centres by common transport.



People with Chronic Kidney Disease (CKD) including those who are receiving dialysis who get COVID-19 infection are more likely to develop serious disease and have a higher risk of death.

PUTUSKAN RANTAIAN COVID-19



Kementerian
Kesihatan
Malaysia



MYHEALTHKKM



Bersama
Hentikan
Wabak
COVID-19





As a dialysis patient, what can you do to stay safe from COVID-19 infection?

- 1 Practise frequent hand hygiene.
- 2 Use a face mask at all times while in dialysis centre and have an adequate meal before coming to the dialysis centre to avoid eating during dialysis but have some sweets on standby if needed.
- 3 Practise cough etiquette.
- 4 Always dialyse at the same chair/station.
- 5 Maintain a distance of at least 1 metre from other people.
- 6 Stay at home unless there is a good reason to go out. Avoid gatherings i.e. feasts, weddings and funerals.
- 7 Get your COVID-19 vaccination
- 8 Avoid hospital admissions :
 - Avoid getting fluid overloaded - control your salt and water intake, and don't miss any dialysis sessions.
 - Take your medications as advised and ensure you have an adequate supply of medications.
 - Look after your dialysis catheter or fistula to avoid infection or accidental damage.
- 9 Please inform the dialysis staff before coming to the unit if :
 - You are feeling unwell.
 - You have a family member confirmed or suspected of having COVID-19.
 - You have gone to a clinic/hospital recently because of being unwell.
 - You have been recently discharged from a hospital.

Special arrangements will be made for you to dialyse safely.

Everyone's help and cooperation is vital to beat COVID-19.
KITA JAGA KITA



Kementerian
Kesihatan
Malaysia



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Bersama
Hentikan
Wabak
COVID-19



SCAN ME

PROFESSIONAL WRITING SKILLS IN HEALTHCARE – A PLAIN ENGLISH WORKSHOP

On 20 April 2021, the NKF Training Centre organized a 2-hour online course titled “Professional Writing Skills in Healthcare” for NKF staff. It was attended by 87 participants. This was the first module of the course which has 4 modules in total.

The Course taught the participants the principles of Plain English. Plain English is a different way of writing. It is communication your audience can understand the first time they read. It is not simple English, but it is easier than the complicated English you learned at school. It is easier to learn and easier to use. Plain English is easier to read, easier to write and easier to understand.

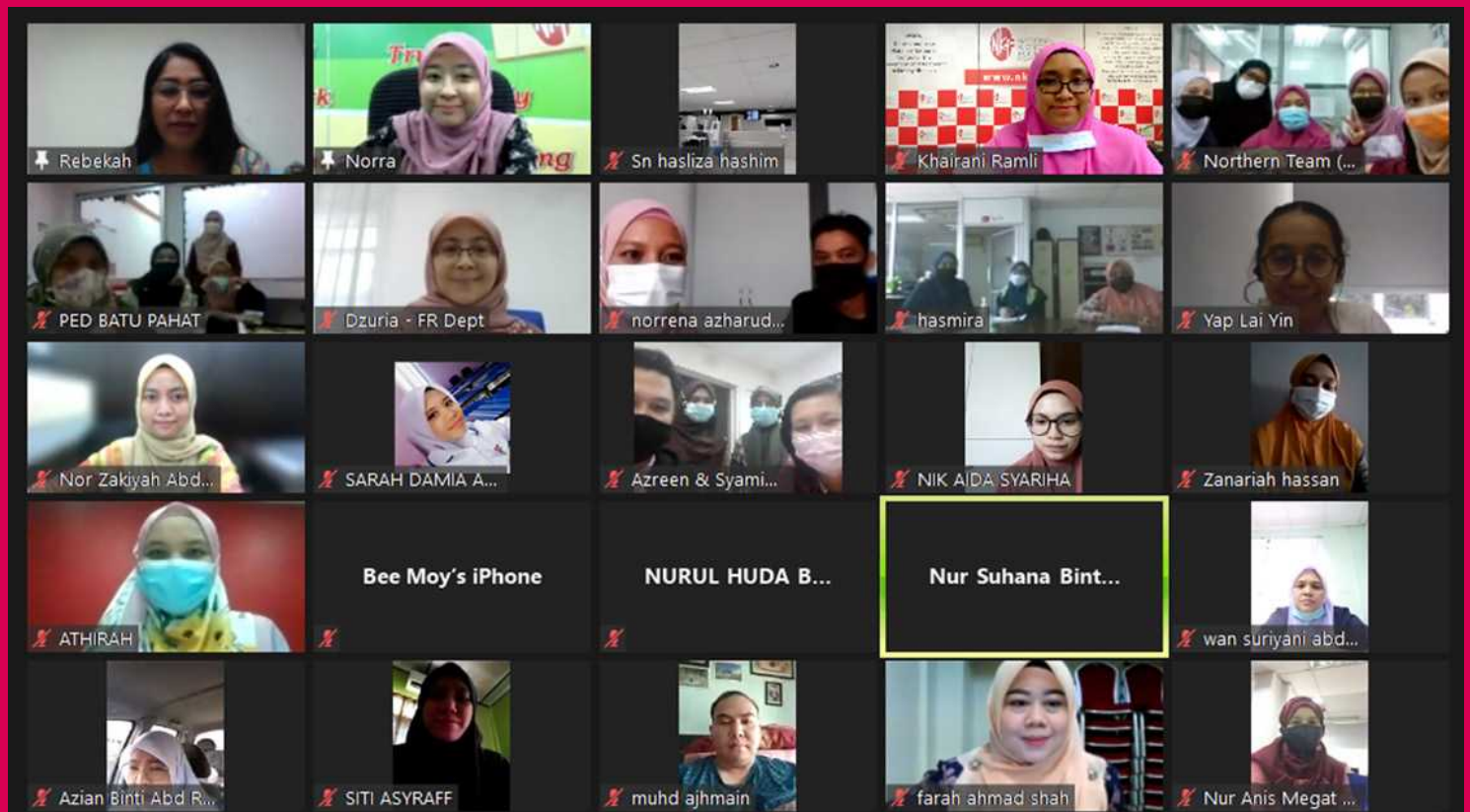
The objectives of this programme was to speak and write in English using:

- correct Plain English sentence structure (use of verbs, nouns, adjectives, pronouns, and prepositions)
- appropriate Plain English vocabulary
- correct Plain English grammar, and
- standards of Plain English (short sentences, plain words, simple verbs and active language).

Although Plain English is new to Malaysians, in the United States, the Plain Language Movement in government communication started in the 1970s.

The Movement was campaigning against gobbledygook, jargon and misleading public information. They believe that everyone should have access to clear and concise information. In the last 20 years there has been a lot of activity in most Western countries to use Plain English.

The online course was conducted by Ms. Rebekah Harcharan Kaur, who is NKF's Head of Training and a certified Plain English Instructor and HRDF Trainer.



NKF MOVES TO ONLINE TRAINING MODE

It has always been very important for training centres to stay up to date with trends in their industry. The lockdown and Movement Control Order (MCO) imposed by the government during

the COVID-19 Pandemic has caused severe disruptions in the conventional face-to-face delivery of training. Hence, the Training Department of National Kidney Foundation of

Malaysia changed all its courses to online mode.

The Centre developed and conducted the following online courses recently:

Date	Course Name	Objectives	Duration	No. of Participants	Speaker
2 March 2021	Diet Modification for Diabetic End-Stage Renal Disease (ESRD) Patients	Counting Carbohydrates and Diet Management for Diabetes	1 hour	103	Ms. Kher Pui Leng (Dietitian, NKF)
15 March 2021	Haemodialysis (HD) Emergencies - Treatment & Prevention	<ul style="list-style-type: none"> Identify the common complications of HD that leads to HD emergencies Understand the causes, treatments and prevention of air embolism and exsanguination 	1 hour	104	Puan Norr'abiatul 'Adawiyah (Nursing Tutor, NKF)
7 April 2021	Kidney Transplant Awareness - Nurses Roles in Educating HD Patients	<ul style="list-style-type: none"> Understand the topic of transplant Types of transplant How is transplant performed? Promote and support those who want transplant Identify those who are suitable for transplant How can the nurses help? 	2 hours	61	Dr. Muhammad Iqbal Abdul Hafidz (Head of Nephrology Unit, UiTM Sungai Buloh)
20 April 2021	Professional Writing Skills in Healthcare - A Plain Language Workshop	<p>To speak and write in English using:</p> <ul style="list-style-type: none"> Correct Plain English sentence structure Appropriate Plain English vocabulary Correct Plain English grammar, and Standards of Plain English 	2 hours	87	Ms. Rebekah Harcharan Kaur (Head of Training, NKF)
27 April 2021	Common Medications in HD Patients	<ul style="list-style-type: none"> Identify the common medications for HD patients, the indications and side effects Understand the importance of patient's compliance to the medications 	1 hour	53	Puan Norr'abiatul 'Adawiyah (Nursing Tutor, NKF)

With the experience gained and skills developed among the Training Department staff to conduct online courses, this opens up the opportunity

to offer more online programmes, online modular courses and online training.

Seven Tips to Safer Food



PANDUAN SAIZ SAJIAN MAKANAN

1 sajian BUAH



1 sajian SAYUR



1 sajian BIJIRIN / PRODUK BIJIRIN



1 sajian SUSU & PRODUK TENUSU



1 sajian LEGUM/KEKACANG



1 sajian IKAN / HASIL LAUT



1 sajian DAGING / AYAM



PERHATIKAN GARAM TERSEMBUNYI



Pertubuhan Kesihatan Dunia (WHO) mengesyorkan pengurangan pengambilan garam untuk mengurangkan tekanan darah dan risiko penyakit jantung, strok dan penyakit jantung koronari pada orang dewasa.



RISIKO PENGAMBILAN GARAM SECARA BERLEBIHAN

- TEKANAN DARAH TINGGI ☹️
- PENYAKIT JANTUNG ☹️
- PENYAKIT BUAH PINGGANG ☹️
- STROK ☹️
- KANSER ☹️

Cadangan pengambilan garam WHO: kurang daripada 5g garam atau 2000mg natrium sehari

KURANGKAN PENGAMBILAN

- | | | | | | |
|----------------|-------|---|---|-------|-------------|
| KICAP | ● ● ● |  |  | ● ● ● | TELUR MASIN |
| SOS | ● ● ● |  |  | ● ● ● | JERUK |
| KEREPEK | ● ● ● |  |  | ● ● ● | IKAN MASIN |
| MAKANAN PROSES | ● ● ● |  |  | ● ● ● | TAUCU |

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

Organ Transplantation from Islamic Perspective

The goal and purpose of organ transplantation is to save the patient's life. Organ transplantation is not performed with the intention of humiliating or hurting the deceased.

Allah SWT promises great rewards for the effort of preserving human life.

This is mentioned in the Quran as follows:

"and if anyone saved a life it would be as if he saved the life of the whole people"

Can Muslims receive organs from non-Muslims ?

There are no restrictions in Islam to transplant organs from non-Muslims to Muslims. This is because human organs cannot be categorized as Islam or otherwise because organs are tools used by humans to perform their religious duties and their means for living. When an organ is transplanted from a non-Muslim to a Muslim, the organ will become a part of a Muslim's body that can be used for the purpose of fulfilling his responsibilities as ordained by Allah SWT.

Is organ donation similar to torturing the dead ?

From `Aisyah RAH, she heard the Prophet SAW said,

"Verily the act of breaking the bones of the deceased is the same as breaking the person's bones while he is alive."

Basically, the Hadith prohibits any kind of humiliation of the deceased. Islam is very strict in giving due respect to the deceased. However, organ donation and transplantation are not done because of any malicious intent or without any beneficial purposes. These acts are performed as a final resort to save the lives of patients who are in need of organs.

In conclusion, **organ transplantation and donation are permissible in Islam.** This is because organ transplantation and donation fulfill the requirement in the preservation of human life which is one of the five objectives in maqasid al-syar'iyyah.

Sources :

1. Al-Quran.

2. Muhammad ibn Ismail Abu Abdullah al-Bukhari. (1422 H). Sahih al-Bukhari, Volume 2. Dar al-Tawq al-Najaaat.

3. Shaikh Mohd Saifuddeen Shaikh Mohd Salleh, Abu Bakar Yang and Norkumala Awang. (2005). Persepsi dan sikap orang Islam terhadap pendermaan organ: Satu tinjauan lapangan. Research report. Kuala Lumpur: Institut Kefahaman Islam Malaysia.





1

SET GOALS BUT BE REALISTIC

Goals, schedules and progress tracking may sound very serious but they are simply the best way to stay motivated, focused and invested in what you're doing



2

KEEP IT FUN

Engage in sports that require equipment. You can boost your activity level and revive your childhood enthusiasm like going on a swing set, playing hopscotch and tag. In addition, you also can listen to music while exercising



3

EXERCISE WITH FAMILY OR FRIENDS

Find an exercise buddy. Pick someone who is full of energy, fun and whom you look forward to spend time with. You can encourage each other to get into shape faster



4

STAY HYDRATED

Water helps to hydrate your muscles. Hence, drinking before, during and after exercise will boost your energy levels and may help to prevent cramp.



5

WARM UP AND COOLING DOWN

Warming up helps to reduce muscle soreness and lessen your risk of injury while cooling down after a workout allows gradual recovery of pre-exercise heart rate and blood pressure



Sources:

1. Bannan, K. (2020). Making Exercise Fun from <https://experiencelife.com/article/making-exercise-fun/>
2. The right way to warm up and cool down from <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20045517>
3. Keeping hydrated for exercise | Health Information | Bupa UK. from <https://www.bupa.co.uk/health-information/exercise-fitness/hydration-exercise>

CHRONIC KIDNEY DISEASE (CKD) CLINIC



Yayasan Buah Pinggang Kebangsaan akan melancarkan klinik CKD di Pusat Dialisis NKF-Yayasan Dialisis Pendidikan Akhlak Perak, di Ipoh, mulai Jun 2021.

Pesakit yang telah didiagnosis dengan:



CKD peringkat awal (tahap 2-3) dengan diabetes atau hipertensi yang tidak terkawal untuk kaunseling berkaitan gaya hidup dan diet.



Pesakit CKD di peringkat akhir (tahap 4-5) yang memerlukan kaunseling dalam memilih bentuk terapi penggantian buah pinggang yang tepat.

Dengan surat rujukan dari doktor/GP (general practitioner), pesakit atau doktor boleh menghubungi talian **05-3215921/05-3211120** untuk membuat temujanji.

National Kidney Foundation is launching a CKD clinic in Pusat Dialisis NKF-Yayasan Dialisis Pendidikan Akhlak Perak, in Ipoh, starting June 2021.

Please refer patients who are diagnosed with:



Early (stage 2-3) CKD with uncontrolled diabetes or hypertension for lifestyle and dietary counseling



Patients with late stage (4-5) CKD who require counselling in choosing the right form of renal replacement therapy.

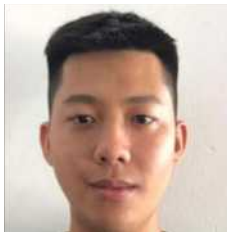
With a referral letter from their doctor/general practitioner, patient or doctor may call **05-3215921/05-3211120** to make an appointment.

Untuk maklumat lebih lanjut, sila e-mel kepada:
For more information, kindly email to:

ckdclinic@nkf.org.my

DIRECT DEBIT DONOR PROGRAMME (DDDP) NKF'S TOP FUNDRAISERS

Cheers to our top 6 fundraisers. We are proud to present to you



ADRIAN CHEAM
YI JIE



SHERLYN JOUTI



YU ZIE ONG



KANG CHUNG TAT



VARATHA RAJ A/L
KRISHNASAMY



JIA MAN SHARON
ANG

NKF is pleased to announce our Top 6 fundraisers for the 1st Quarter 2021. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the efforts they have taken in helping our dialysis patients.



YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA

NATIONAL KIDNEY FOUNDATION OF MALAYSIA PPM-002-10-12021969

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