

EARLY DETECTION & PREVENTION SAVES LIVES

# SHARE

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**A MATCH MADE IN HEAVEN**

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# Message From Chief Editor

From year 2020 and now as we enter into the third quarter of 2021, the pandemic has certainly challenged us tremendously, made us adapt to new realities and inspired us to never give up.

In the midst of battling with uncertainty during these challenging times, it was brought to our attention that there were viral postings of a 'cure for kidney failure' on social media platforms. NKF Malaysia refutes such claims. We have clarified this matter on page 13.

In a bid to raise awareness on organ donation, we have recently organised a Community Organ Donation Drive (CODE): Life Webinar themed "Living Kidney Transplant". Find out more about organ transplant and donation on page 14-15.

In this issue, we will also be sharing more health tips on the importance of breakfast, flu prevention, food pyramid and what you need to know about protein.

We also share a heart warming story about a loving husband who not only 'gave' part of himself but a new lease of life to his beautiful wife-truly a match made in heaven.

Happy reading.

Dr. Sunita Bavanandan  
Chief Editor

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9. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor)	03-6137 1884
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20. Pusat Dialisis NKF - Tun Abdul Razak (Kuantan)	09-514 1566
21. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kuching)	082-240 927
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# WHEELCHAIR DONATION BY JM AUTO GALLERY (ALOR STAR) SDN. BHD

As part of its community project, JM Auto Gallery (Alor Star) Sdn.Bhd. donated 1 unit of wheelchairs on 23 June 2021 to Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar) & Pusat Dialisis NKF - Superkids Trinity (Alor Setar) respectively.

Centre Manager of Pusat Dialisis NKF - Kelab Lions Alor Star, Sister Ang Bee Moy and Staff Nurse In-Charge of Pusat Dialisis NKF - Superkids Trinity, Nursuraya binti Mohd Yusof received the wheelchairs

from the representative of JM Auto Gallery (Alor Star) Sdn Bhd, Mr. Lim Wei Shin (Sales Consultant).

Our heartfelt appreciation to JM Auto Gallery (Alor Star) Sdn. Bhd. for their valuable contribution.



# CELEBRATING INTERNATIONAL NURSES DAY

International Nurses Day is celebrated around the world to mark the contributions made by nurses to society.

On 16 and 17 June 2021, our nurses at Pusat Dialisis NKF - Kelab Lions Alor

Star (Alor Setar) decided to lift up the spirit of their patients and appreciate fellow colleagues by organising a simple yet meaningful party with some light refreshments and 'Tupperware' tiffin carriers' giveaway.

Despite the current pandemic, our nurses continue to work round the clock to take care of our dialysis patients - a true mark of dedication to their profession indeed.



## A MATCH MADE IN HEAVEN

**Gordon Ling and Jaslynn - not only a perfect match at heart, but kidneys too!**



Let us have a look at the compelling journey of Gordon Ling, a kidney donor-cum-caregiver as he shares about his family's challenging journey: from receiving the heart-breaking news of his wife Jaslynn's diagnosis of CKD while she was pregnant; his courageous, life-changing decision to become a donor and their journey of starting a new family together through it all.



It was a life-changing moment when 34-year-old Gordon decided to give his wife a kidney—a gift that no amount of money can buy and will be treasured for life. There were no doubts or second thoughts as the decision was one made with love. Sure, there were some concerns and unfavourable comments from family and friends.

But Gordon's mind was already made up as his only wish was to give the mother of his baby girl a better life.

“The biggest objection came from my wife, who was in fact worried about me sacrificing myself for her and giving a part of myself to her—and especially how I would turn out after the transplant,” said the film director who specialises in commercials and documentaries.

He further explained that he was not the only candidate in the family who stepped up as his mother-in-law and sister-in-law generously offered their kidneys too. However, there was a lot more to think about with his mother-in-law's elderly age and his sister-in-law's family plans for the future.

“Every family has their own situation and problems to think of and as a donor, I would not advise other potential donors to just rush into making this decision. However, if your only concern is about your health after the transplant, then there is nothing to worry about. The extensive amount of tests you will need to do before getting the green light from your doctor would be a good indication if you will be able to live with one kidney.

“If you are considering donating to a loved one and wondering if it's worth it, then the answer is a thousand times yes because it will change their lives for the better and not have to go through dialysis anymore,” he said.

For Jaslynn, one of her life-changing moments was when she could finally swim with her daughter for the first time after receiving the transplant.

For most people, taking the first dip into the pool with their baby may be something easily overlooked but for Jaslynn, it was a dream come true.



After being diagnosed with kidney failure five years ago towards the end of her first trimester of pregnancy with their daughter, there were many things that she could not do and one of it was to swim. Although her doctor did give her the green light to do so during her dialysis days, she never did. It was truly a heart-breaking moment when all she could do was sit by the pool and watch as her daughter took her first dip.

“This tiny moment might not even be something significant for most but it definitely was a heart-breaking one for my wife. So, this transplant journey was definitely worthwhile after seeing them in the pool together for the first time,” he said.

Together, Gordon and Jaslynn went through a lot and came out of this whole journey stronger as a couple. From the start of the diagnosis, Gordon and his wife had to deal with a high-risk pregnancy and could only focus on ensuring a safe pregnancy and delivery. Right after that, it was full focus on their daughter and the thought of getting a transplant only came after their daughter was nearing four years old and somewhat independent.

For him, it was not as complicated but for his wife, there was a lot more to worry about because of the hormonal changes in women and also the fact that she was the recipient. What surprised the doctor and them the most were that both husband and wife were a good match.

The first test matched them at 85%, with a 25% chance of rejection. But after going through a biopsy, the result showed 0% rejection.

On the day of surgery, Gordon felt more excited than nervous because all he could think about was his wife being able to lead a better life after the procedure.

“I know our story may sound like a Korean drama love story. The nurses even made sure we were placed together side by side whenever possible, which was really sweet. I remember after the procedure was done, they moved me to the recovery room to rest for 30 minutes before transferring me back to the ward. But, because my wife was still in surgery, they left me there to wait for her. When she was finally done, they pushed her bed right up beside me and unconsciously when my hands reached out to hold on to hers, I could hear the nurses going ‘aww,’” he said.

Gordon was discharged after five days and was up and about within a week with no complications, except for the wound which swelled up a little, leaving a scar. However, he is not fussed by it because the scar serves as a memory that he wants to cherish for life.

To inspire others with his story and to raise awareness about kidney transplant, Gordon was invited by NKF to share his journey at the recent World Kidney Day (WKD) 2021 virtual forum. Themed “Living Well with Kidney Disease”, the event was organized by NKF together with the Ministry of Health Malaysia (MOH) and the Malaysian Society of Nephrology (MSN) to raise awareness and provide educational support for people living with CKD and kidney care communities.

A transplant is not a cure for kidney failure, but transplant recipients will have a better quality of life with a greater sense of well-being and being able to enjoy a lifestyle free of dependence on dialysis treatments.



Towards the end of November 2019, the transplant surgery finally happened after the couple underwent an extensive amount of testing from head to toe.

“There were so many tests that I could not even remember all of them. They did tests from my head to toe. I believe that I am now more aware of my overall health and am healthier too,” said Gordon, who added that there were a lot of medications and supplements to take as well.





NATIONAL  
KIDNEY  
FOUNDATION  
MALAYSIA

# Luangkan Masa untuk Sarapan Pagi



1

## Menguatkan ingatan dan tumpuan

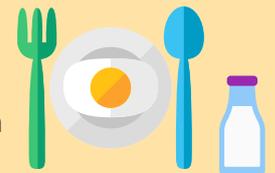
Ambillah sarapan kerana ia boleh membantu kemahiran kognitif dan perkembangan akademik anda.



2

## Mengawal selera makan dan meningkatkan tenaga

Pengambilan sarapan juga dapat membantu mengurangkan berat badan dan mengelakkan terlebih makan. Selain itu, sarapan boleh memberikan tenaga selepas tidur panjang pada waktu malam.



3

## Meningkatkan kesihatan emosi

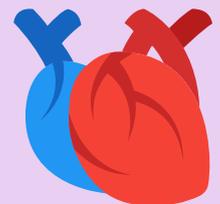
Sarapan yang seimbang boleh memberi keseimbangan kepada otak. Sarapan juga menggalakkan sistem badan bekerja dalam keadaan baik dan lebih berkesan.



4

## Mengurangkan risiko penyakit jantung

Satu kajian jurnal mendapati bahawa seseorang yang tidak mengambil sarapan mempunyai 30% risiko yang lebih tinggi untuk mendapat penyakit jantung berbanding dengan mereka yang mengambil sarapan.



# JOM CEGAH FLU



#1

## DAPATKAN IMUNISASI

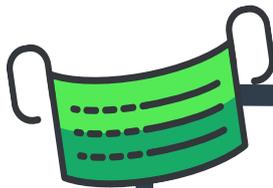
Influenza atau flu boleh mengakibatkan pelbagai komplikasi kesihatan yang serius. Immunisasi adalah cara terbaik untuk melindungi anda serta keluarga.



#2

## KERAP BASUH TANGAN

Basuh tangan dengan sabun selama 20 saat atau gunakan pencuci tangan berasaskan alkohol



#3

## MENUTUP MULUT KETIKA BATUK DAN BERSIN

Tutup mulut dan hidung menggunakan tisu dan buang tisu ke dalam tong sampah serta basuh tangan anda



#4

## JAUHI TEMPAT SESAK

Kekal di dalam rumah jika anda tidak sihat sehingga sembuh supaya anda tidak menyebarkan jangkitan



# MALAYSIAN FOOD

Guide To Your Diet



## MILK AND MILK PRODUCTS

2 servings / day



## RICE, NOODLES, BREAD, CEREAL



Plain water : 6-8 glasses  
1 glass = 250 ml



## VEGETABLES

> 3 servings / day



### Notes :

1. The recommended number of servings is calculated based on 1.
2. Less active / sedentary adults should choose the minimum number.

Source: <https://www2.moh.gov.my/index.php/pages/view/2725>

# D PYRAMID 2020

DAILY Food Intake

## FAT, OIL, SUGAR & SALT

Limit Intake



## FISH, POULTRY, MEATS & LEGUMES

1 serving of **fish** / day  
 1-2 servings of **poultry, meat, eggs** / day  
 1 serving of **legumes** / day



## GRAINS, CEREALS PRODUCTS & TUBERS

3-5 servings / day



## FRUITS

2 servings / day



1,500 kcal, 1,800 kcal and 2,000 kcal for adults.  
 number of servings.



1

## TETAPKAN MATLAMAT YANG REALISTIK

Matlamat, jadual serta rekod kemajuan sendiri mungkin kedengaran agak serius namun cara ini membantu untuk kita kekal bermotivasi, fokus dan terus berusaha untuk mencapai apa yang kita usahakan.



2

## KEKALKAN KESERONOKAN

Bersenamlah dengan senaman yang memerlukan peralatan sukan dan kembalikan nostalgia dengan bermain permainan tradisional kanak-kanak seperti teng-teng dan galah panjang. Mendengar lagu sewaktu bersenam juga boleh membantu.



3

## BERSENAM BERSAMA KELUARGA SERTA RAKAN

Carilah rakan senaman yang memiliki semangat yang tinggi, positif dan senang untuk kita luangkan masa bersama. Kita boleh saling memberi sokongan untuk membantu kita untuk kekal cergas serta tangkas bersama-sama.



4

## KEKALKAN HIDRASI

Air berperanan sebagai bahan bakar kepada otot anda jadi minum air sebelum, semasa dan selepas bersenam dapat membantu meningkatkan tenaga dan mengelakkan daripada masalah kekejangan.



5

## SENAMAN RINGKAS PANAS DAN SEJUKKAN BADAN

Senaman ringkas memanaskan badan membantu mengurangkan kekejangan dan risiko untuk cedera sewaktu bersenam manakala senaman ringkas semasa akhir senaman akan menyejukkan badan serta membantu menstabilkan kembali tekanan darah dan degupan jantung.



### Sumber rujukan:

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>

# What you need to know about **PROTEIN**?

## What is Protein?

Protein is one of three primary macronutrients, the others being carbohydrate and fat. Protein is essential for structural and functional purposes, and growth and body tissue repair. Protein is made from more than twenty basic building blocks called amino acids. Our body produces 9 types of essential amino acids, while obtaining the rest from daily diet.

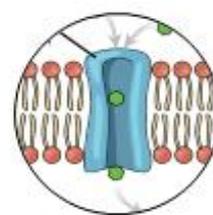
## What are the forms and functions of Protein in the human body?



Build / Repair Body Tissue



Enzymes



Transport function  
e.g. carries oxygen in blood



Hormones



Immune function

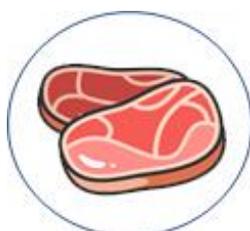


Buffering function  
e.g. protein albumin acts as a  
buffer in pH maintenance in  
blood

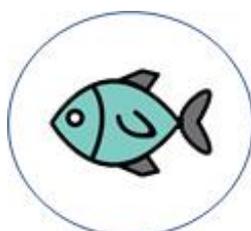
## Food Source



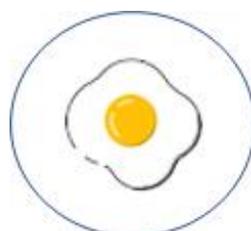
Poultry



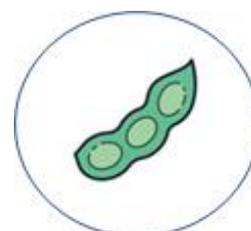
Meat



Fish & Seafood



Egg



Soy

**How much do we need?** Based on RNI Malaysia, a healthy adult needs about 52 – 62 g of protein daily. However, protein can be tricky for people with chronic kidney disease (CKD). This intake depends on the CKD stage, lab results, body size and other health conditions. If you are a CKD patient, speak with your renal dietitian to get specific guidelines regarding your protein intake.

\*RNI: Recommended Nutrient Intake

## ADJUSTING TO TEACHING AND LEARNING ONLINE - POST BASIC HAEMODIALYSIS NURSING PROGRAMME INTAKE 34TH/2021

The Post Basic Haemodialysis Nursing Programme (PBHNP) intake 34/2021 commenced on 3 May 2021. With the implementation of the Full Movement Control Order (MCO 3.0) which was effective from 1 June 2021, the students of PBHNP and the Academic Team of the NKF Training Centre had to go through a transition to digital teaching and learning. It was not an easy task for both the students and staff.

Although Online Classes are an effective way to maintain social distance and prevent the spread of the Covid-19 virus, there were many

constraints faced during the classes. The students and staff could not use the resources available at our library and skill lab. There were many occasions where the technical issues with the laptops and internet connection of some students interrupted the lectures which led to the lectures being put on hold. The students faced distractions at home as their children were at home too, since all child care centres were closed.

Despite the initial challenges during the early parts of MCO 3.0, and the implementation of online teaching and learning, both the students and

staff quickly adapted to the new environment. Various methods and platforms were used to help the students to cope with the online learning such as Zoom, Whatsapp, You Tube, Kahoot and Google Meet.

The students and staff have discovered that adjusting to the new normal has its advantages. Lesser time and cost was spent on commuting. The students, who are staff nurses, have improved on their computer skills and learned to use many digital platforms.

**Solute clearance**

- ❑ Depends on
  - Mode of dialysis: HD/HF/HDF
  - Dialyser characteristics – high/low flux (permeability), surface area
  - $Q_b$
  - $Q_d$
  - Duration/length & frequency of dialysis

**PERITONEAL DIALYSIS**

Noriah Mat  
Chief Nursing Officer  
National Kidney Foundation  
Malaysia

# NKF MALAYSIA REFUTES CLAIMS OF VIRAL POSTINGS PROMOTING A CURE FOR KIDNEY DISEASE

The National Kidney Foundation of Malaysia (NKF) was shocked and appalled by false claims made by two viral social media postings attempting to promote a product to cure kidney disease. NKF was alerted of these scams when members of the public contacted the organisation to enquire about the legitimacy of the product. Further investigations led to the postings which had gone viral, which included two different tampered photos of NKF Malaysia taken at an event in 2015 and 2019 respectively.

NKF would like to make it clear that it does not endorse such products that promote false claims to cure kidney disease. The postings on social media which promote Jisheng Kidney Qi Tablets as a cure for kidney disease without dialysis is clearly a scam that NKF will not tolerate.

“We take such scams very seriously, especially ones which are portrayed to be endorsed by NKF. We would like to reiterate that we do not endorse products that claim to cure kidney disease, especially ones promoted by external links which are not related to NKF,” said NKF Malaysia chairman Dato’ Dr Zaki Morad Mohamad Zaher.

“We at NKF provide advice on the prevention and treatment of kidney diseases based on evidence and consultation with our panel of experts. Over the years, there have been multiple claims made by pharmaceutical individuals and others in the medical line about products that can prevent kidney disease or cure it. However, the public is advised to verify such claims either with their doctors or NKF first,” he added.

Following this, NKF had lodged two police reports for the two separate postings and also filed complaints with the Malaysian Communications and Multimedia Commission (MCMC) and Ministry of Health (MOH) for further investigation.



NKF will work closely with all relevant authorities and take stern action against those responsible for this.

NKF further called on irresponsible parties to stop promoting such scams which prey on a patient’s emotional and mental state of health, especially during trying times like these as our country battles the ongoing Covid-19 pandemic. Such scams are unethical and immoral.

“We would also like to explain that the NKF photos which were edited and used in the advertisement postings were from our Toyota Tsusho (Malaysia) Sdn Bhd event in 2015 and SHELL Malaysia event in 2019. The Toyota photo was from a donation event to NKF and the SHELL event titled ‘Anda Pam, Kami Derma’ on

the other hand, was a campaign held during the 2019 Hari Raya festive season in collaboration with SHELL Malaysia,” said Dato’ Dr Zaki Morad.

In the social media postings, the wordings on both the mock cheque and banner held in the group photos were replaced with the words ‘No dialysis required. Completely cure kidney disease’. To date, there is no known cure for Chronic Kidney Disease (CKD), but there are treatments that can help, in addition to receiving an organ transplant.

For credible information about kidney disease, treatment options, medication and to get the latest updates, do visit NKF Malaysia’s official website at [www.nkf.org.my](http://www.nkf.org.my) or send an email to [info@nkf.org.my](mailto:info@nkf.org.my)

# SAVING LIVES WITH ORGAN DONATION

The National Kidney Foundation’s CODE: Life Webinar highlights the facts around organ transplant and donation



In a bid to raise awareness on the importance of organ donation, the National Kidney Foundation of Malaysia (NKF) recently organised a Community Organ Donation Drive (CODE):Life Webinar themed “Living Kidney Transplant”.

The webinar was moderated by Dr Maisarah Jalalnomuhali, a consultant nephrologist and physician from University Malaya Medical Centre (UMMC) and featured a wide-ranging discussion on the realities of living with kidney disease and the misconceptions surrounding organ donation. Other speakers included Dr Wan Zul Haikal Hafiz, medical lecturer and clinical specialist nephrology from Hospital Pengajar Universiti Putra Malaysia (UPM) as well as Chronic Kidney Disease (CKD) patients who shared their personal experiences of coping with the condition.



Kidney disease has become a serious public health concern for Malaysia in recent years. A study carried out in 2018 showed that the prevalence of CKD in the country is 15.48% – a significant increase from just 9.07% in 2011. CKD is categorised in five stages based on the progression of the disease, with end-stage kidney disease (ESKD) or complete kidney failure in stage 5. Most ESKD patients will have to undergo dialysis, or wait in the hopes of receiving kidney transplant. At present, there is no proven treatment for reversing the effects of serious kidney damage.



Dr Maisarah Jalalnomuhali, Consultant Nephrologist and Physician at University Malaya Medical Centre (UMMC)

Dr Wan Zul Haikal Hafiz explained that kidney transplant was an ideal treatment option to change the lives of ESKD patients. “We encourage donor transplantation from those whom the patient has an emotional tie with – not only from immediate family members like parents and siblings but also their spouse and extended blood relatives. We want to do the best for the patients and lower the chances of the donated organ from being rejected.”



Dr Wan Zul Haikal Hafiz, Medical Lecturer and Clinical Specialist in Nephrology at Hospital Pengajar Universiti Putra Malaysia (UPM)

Adding on, Dr Maisarah Jalalnomuhali urged patients who had willing donors, even if they are unrelated to come forward and consult a nephrologist. “Don’t be shy or conclude that the procedure cannot be done. If the nephrologist decides that the unrelated patient and donor can move forward with the procedure, they will be referred to an independent body called ‘Unrelated Transplant Approval Committee (UTAC)’ – with interviews conducted to ensure that there is no conflict of interests between the patient and donor. They will then decide if they can proceed with the transplant procedure.”

With deceased organ donation rates in Malaysia currently standing at just 0.86 donors per million inhabitants, ESKD patients have to contend with long waiting times for their transplants. Compared to receiving kidney transplants from deceased donors, those from living donors offer better outcomes and long-term survival for patients.

Webinar attendees were also moved by the heart-warming sharing session with kidney transplant recipients as well as the inspiring stories of their generous donors. Sharing their struggles of living with ESKD, donor recipients highlighted the many ways their lives improved after a kidney transplant; from being able to enjoy an active lifestyle to being free from constant dialysis treatments.

One of the speakers for this session was Mohamad Rafi Mohd Isa, a teacher who described his arduous journey of living with stage 4 kidney disease for almost eight years – transforming the dialysis centre into a ‘playground’ for his children while he was hooked to a dialysis machine for a four-hour treatment, three times a week. He expressed his joy at getting a second lease of life from his wife, Nur Asyikin Mohamad Nadzri, who also shared her experience of being an organ donor. Echoing the sentiments of the other organ donor in the session, Nur Asyikin dispelled fears around being a living organ donor as she continues to lead a healthy and fulfilling life.



Nur Asyikin Mohamad Nadzri (Kidney Donor) and Mohamad Rafi Mohd Isa (Kidney Transplant Recipient)



Another kidney transplant recipient and his donor that were featured during the sharing session was Malaysian actor Mohd Eyzendy Aziz or famously known as Along Eyzendy, an ESKD patient and his wife, Hamidah Mohd Yatim – an ‘angel without wings’ that provided him a second chance at life. After undergoing surgery recently, both Along Eyzendy and Hamidah are grateful they got the opportunity for the life-saving procedure. This is a bond that will tie these two pairs of lovebirds together forever!

The informative online event was completed with an engaging Q&A session between the speakers and attendees.

While a transplant is not a cure for kidney failure, transplant recipients will have a significantly longer and better quality of life. Members of the public who are interested in contributing towards this cause of helping patients with kidney failure can find out more through NKF's website at [nkf.org.my](http://nkf.org.my) or call 03-7954 9048.



Along Eyzendy (Kidney Transplant Recipient) and Hamidah Mohd Yatim (Kidney Donor)

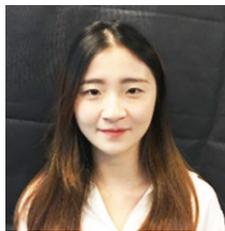


# DIRECT DEBIT DONOR PROGRAMME (DDDP) NKF'S TOP FUNDRAISERS

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



**NURLIYANA IZZATI  
BINTI KHAIRUDDIN**



**WEI YING LIEW**



**VARATHA RAJ A/L  
KRISHNASAMY**



**SHERLYN JOUTI**



**GUOXI CHAN**



**WEI YI LIM**

NKF is pleased to announce our Top 6 fundraisers for the 2nd 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

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

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