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EARLY DETECTION & PREVENTION SAVES LIVES

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10 MARCH 2022
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Bridge the
knowledge gap to
better
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HAPPY WORLD KIDNEY DAY 2022

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Message From Chief Editor

Entering into the first quarter of 2022, we would like to express our heartfelt appreciation to all donors who have been faithfully supporting our cause over the years, especially during the past 2 challenging years.

Despite facing yet another fast spreading variant, Omicron, we are thankful that about 98% of the adult population in Malaysia have completed their Covid-19 vaccination.

We are pleased to announce the appointment of Ms. Khor Xin Yun as our new Chief Executive Officer effective 1st January 2022, Ms. Khor believes that digitalization is the next big leap in kidney care and prevention. Find out more about Ms. Khor on page 10.

Recognising that Microsoft Excel is more than just a data management tool, the NKF training Department organized Microsoft Excel online

courses for NKF staff-Intermediate 1, intermediate 2 and Advance 1. Read more on page 3.

In view of the importance of integrity, the Human Resources Department organized a 2-day virtual seminar - NKF staff also organized a 2-day webinar conducted by the Malaysian Institute of Integrity (IIM) for the top management and managerial level staff. Know more on page 14.

In the section on diet (Page 5), we explain why people with CKD should avoid eating starfruit. Ever wonder what is the difference between the different types of salt available in the market?. Read more on page 6-9.

Don't forget to check out how Madam Ng Kam Looi keeps a positive mindset despite being a patient.

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
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12. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur)	012-643 4227
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NKF TRAINS STAFF IN MICROSOFT EXCEL

Microsoft Excel is an ideal business tool to include in the educational training programme for our staff to develop their skills. The list of potential benefits an organization can enjoy from Excel skills training is extensive.

With regular training in Excel, our staff can move beyond a basic understanding of Excel into advanced

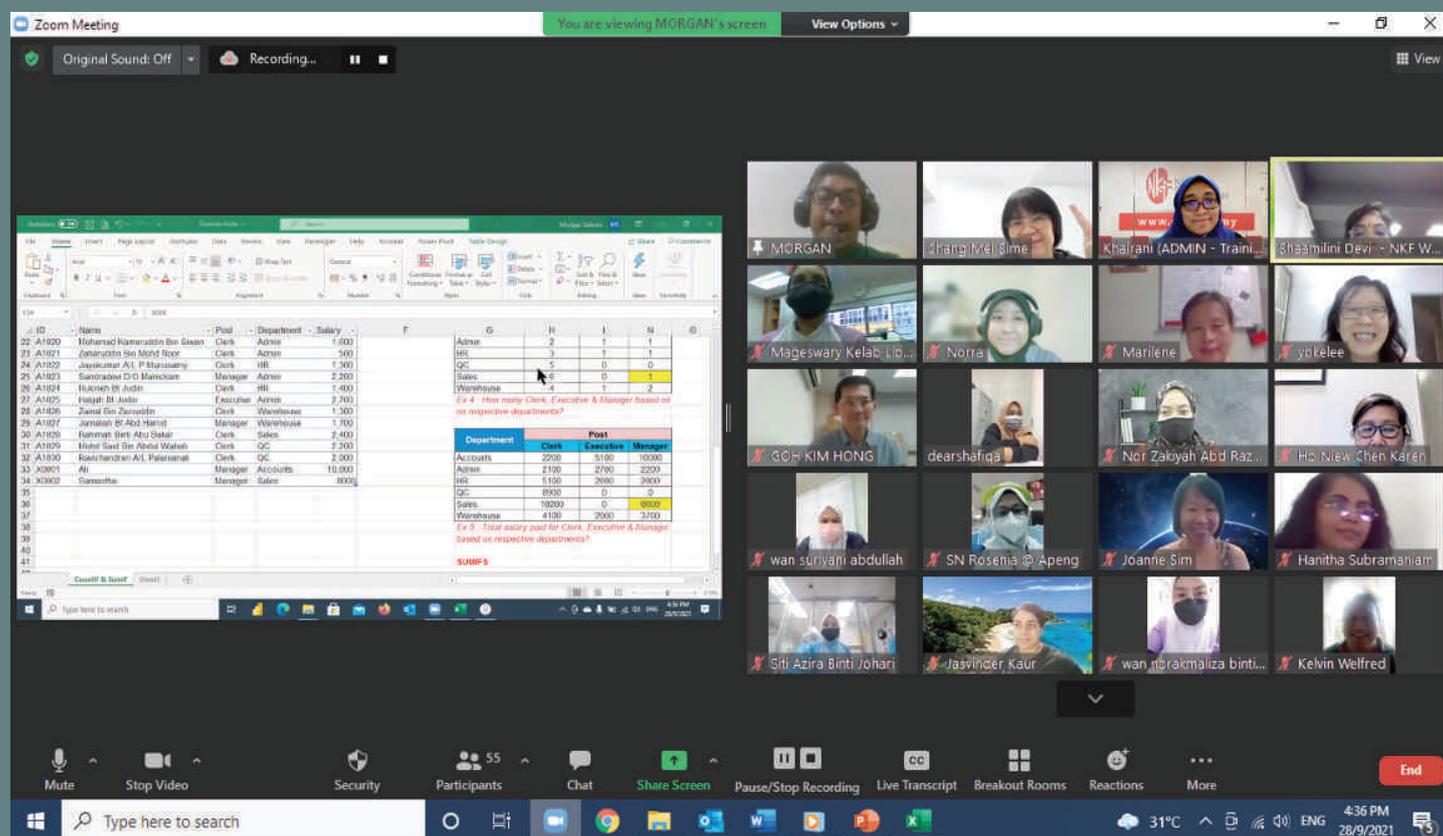
Excel functions. More often than not, this asset is underutilized simply because the employees are not able to use the tool to its full potential. This data management tool will help our staff to be more efficient in dealing with large amount of data. The more efficient our employees' work and the more effective they are at allocating their time, the quicker tasks will be completed.

The course was conducted by Mr. Morgan M. Paneer Selvam, from Comsystem Solutions Sdn. Bhd., who has 12 years working experience as a trainer in the field of Information Technology.

The course levels that were conducted are as follows:

Levels	Date Conducted
Microsoft Excel – Intermediate Level 1	28 September 2021
Microsoft Excel – Intermediate Level 2	16 December 2021
Microsoft Excel – Advanced Level 1	28 January 2022

The Microsoft Excel - Advanced Level 2 is scheduled to be conducted end April 2022.



STAYING POSITIVE



In her younger years, Madam Ng Kam Looi was an active lady. At 12, she started helping out her mother in a canteen located in a tin mine area in Perak. Years later, she became a maid and served the same employer for more than 10 years. Motivated by her love for baking and teaching, she became a freelance home baking tutor. She gave baking lessons to her friends and neighbours for a small fee. As a young mother of two, this hard working lady constantly looked for avenues to earn more money to support her family. She would sell Tupperware containers as and when she received orders from her friends. Her whole life was dedicated to supporting her family.

One day, she fainted at home. When she woke up, she found herself in a hospital. The next thing she heard was that she was diagnosed with end stage kidney failure. She could not believe her ears. To add to her worries, her wound on the bottom of her right foot was not healing.

“My right leg was amputated because the doctor said the infection had spread into the bone”, Madam Ng lamented as she looked down and touched her right knee.

Recently, her husband was diagnosed with fourth stage lung cancer. “Why? How come? What should I do now?” questioned Madam Ng. These were the questions running through her mind. As both she and her husband were no longer working, how and where would she get money to pay for her dialysis treatment was a major concern.

Since the diagnosis, she was unable to do what she used to, let alone what she used to take delight in-baking and giving baking lessons. To make matters worse, her friends started to distance themselves from her and blamed her for her disease. She felt like her whole world had just collapsed. She fell into depression.

Fortunately, the National Kidney Foundation of Malaysia (NKF) learned of her plight and agreed to cover her dialysis fees. Since she cannot afford to own a car and is wheelchair bound, she has to travel by Grab on days she has dialysis. Sometimes, her son borrows a friend’s car to drive her to NKF. Travelling to NKF

for dialysis has indeed taken a toll on her family’s limited finances as both she and her husband are no longer working. They are solely dependent on her son’s low income from installing CCTVs.

On a brighter note, she developed a love for reading. “I love reading motivational books because I learned a lot from them”, Madam Ng shared with a smile. Besides reading, she would also get involved in church activities from time to time. Once she participated in a charity sale whereby she managed to raise some money through coupon selling. She felt encouraged and realized the importance of maintaining a positive outlook in life despite being a patient.

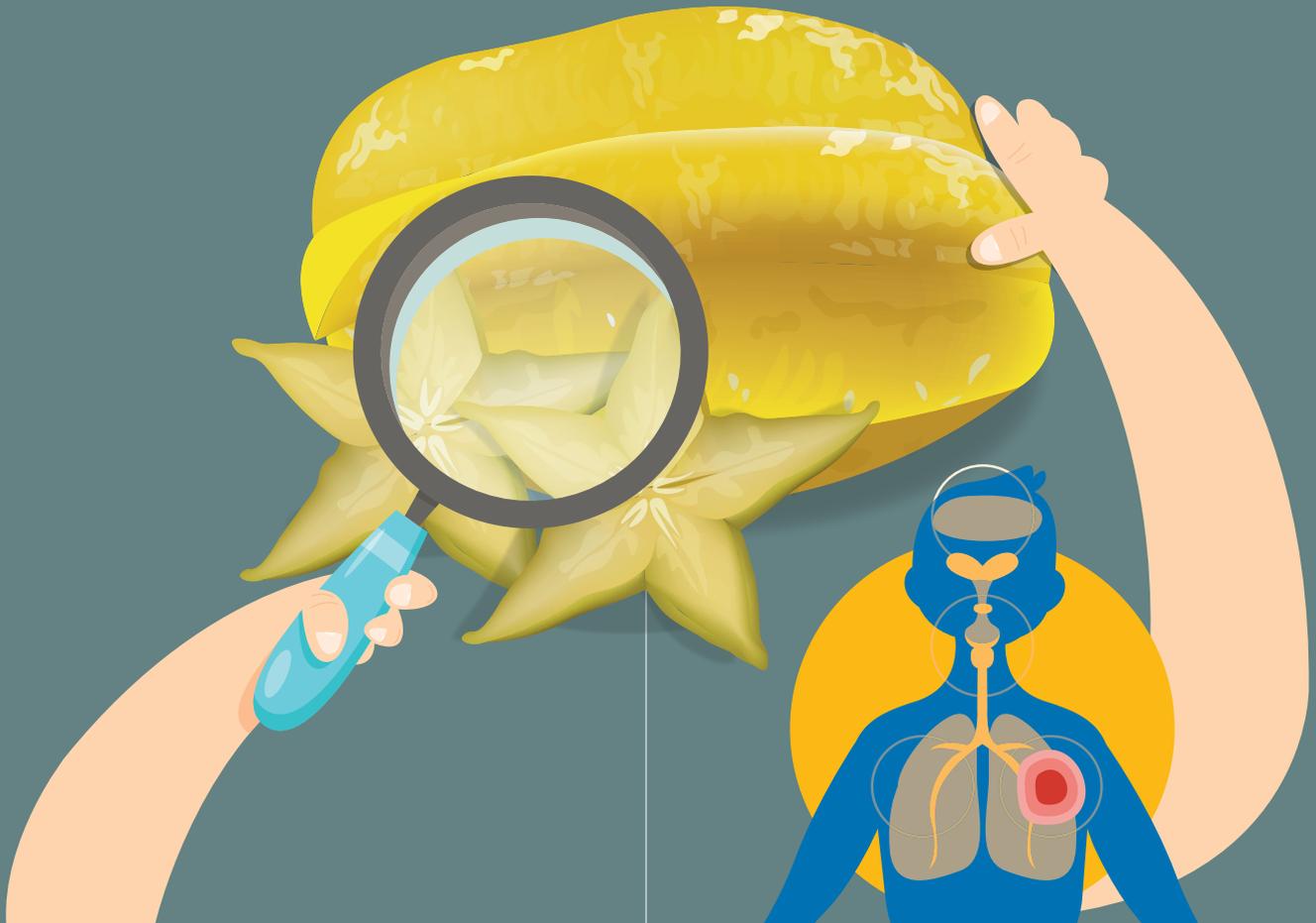
Even in her condition, her heart goes out to others. Asked of her thoughts on kidney transplant, she replied, “I wish that if anyone out there would like to donate a kidney, please donate to the younger patients because I want to see them live a normal life at their age”.

Madam Ng would like to do a shout out to the public to stay healthy by eating moderately, exercising regularly and not forgetting to watch their intake of salt and sugar on a daily basis.

“Lastly, I would like to thank the Founder of NKF, doctors, nurses and all those kind hearted donors out there who have helped me and other poor patients like me. Please continue to support NKF so that they can continue to help patients like me”, Madam Ng shared as she prepared herself for her dialysis session.

WHY PEOPLE WITH CKD SHOULD AVOID EATING STARFRUIT?

Averrhoa carambola, better known as starfruit or “belimbing”, is a tropical fruit commonly grown and consumed in the Asian region. Starfruit is a sweet and sour fruit shaped like a five-point star when sliced. There are several varieties—yellow or green; a smaller, sour variety or a larger, sweeter variety.



Studies show that eating starfruit can have a harmful (toxic) effect on people with kidney disease. The substances found in starfruit can affect the brain and cause neurological disorders. This toxic substance is called a neurotoxin. People with kidney disease may not properly process and pass this toxin out from their bodies. The toxin stays in the body and causes serious illness.

The symptoms of starfruit intoxication include:

- Hiccups
- Mental confusion
- Seizures
- Death (in severe cases)

References: <https://www.kidney.org/atoz/content/why-you-should-avoid-eating-starfruit>

SALT AND HEALTH

What is Salt?

Sodium chloride or also called salt is often used in cooking for flavour enhancing. Salt makes your everyday food taste not so bland. So, what is salt exactly? Salt is made up of 40% sodium and 60% chloride.¹ Besides making your food taste better, salt is also used as binder and stabilizer. In other word, salt is a natural preservative that is widely used in foods especially in canned and bottled foods to make it last longer. Bacteria are unable to survive in the presence of high amount of salt.

Sources of Salt

In general, sodium can be easily obtained from food as it occurs naturally in it. Sodium is also found in high amounts in manufactured foods such processed foods like instant noodles, canned foods (sardine, baked beans, mushroom soups, and spaghetti gravy) and frozen foods (sausages, nuggets, fries, frozen pastry and burger patties). Besides, sodium is added during cooking and at the table too. However, cooking meals at home is a much better option as compared with processed foods or eating out as we can control the amount of salt added in food.





Benefits of Salt

Our body cannot store salt. Therefore, we need to obtain it from our diet. Salt is not bad at all for our health when taken in a small amount. The body needs salt in order to carry many important functions such as conducting nerve impulses, contracting and relaxing muscles, and maintaining right balance of water and minerals.¹ It is impossible to live without taking any salt. However, when too much salt is consumed, it can lead to high blood pressure, heart disease and stroke.

Types of Salt

There are a few types of salt available in the market. Examples include sea salt, kosher salt, Himalayan pink salt and the traditional table salt that is used in our daily cooking. So, are there added benefits in using certain types of salt or not? To know this, let's understand first about these common salts.

1. Table Salt

Table salt is the most commonly used salt in everyday cooking as well as in all kinds of cooking methods. It is often used in baking as it is easily dissolved and easy to measure. Table salt is extracted from underground salt deposits, which undergo process to remove impurities which may also remove the trace minerals.¹ The salt then is ground finely to the form commonly found in the stores. Table salt normally has added iodine which is a trace mineral. Iodine helps to promote thyroid health and may help prevent goitre and hypothyroidism, a medical condition caused by iodine deficiency. Salt with added iodine is called iodized salt.⁴

SALT AND HEALTH

2. Sea Salt

Sea salt comes from evaporated sea water and consists of mostly sodium chloride. There is a trace amount of minerals such as potassium, zinc and iron¹ depending on where it was collected. Sea salt is less pure than table salt because it is not finely refined and ground. The appearance is coarser and darker with an uneven colour. This makes the sea salt a good finishing salt too which means it is sprinkled over the finished food to give it an extra 'kick' to the food flavour. Sea salt is best used for salting meats, seafood and vegetables. However, the taste is still as same with table salt.⁶ As the sea salt granules are much bigger, it only takes fewer granules to fill a teaspoon. Thus, a teaspoon sea salt contains 1,872 mg of sodium, whereas a teaspoon of table salt contains 2,000 mg of sodium due to its fine texture.



3. Himalayan Pink Salt

This salt is harvested in the Himalayan Mountains of Pakistan and it is the purest form of salt. Himalayan pink salt is used in cooking, seasoning meats, soups, salads and vegetables.⁶ The colour is slightly pink or orange due to its richness in iron, calcium, magnesium, potassium and copper.⁴ However, it does not mean Himalayan Pink Salt has better nutritional value as compared to other salts. This is because the amount of minerals found in this salt is very minimal and hence it does not meet the daily nutrient requirements for an adult.

4. Kosher Salt

Kosher salt is used in koshering process, not because it is kosher. This process is used to brine meats or to remove blood from meat due to its large granule size. The only difference from table salt is that it is much more coarse and flat-grain with no additives. Furthermore, kosher salt does not contain iodine. It is pure sodium and chloride.

SALT AND HEALTH

The World Health Organization (WHO) salt intake recommendation is less than 5g per day. In a local study, it was reported that the average Malaysian salt intake is 7.9g per day or 1.6 teaspoon,² which is more than the recommended intake. It was also highlighted that 4 out of 5 Malaysian consume salt in high quantities.³

Excess sodium intake in your diet will give the kidneys an extra burden. Excess intake of sodium can also increase the volume of blood and blood pressure. This happens when the body holds on to water to dilute the sodium. When the blood volume increases, the heart needs to do more work to pump blood throughout the body. This situation will affect heart function due to the extra work that it is put through. The extra work and blood pressure causes the blood vessels to harden which then can cause heart attack, stroke and heart failure.

Which salt to choose?

It doesn't matter which salt you choose. Most salts have the same amount of sodium and chloride content by weight. In fact, minerals that found in some salts are so small in amount that nutritional value-wise, it does not give much impact to the health. Most of these minerals can be obtained from fruits, vegetables, legumes and grains. The most important thing is to make sure your salt intake does not exceed the daily requirement intake, which is 2,000mg sodium per day.

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This write up is contributed by the National Kidney Foundation of Malaysia. All information is intended for educational purposes only. Please consult your doctor or dietitian for further information.

NATIONAL KIDNEY FOUNDATION OF MALAYSIA WELCOMES NEW CEO

A fresh face at the helm of NKF Malaysia, Khor Xin Yun aspires to drive greater innovation and digitalisation in kidney care and prevention



A warm welcome was given to the National Kidney Foundation of Malaysia's (NKF Malaysia) new CEO Khor Xin Yun, who has big digital transformation plans in store for the organisation. With over a decade's worth of experience in various sectors within the healthcare industry, Khor has since built an excellent track record in spearheading digitalisation and transformation in her previous posts.

Since joining the NKF Malaysia family in Jan 2022, the 35-year-old registered pharmacist by profession is set to share her wealth of knowledge and experiences gained over the years to help the organisation grow and operate more efficiently.

Prior to her appointment as NKF Malaysia's CEO, Khor served as the head of digital health for the Better Health Programme (BHP) Malaysia that was funded by the United Kingdom Foreign, Commonwealth and Development Office's Prosperity

Fund back in 2020. This was part of a three-year global initiative that aimed at addressing the growing concerns over non-communicable diseases such as heart disease, diabetes and obesity.

There, she successfully led the development and implementation of a community-based digital health platform that strived to improve health literacy and promote the adoption of a healthier lifestyle to urban poor communities in Malaysia.

Born and raised in Penang, her passion and capabilities were further solidified in her previous post as Chief Executive Officer at Walnut Wellness, a home-grown healthcare company that leverages on digital technology, new service design and community networks to deliver effective preventive care for corporates and also to foster community health engagements for insurers and healthcare providers. During her 5-year stint, she played a key role in various areas including high-level corporate management, strategic planning, customer experience management, service quality, business process re-engineering and change management.

With a master's degree in Business Administration (MBA) from Universiti Sains Malaysia and a bachelor's degree in Pharmacy from the same institute, the mother of one has also worked with the Ministry of Health

Malaysia for over five years back in 2011. There, Khor gained clinical experience as a ward pharmacist in Kulim Hospital and was also actively involved in the pharmaceutical sector's strategic planning and policy development areas under the ministry's Pharmaceutical Services Programme as the senior assistant director for Policy and Strategic Planning.

"We are very glad and extremely excited to have Khor on board with us and we cannot wait to see her work her magic on NKF Malaysia. Based on her past experience and credentials, I'm confident that she is a great fit for the organisation and we can only stand to gain from her immense wealth of industry experience and expertise. With her at the helm, NKF Malaysia can now be poised to drive greater innovation and digitalisation in kidney care and prevention while simultaneously advancing our vision and mission," said Dato' Dr. Zaki Morad Mohamad Zaher, Chairman of NKF Malaysia.

He added that this is also in line with the Health Ministry's drive towards raising greater awareness and promotion in the prevention of non-communicable diseases in a bid to improve the health and quality of life among Malaysians.

Members of the public can find out more through NKF's website at nkf.org.my or call 03-7954 9048.

A FOND FAREWELL TO MR. CHUA HONG WEE

Mr. Chua Hong Wee has officially retired from his long-standing Chief Executive Officer position on 31st December 2021. He has been faithfully serving NKF for the past 11 years.

Over the years, Mr. Chua Hong Wee has been a leader who has a heart for poor and needy patients and who at the same time, understands the power of employee engagement. He has had the good fortune of work with remarkable stakeholders to surmount various challenges, building trust among them and facilitating the growth in NKF.

NKF would like to thank Mr. Chua Hong Wee for his dedication and contributions during his tenure with NKF. We are truly grateful for the time we have had with him and are thankful for the tremendous impact that he has had on NKF.

We wish him all the best in his future undertakings.



10 MARCH 2022
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WORLD KIDNEY DAY 2022 EVENTS LINE UP

Date	Event	Venue
14–28 February 2022	'Rakam & Menang' Slogan Contest	Instagram
1–31 March 2022	WKD Message Videos	Facebook and Instagram
5–6 March 2022	Annual Dialysis Conference	Sheraton Hotel, Petaling Jaya
12 March 2022	Inter Universities and College WKD Celebration	Selected Universities and Colleges
19 March 2022	Launch of 'Duta Ginjal' (DuGin) and Pre-Dialysis Education Programme (PDEP)	The Element by Westin

The full stories on the above events will be featured in our next issue.

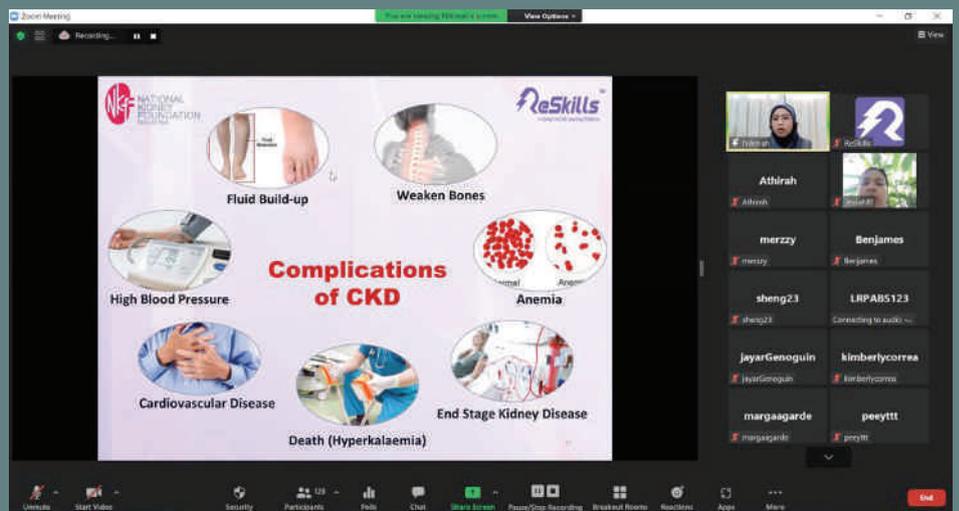
RESKILLS: YOU LEARN, WE GIVE



NKF Malaysia was selected as one of the beneficiaries for the Charity Learning Festival starting in December 2021. This charity campaign was organized by ReSkills EdTech Sdn Bhd. This is an online live learning platform that connects aspiring learners to master coaches via interactive, real time online classes.

During the campaign period from 12 December to 12 February 2022, for each sign up, USD\$1 was donated to selected beneficiaries. On top of that every registered user will be able to enjoy 6 months of ReSkills Premium Learning Access.

In support of this initiative, NKF provided 2 health talk sessions in both Malay and English language on this e-learning platform. These talks were held on 21 January 2022 and 18 February 2022. A total of 177 people benefited from the talks.

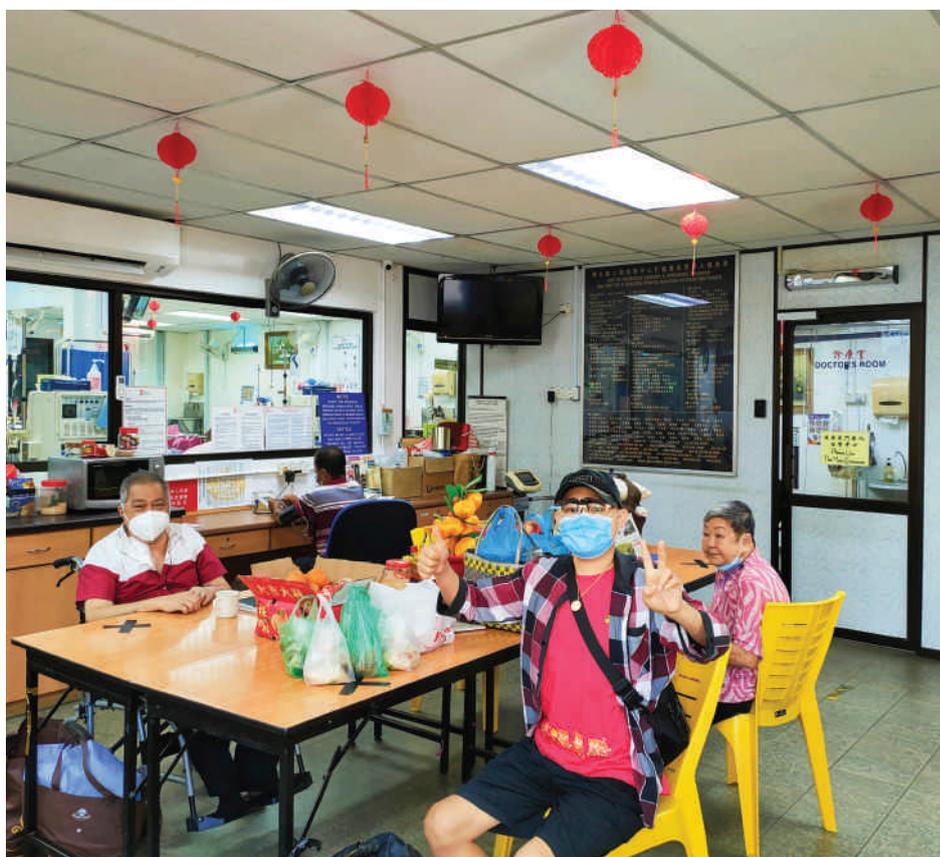
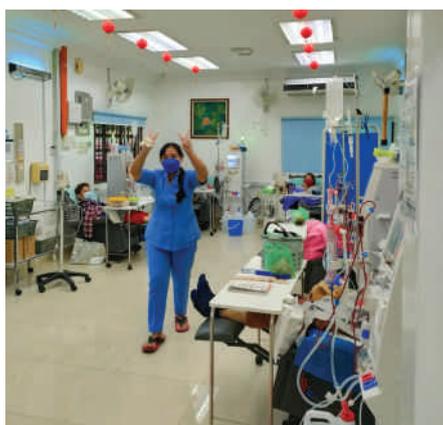


'SPRING CLEANING' TO USHER IN CHINESE NEW YEAR

It is the time of the year again where all staff in Pusat Dialisis NKF – FOYI (Unit II), Pulau Pinang perform a thorough clean up of their centre just before Chinese New Year.

On 9 January 2022, all 9 staff gathered at the centre at 9am and began the cleaning process. Every item in the centre from dialysis machines and chairs to other medical equipment along with the flooring, walls, ceiling, light fittings and cupboards were thoroughly cleaned. The centre was then decorated with various ornaments and lanterns to usher in the Year of the Tiger.

Food and refreshment were provided by the NKF – FOYI committee.



INTEGRITY IS SERIOUS BUSINESS IN NKF MALAYSIA



To ensure its board members, heads of departments and management staff are kept abreast of the latest Corporate Liability Provision (CLP) developments and policies, the National Kidney Foundation of Malaysia (NKF Malaysia) recently organised two integrity seminars conducted by the Malaysian Institute of Integrity (IIM).

Held virtually, these seminars were meant to educate top management and managerial level staff on the latest anti-corruption policies in Malaysia. During the seminar, light was shed on the CLP, otherwise known as Section 17A of the Malaysian Anti-Corruption Commission (MACC) Act. Under this provision, organisations are liable and can be punished if found to be involved in corrupt practices.

“At NKF Malaysia, we take fundraising activities very seriously and we do not condone any money laundering activities. We have a zero-tolerance policy towards corrupt practices and we always strive to be as transparent as possible when it comes to handling donated funds. We want to assure our donors that we do not, in any way, misuse any of the kind donations sent our way and we will ensure all donations are put to good use,” said Dato Dr. Zaki Morad bin Mohamad Zaher, Chairman of NKF Malaysia.

He added that integrity seminars like these are timely and it is crucial for the NKF Malaysia team to go through this training to show the organisation’s commitment to integrity and ethics. “It is important that our team is well aware of the CLP and I hope that together we will be able to weed out corruption and bribery for the betterment of our organisation,” he said.

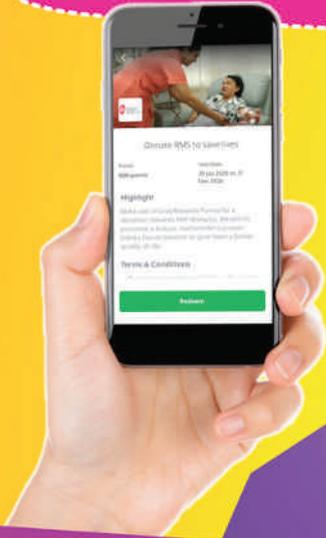
During the training session, the team was also taught to understand, appreciate and apply the importance of integrity and anti-corruption practices to self, organisation, society and country. The team also got a deeper understanding of the CLP and the implications of corrupt practices to the organisation.

The training also exposed the team to readily available tools and instruments that may help in preventing corruption within the organisation and lead NKF Malaysia towards good governance.

GRABREWARDS CAMPAIGN IS BACK!

NKF and Grab Combine Forces To Support Dialysis Patients!

FROM JAN 21 UNTIL JUNE 30

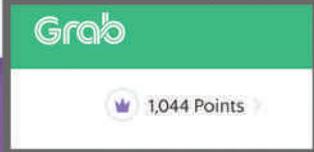


MAKE USE OF YOUR GRABREWARDS POINTS BY DONATING TO NKF MALAYSIA

To purchase a dialysis machine for our poor kidney failure patients and give them a better quality of life.



STEP 01 Click on **"POINTS"**



STEP 02 Select **"SERVICES"**



STEP 03 Choose **"NATIONAL KIDNEY FOUNDATION OF MALAYSIA"**



STEP 04 Click **"REDEEM"**

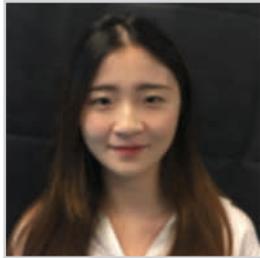


For further information, please email fundraising@nkf.org.my

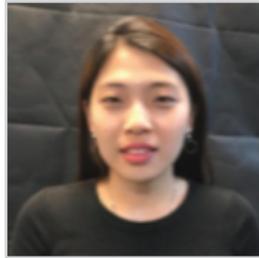
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 Tel: 03-7954 9048 / 03-7954 9049 Fax: 03-7954 0535

NKF's TOP 5 FUNDRAISERS

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



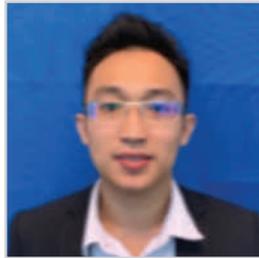
WEI YING LIEW



**STEPHENY TAN SIN
YEE**



GUOXI CHAN



**WINSTON JING KAI
WONG**



SHERYLN JOUTI

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