

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

ISSUE 4 2021 | PP9314/08/2012 (030426)



**HARAPAN
UNTUK
KAKAK**



**ORGAN DONATION
"CHANGING LIVES
ONE AT A TIME"**

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Message From Chief Editor

As the country is transitioning into Phase 4 of The National Recovery Plan and with a vaccination rate that has reached 95% for the adult population, more economic sectors are slowly opening up.

Having said that, our 16th Annual Dialysis Conference is finally back after three years of absence due to postponement in view of the pandemic. Find out more on page 3.

In this issue, you will learn more on the right amount of protein for Chronic Kidney Disease (CKD) patients, potassium (kalium) content in vegetables and the relationship between oxalate and the kidneys. Good news for those who are concerned about their extra calories. Check out how much calories you get to burn while doing your regular house chores on page 6.

More facts on kidney transplant and sharing about living kidney transplant by nephrologists, donors and recipients are available in page 9 to 11.

Our heartfelt gratitude go out to those who have been supporting us through thick and thin. Nevertheless, we urge more donors to step forward to help the poor and needy especially those kidney failure patients under our care. Read more on page 12.

Happy reading.

Dr. Sunita Bavanandan

Chief Editor

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	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
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28. Pusat Dialisis NKF - Sarikei, Sarawak (Operational from 1 March 2021)	084-642 627

16th Annual Dialysis Conference 2022

Holistic Care in Dialysis

**LIMITED
SEATING**

**5 & 6 March 2022
Sheraton Petaling Jaya Hotel**

Message

Dear Delegates,

After a postponement and a cancellation, the Annual Dialysis Conference is back after three year absence! The Annual Dialysis Meeting will be held on 5 and 6 March 2022 at the Sheraton Petaling Jaya Hotel, Petaling Jaya, Selangor. The sixteenth in a series of Annual Dialysis Meetings organised by National Kidney Foundation of Malaysia since 2003 is being renamed the Annual Dialysis Conference with effect from 2020.

The one and a half-day conference with the theme “Holistic Care in Dialysis” aims to include topics on Mental Issues in Haemodialysis, Palliative Care, Nutritional Issues and Sexual Dysfunction in dialysis. The topics for the scientific programme aim to bring to the fore that it is time to include other disciplines to give dialysis patients the chance to live longer, happier, and more productive lives with a treatment that fits better with those things they value in their homes, workplaces, and communities.

Patients on dialysis are in a situation of abject dependence on a machine, a procedure and a group of qualified medical professionals for the rest of their lives. A multidisciplinary team effort is often needed in the management of such patients. With this in mind, I hope that all organizations involved in the area of dialysis management will join us to participate in this scientific meeting. I am delighted to welcome all the delegates to the event to network, learn and recharge!

Thank you.



Dr. T. Thiruventhiran FRCP, Organising Chairperson

Seminar Fee

Early Bird Rate
(Registration before : 5 January 2022)

RM 530.00 per pax

Standard Rate
(Registration after : 5 January 2022)

RM 580.00 per pax

Sponsors

Sponsorship opportunities are available. If you are interested, please contact Ms. Rebekah/Pn. Khairani at the numbers provided below for details.

Organised by



Contact Us

If you have further inquiry and need clarification regarding this event, please do not hesitate to post your questions directly to:

Ms. Rebekah / Pn. Khairani

Tel: 603-7960 2301/2 | Fax: 603-7960 2359

Email : training@nkf.org.my

LENDING A HELPING HAND



From Left: Staff Nurse Ang Bee Moy, Lion Ng Ah Kheng, Lion Ray Tan Kah Hoe, Ms. Lee Lai Tee, Ms. Lee Siew Chek, and Mr. Chuan Teck Keng

In view of the current pandemic, Lions Club of Alor Star and Pertubuhan Kebajikan dan Amal Muhibah Alor Setar decided to extend a helping hand to our underprivileged dialysis patients at Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar).

On 4th September 2021, Leo Club President, Lion Ray Tan Kah Hoe and

Local Committee Chairman, Lion Ng Ah Kheng along with the representatives from Pertubuhan Kebajikan dan Amal Muhibah Alor Setar, Ms. Lee Lai Tee, Ms. Lee Siew Chek, and Mr. Chuan Teck Keng presented in monetary donation of RM12,760 and face shields to the Centre Manager of Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar), Staff Nurse Ang Bee Moy.

A total of 58 patients benefitted from this generous donation. Each patient received RM220 along with a face shield.

We truly appreciate the generosity and gracious efforts of the Lions Club of Alor Star and Pertubuhan Kebajikan dan Amal Muhibah Alor Setar in helping our underprivileged patients.

TIMELY AID TO THE NEEDY DURING THE WHITE FLAG MOVEMENT



From left: Lion Ray Tan Kah Hoe (Leo Club President) and Lion Ng Ah Kheng (Local Committee Chairman) presented the care packs to Staff Nurse Ang Bee Moy (Centre Manager)

On 17 August 2021, the Lions Club of Alor Star donated 20 sets of care packs to our dialysis patients at Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar) to lighten the financial burden of our patients and their families.

Besides rice pack, the care pack contained food items such as instant noodles, Milo pack, biscuits, mihun, and condensed milk and soap powder.

We would like to convey our gratitude to the Lions Club of Alor Star for their generous and continuous support.

KNOW THE RIGHT AMOUNT OF PROTEIN FOR CKD

Kher Pui Ling, Nurul Husna binti Abu Bakar

The exact amount of protein consumption depends on the stage of chronic kidney disease (CKD), lab results, body size, nutritional status, and other health conditions. For instance, a diet lower in protein is recommended for people with advanced kidney disease. Many studies (1 to 4) in the references below suggest that limiting the amount of protein and including more plant-based foods in the diet may help slow down the loss of kidney function. Whereas dialysis patients require a higher amount of protein in their diet to help maintain blood protein levels and improve health. Dialysis removes protein waste from the body; hence, protein restriction is no longer needed. However, excessive protein restriction can lead to malnutrition at any stage of kidney disease.

Protein Portion Size

Understanding protein portion size is very important while planning and modifying the menu, especially for controlling protein intake. Usually standard household measurement will be used as reference to estimate the portion size. Based on the daily protein requirement, we can determine how much protein portion can be taken. **1 serving of protein** is equivalent to **14 g of protein** (not food weight!). Below are the protein food examples in **½ serving size (7g of protein)**.



Chicken (without skin, raw)
½ breast/drumstick (38g)



Chicken Liver (raw)
1 no (50g)



Lean Meat (raw)
1 matchbox size (31g)



Fish (slice, raw)
½ slice Tenggiri



Fish (medium, raw)
½ piece (40g)



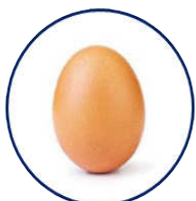
Prawn (Medium, raw)
(28g)



Squid (medium, raw)
(40g)



Anchovies (no head)
2/3 cup (12g)



Egg (medium, raw)
(54g)



Low Fat Milk
1 medium glass (200ml)



Yogurt, low fat (plain)
1 small tub (140g)



Cheese
2 slices (32g)



Soybean curd (raw)
(64g)



Soy Milk
¾ cup (188g)



Fuchuk, dried
1 ½ sheets (15g)



Tempeh (raw)
1 piece (44g)

References:

1. Joshi S, Moore LW, Kalantar-Zadeh K. The Future of Nutrition in Kidney Disease: Plant-Based Diets, Gut Microbiome, and Beyond. *J Ren Nur*. 2021; 31(2): 97–99.
2. Joshi S, McMacken M, Kalantar-Zadeh K. Plant-based diets for kidney disease: a guide for Clinicians. *Am J Kidney Dis*. 2020; 77:287-296
3. Banerjee T, Liu Y, Crews DC. Dietary patterns and CKD progression. *BPU*. 2016; 41:117-122.
4. Gutiérrez OM, Muntner P, Rizk DV, et al. Dietary patterns and risk of death and progression to ESRD in individuals with CKD: a cohort study. *Am J Kidney Dis*. 2014; 64:204-213.

Kalori Yang Dibakar Semasa Membuat Kerja Rumah



Seterika Pakaian

15 min > 22 kalori
1 jam > 88 kalori



Membasuh Pinggan

15 min > 26 kalori
1 jam > 102 kalori



Membersihkan Rumah Menggunakan Vakum

15 min > 43 kalori
1 jam > 170 kalori



Menyapu Lantai

15 min > 39 kalori
1 jam > 156 kalori



Mengemop Lantai

15 min > 43 kalori
1 jam > 170 kalori



Mengemas Katil

15 min > 17 kalori
1 jam > 68 kalori



Menyusun & Mengemas Perabot

15 min > 85 kalori
1 jam > 340 kalori



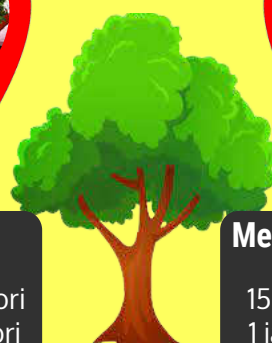
Melipat, Menggantung & Menyimpan Pakaian

15 min > 17 kalori
1 jam > 68 kalori



Berkebun

15 min > 26 kalori
1 jam > 102 kalori



Membasuh Kereta

15 min > 34 kalori
1 jam > 136 kalori



Kandungan Kalium Sayur-Sayuran

Rendah Kalium <150mg

- Kangkung
- Kobis
- Petola
- Peria
- Taugeh



Sederhana Kalium 150mg-200mg

- Asparagus
- Kacang Buncis
- Kacang Bendi
- Kacang Panjang

- Tomato
- Terung
- Sengkuang

- Lobak Merah
- Labu Merah



Tinggi Kalium >200mg

- Sawi Hijau
- Ubi kentang
- Ubi Keledek
- Ubi Keladi
- Jantung Pisang
- Kailan
- Petai
- Bayam
- Brokoli
- Cekur Manis



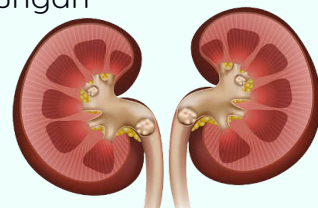
*Pengelasan berdasarkan kandungan kalium bagi setiap 1/2 cawan sayur yang telah dimasak

*Perlulah diingatkan bahawa saranan kalium pesakit ginjal adalah kira-kira 1500-2000 mg sehari

BATU KARANG (KALSIUM OKSALAT)

APA ITU BATU KARANG (KALSIUM OKSALAT)?

- ➔ Jenis batu karang yang paling kerap berlaku. Disebabkan oleh kurang pengambilan cecair dan diet tinggi kandungan oksalat.



APA ITU OKSALAT?

- ➔ Oksalat adalah bahan semulajadi yang kerap dijumpai dalam makanan.
- ➔ Kandungan oksalat yang tinggi dan kekurangan cecair dalam badan boleh menghasilkan kristal pepejal kecil.
- ➔ Bilangan kristal yang semakin banyak akan bercantum dengan kalsium dalam air kencing dan membentuk batu karang yang dikenali sebagai Kalsium Oksalat.

SIAPA YANG BERISIKO?



Individu yang kekurangan air dalam badan



Obesiti atau kegemukan



Penyakit berkaitan pencernaan



Diet tinggi oksalat

MAKANAN TINGGI OKSALAT



Bayam



Minuman ringan



Teh



Kopi



Keledek



Kekacang

MAKANAN RENDAH OKSALAT



Betik



Mangga



Pisang



Timun



Susu



Kismis

4 FAKTA MENGENAI PEMINDAHAN BUAH PINGGANG



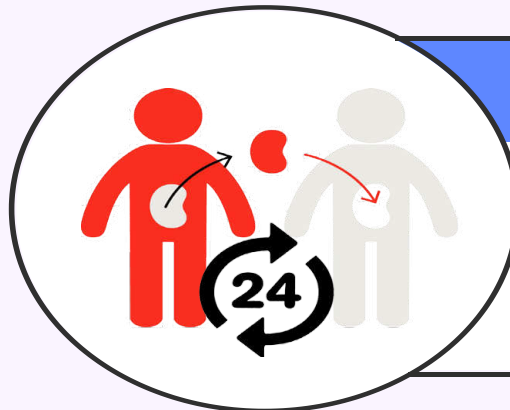
KRITERIA PENDERMA

Umur : 2 tahun dan keatas.
Berat : 10 kg dan keatas.



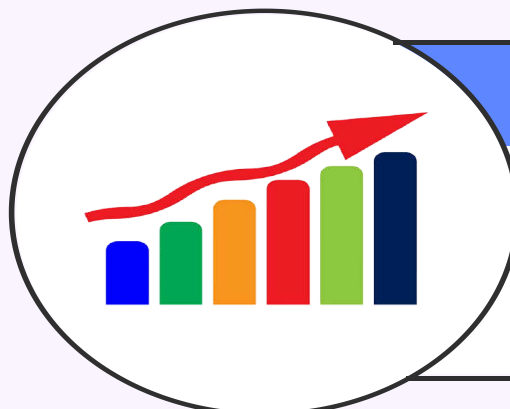
KONTRAINDIKASI

Penderma dengan jangkitan aktif dan kanser.



JANGKA HAYAT ORGAN

Buah pinggang yang didermakan perlu dipindahkan kepada penerima dalam masa 24 jam.



KADAR KEBERKESANAN

Kadar "survival" selepas pemindahan buah pinggang dalam masa 5 tahun:

- Penderma kadaverik (77%)
- Penderma hidup (93%)



ORGAN DONATION – CHANGING LIVES ONE AT A TIME

National Kidney Foundation's CODE: Life Webinar shines a light on what it takes to be an organ donor and recipient

While donating a kidney to a patient suffering from Chronic Kidney Disease (CKD) is an extremely noble cause, it is also a tough life-changing decision to make. That said, the National Kidney Foundation of Malaysia (NKF) continues steadfast in its mission to educate the public and raise awareness about kidney transplant and donation, in a bid to improve more lives.



One of the ways NKF raises awareness is through its Community Organ Donation Drive (CODE): Life Webinar themed "Living Kidney Transplant". This latest fourth instalment shared stories from kidney donors and their recipients.

Moderated by Consultant Nephrologist and Kemaman Hospital's medical department head, Dr. Shahnon Anuar Shahrani together with Consultant Nephrologist from University Technology MARA Medical Centre, Dr. Nur Hidayati Mohd Sharif, this emotional webinar gave viewers an inside scoop into the lives of two CKD patients and their donors.



The first pair who shared their experience was kidney recipient, Asyikin Ahmad Nidzammuddin who received a kidney from her younger sister Atiqah Ahmad Nidzammuddin. Asyikin was diagnosed with CKD eight years ago at 22 years old. "Back then, I remembered everything happened so fast and I did not even have time to cry, be in shock or process what was really happening. My life literally changed in just a split second," she said.

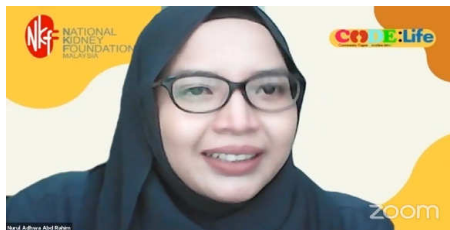
The 31-year-old chartered accountant, who is now working as a compliance officer, said that her kidney function was down to only 1% on the day she was diagnosed. That was in July 2013. Flashforward eight years later to September 2021, she finally got a kidney transplant thanks to her younger sister Atiqah.

She also shared how she juggled work, dialysis and part-time studies. She also managed to travel overseas for holidays with her husband and just got her dialysis done while travelling. She assured viewers that dialysis could be done anywhere as long as the slot was

pre-booked beforehand. A dialysis patient should be able to travel as they please and should not see it as a reason to put life on hold.



Meanwhile, donor Atiqah was asked to share her concerns and challenges. The 30-year-old mother said that it was very time consuming as there were many tests which needed to be done. "Also due to Covid-19, we had to be swabbed numerous times before the tests can be carried out. I think I went through about seven swab tests but some of the other tests were even more uncomfortable," she said.

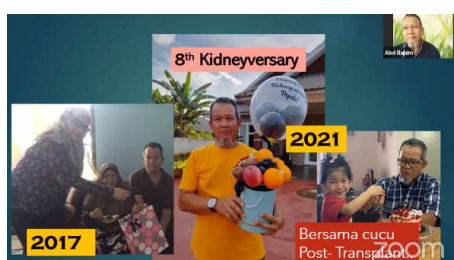


Fellow kidney recipient Nurul Adhwa Abd Rahim received a kidney from her father eight years ago. She is now married with a daughter and working as a teacher. She was first diagnosed at 22 years old, after doctors detected something amiss in her urine and ordered further testing. She had no symptoms at all and her disease was categorised as auto-immune disease, where her cells attacked her kidneys.

She gave advice on a few important things to note after a transplant, like taking all medication on time, avoiding raw or partially cooked food and abstaining from grapefruits or lemons as its juice could affect the medication.



She also shared the risks and safety aspects on conceiving a child after transplant. "There are risks involved but it is possible to get pregnant and deliver a healthy baby. I gave birth to a healthy 36-week-old baby girl. The only difference was that I had to be monitored by a doctor in the Maternal Fetal Medicine (MFM) specialised in high-risk pregnancies. All my medication had to be changed too, to ensure it was safe for my pregnancy."



Rahim Atan, the 62-year-old donated his kidney when he was 54 years old. He was worried that he would not be able to donate due to his age, but he was cleared for the transplant after getting a clean bill of health.

In terms of cost, he assured viewers that it was affordable and cost only RM500 for the whole transplant, which was done at Hospital Kuala Lumpur. He urged those who had been holding back due to financial reasons to get a transplant at a government medical facility.

Just to reaffirm what was shared, according to Dr. Shahnon, the two government hospitals which undertake transplants are Hospital Kuala Lumpur and Hospital Selayang. "Over the past year, many transplant surgeries had to be postponed due to Covid-19 and it was only recently in early October that the transplant surgeries were starting again," he said.

He further urged all kidney patients to take medication approved by their doctors and not to consume other medication, especially those that have been advertised to provide a cure for kidney disease. "Just remember, there is no cure for kidney disease. If there is, believe me, all doctors will be prescribing it. So, please be wary as it might ultimately do your body more harm than good," he added.



Meanwhile, Dr. Nur Hidayati said that age was just a number and should not be used as a determining factor to becoming an organ donor. "For kidney transplant, the biological age is more important than numerical age because sometimes even young candidates

fail to become donors due to their health conditions. I've also seen cases where people over 60 become donors because they are very fit and healthy," she said.

While a transplant is not a cure for kidney failure, transplant recipients will usually 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 or call 03-7954 9048.



KIDNEY FOUNDATION URGES DONORS TO STEP FORWARD

For many kidney failure patients, the diagnosis signals a dramatic upheaval of their lives.

Once an energetic and sociable person, Chew (not her real name) now spends multiple times a week undergoing treatment at The National Kidney Foundation of Malaysia (NKF) dialysis centre.

Her husband has also quit his job to be her caregiver. For a couple already living a life of economic hardship in the midst of a raging Covid-19 pandemic, this is an extra blow to their income.

The stark reality is that Chew's story is not unique. Like her, more than 40,000 kidney failure patients currently undergo dialysis across Malaysia.

These patients have to spend four hours a day hooked up to a dialysis machine, three times a week. As such, many are unable to lead normal lives and struggle to gain regular employment.

"Malaysia has among the highest rates of kidney disease in the world, with over 7,000 people diagnosed with kidney failure every year," said NKF chairman, Dato' Dr. Zaki Morad Mohamad Zaher.



"The limited amount of donor kidneys available means that regular dialysis treatment is the only real available option for most patients.

"Since we started dialysis operations in 1993, we have delivered holistic care to over 6,000 patients of all backgrounds across the country.

"Throughout the turbulence of this pandemic, we continue to treat approximately 1,700 people at 28 dialysis centres nationwide.

"As a non-profit organisation, the majority of our work is reliant on the generosity of our donors.

"Every year, NKF needs to raise RM26.5 mil to subsidise the cost of dialysis treatments for its patients," added Dr. Zaki Morad.

With rampant job loss and limited opportunities for self-employment, NKF in May 2020 pledged RM1mil from its own coffers to offer aid to dialysis patients in need of financial assistance.

NKF also assisted the Ministry of Health by donating medical supplies, including surgical gowns, personal protective equipment (PPE) and face masks.

It also loaned 58 haemodialysis machines and six units of the portable reverse osmosis (RO) machines to the ministry, to ensure that government hospitals had sufficient machines to cope with the increased burden of Covid-19 patients with kidney failure.

"We are thankful for all the support we have received so far - every donation received has meant the world to us.

"However, the pandemic has also affected us; many donors have ceased their donations and it has been a real struggle to keep our operations running.

"We hope more people will support us in our mission to save lives," said Dr. Zaki Morad.

Mr. Alan Thoo of Sunway Damansara Metro Lions Club, who has been donating to NKF since 2009, urged more people to lend a helping hand. "During the start of the pandemic, we raised RM23,000 in donations to provide masks and PPE to NKF so that they could safely continue treating patients," he said.

Meanwhile, Madam Ng Yoke Chan, faculty advisor of SMK Damansara Jaya's Leo Club, said the club's long-term support of NKF had helped students learn how to reach out to others in need. "We look forward to seeing more poor patients being helped by NKF, and a reduction in kidney failure patients in the long run," she said.

To help kidney failure patients receive life-saving dialysis treatment, visit nkf.org.my/support-us/donations/ Alternatively, call 03-7954 9048 to learn more about the foundation's ongoing efforts.



INDULGE IN MOONCAKES - FOR A GOOD DEED

IN AID OF:

NKF NATIONAL KIDNEY FOUNDATION MALAYSIA

海外天 OVERSEA

MID-AUTUMN FESTIVAL 2021

SET A - DONATION of RM68/BOX

NORMAL 4PCS SET (180 GM/PC)

- Lotus Paste 1 Yolk 单黄莲蓉
- Assorted Fruits & Nuts 伍仁月饼
- Red Bean Mooncake 玫瑰豆沙
- Shanghai Mooncake 1 Yolk 上海月饼

**(Note: Remove plastic & reheat Shanghai Mooncake in the oven for 2-3 minutes before serving)*

SET B - DONATION of RM68/BOX

NORMAL 4PCS SET (180 GM/PC)

- Green Tea with Red Bean 绿茶红豆
(Green Tea Lotus Paste & Red Bean)
- Royal Fairy 1 Yolk 贵妃醉月
(Lotus Paste & Mung Bean)
- Golden Starlight 1 Yolk 翡翠玉环
(Pandan Lotus Paste & Mung Bean)
- Cherry Blossom 1 Yolk 百花争艳
(Sakura Flower Lotus Paste)

MS 1500: 2009
1035-07/2010

NKF NATIONAL KIDNEY FOUNDATION MALAYSIA

NATIONAL KIDNEY FOUNDATION OF MALAYSIA (PPM-002-10-12021949)
YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA
马来西亚肾脏基金会
70, Jalan 14/29, 46100 Petaling Jaya, Selangor. Tel: 03-7954 9048 ext: 218/207
Fax: 03-7954 0535 Email: fundraising@nkf.org.my Web: www.nkf.org.my



This year, the National Kidney Foundation of Malaysia (NKF) joined forces with Oversea Group of Companies once again for our annual mooncake charity project to raise funds for NKF's underprivileged kidney failure patients. We are delighted to announce that this project had successfully raised RM 30,711.85.

As a non-profit organisation, NKF depends on public generosity and corporate funding to provide subsidised dialysis treatments for the 1,723 kidney failure patients, who are from the lower income group, at our 28 dialysis centres nationwide. However, it has been an economically challenging period for us - with

difficulty in garnering the community's support for our various fundraising campaigns – resulting in NKF's available funds being stretched to the limit. The Covid-19 pandemic has had a significant impact on Malaysians and it has not spared anyone, including NGOs like NKF.

Amid such tough circumstances, we are doing our best to source funding for our constant efforts to provide the subsidised dialysis treatments," said Mr. Chua Hong Wee, Chief Executive Officer of NKF Malaysia.

The halal certified mooncake came in two sets at RM68 per box (set of 4 pieces):

Set A: Lotus Paste 1 Yolk, Assorted Fruits & Nuts, Red Bean and Shanghai Mooncake 1 Yolk.

Set B: Green Tea with Red Bean (Green Tea Lotus Paste & Red Bean), Royal Fairy 1 Yolk (Lotus Paste & Mung Bean), Golden Starlight 1 Yolk (Pandan Lotus Paste & Mung Bean) and Cherry Blossom 1 Yolk (Sakura Flower Lotus Paste).

We would like to extend our sincere gratitude to all our donors over the years for their fervent support towards this annual mooncake charity project.

STELLA MARIS INTERNATIONAL SCHOOL DONATES RM16,000 TO NKF



(From left) SMIS School Administration, Manager, Mr. Kenneth Yap, IB/Pre U Principal, Ms. Madhu Singh, NKF Chief Executive Officer, Mr. Chua Hong Wee, SMIS President, Prof. Dr. BC Tan, SMIS Board of Governors Chairman, Dr. Tarcisius Chin, Primary Wing Principal, Ms. Belevin Scully and Sports & ECA Coordinator, Mr. S. Arunandy at the cheque presentation ceremony.

Stella Maris International School (SMIS) in Damansara, Kuala Lumpur, held true to its commitment to the National Kidney Foundation (NKF) despite having to close during the Covid-19 pandemic.

The school managed to collect RM16,000, which was over and above last year's collection of RM13,406. Year after year, SMIS has never lost sight of its annual Kidney Awareness Day charity drive among its pupils and their parents, teachers, administrative staff as well as well-wishers.

However, this year's programme was subdued due to the closure of schools. Students and teachers had to forgo the usual school presentations that contextualise the issue of poor health outcomes experienced globally by millions of patients with kidney disease.

They reminisced on past years when everyone showed up in red, in solidarity with NKF to commemorate World Kidney Day.

Although this year's charity drive was facilitated merely through a passing of the hat, the outcome was impressive with parents, teachers and staff giving their unstinting support.

A large donation was soon collected. SMIS Damansara President, Dr. BC Tan thanked everyone who generously supported the cause.

In the past six years, the school has raised over RM85,000 for NKF Malaysia.

"It is heartening to see the generosity of the SMIS family and others recognised in a cheque presentation of RM16,000 made to the NKF this year despite the

challenges of the pandemic," said Dr. BC Tan. "Taking a leaf from Mahatma Gandhi, 'Whatever you do may seem insignificant to you but it is most important that you do it'. 'Hence, this is Stella Maris' way of saying we care and we are here to help," he added.

CARE PACKS GIVEAWAY BY SUN LIFE MALAYSIA



In conjunction with World Diabetes Day, Sun Life Malaysia contributed 200 Care Packs to Pusat Dialisis NKF – Dato' Dr. G.A. Sreenevasan (Petaling Jaya). Each Care Pack consists of nutritional snacks and a fun comic book.

On 12 November 2021, Puan Emilia Jonid (Branding and Communications Manager) presented the Care Packs to Staff Nurse Najihah Bt Zubir (Second-in-Command), Datin Shobana Subramaniam (Head of Branding, Communications and

Fundraising) and Puan Norhidayah Binti Mazlan (Admin Assistant).

NKF Malaysia would like to extend our heartfelt gratitude to Sun Life Malaysia for its kind and generous support.



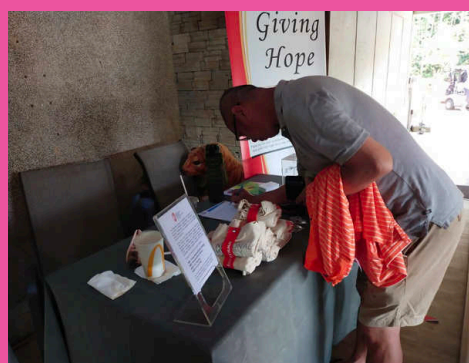
FUNDRAISING AT BUKIT UNGGUL COUNTRY CLUB



As the pandemic began to ease, NKF set-up a merchandise booth at the Bukit Unggul Country Club, Dengkil on the 23rd and 24th of October 2021. It was indeed a great relief for us, to conduct a face-to-face fundraising event with the public. As the state moved into Phase Four of the National Recovery Plan (NRP), our event continued to adhere to the standard operating procedure (SOP) of Covid-19.

This fundraising event was organized to promote NKF merchandise (Foldable Canvas Bag, Car Signage, Wristband, Fridge Magnet, and Button Badge) and to raise funds in aid of our underprivileged kidney failure patients.

A number of golfers purchased our merchandise and expressed their gratitude, as they were able to share

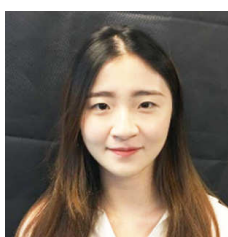


their support in raising funds for our underprivileged dialysis patients.

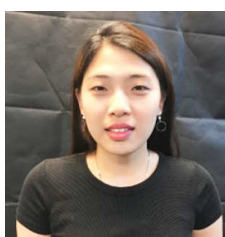
Last but not least, we would like to thank the Bukit Unggul Country Club for their great support in helping us to organize our fundraising event successfully.

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

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



WEI YING LIEW



STEPHENY TAN SIN
YEE



WINSTON JING
KAI WONG



KAI LI YAP



PUI YAN LEE

NKF is pleased to announce our Top 5 fundraisers for the 3rd Quarter of 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

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