

EARLY DETECTION & PREVENTION SAVES LIVES

# SHARE

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**NKF OPEN DAY 2022**

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# Message From Chief Editor

Following a successful nationwide vaccination programme and the easing of Covid-19 SOPs, many of us can finally breathe a sigh of relief. However, with the recent rise of cases of Covid-19 and influenza, we ought to remain vigilant in maintaining proper hygiene practices daily. This will certainly help to keep both Covid-19 and influenza at bay.

In conjunction with the National Health Screening Month, the beginning of the third quarter saw NKF Open Days happening across 4 regions nationwide – Alor Setar, Kluang, our HQ in Petaling Jaya and Kota Bharu. Find out more about these fun-filled and educational events on page 8-10.

After a 2-year hiatus, community programmes are back. These programmes comprise of free health

screening, eye screening, exhibition, cooking demonstration, colouring contest, and many more, engaging members of the public, young and old. More details on page 12-14.

Being patient-centric has led us to set up 2 CKD Education Clinics at Selayang and Ipoh. These clinics are led by a dedicated team of qualified renal nurses and dietitians providing diet counselling, advice on suitable kidney replacement therapy, and loan of medical devices. Patients and caregivers can make an appointment to meet our team virtually or physically. Details are available on page 4-5.

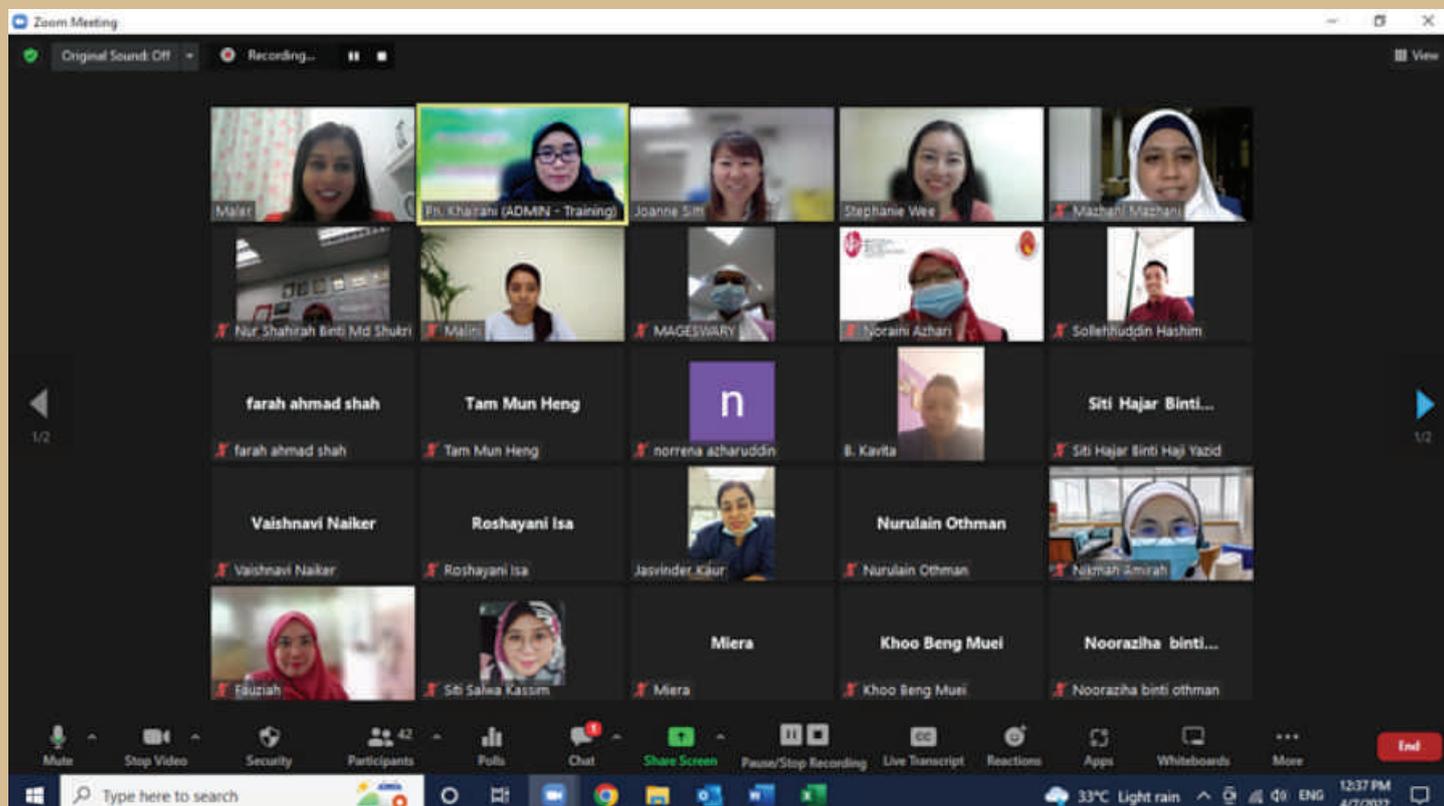
In this issue, check out how a transplant patient scaled Mount Kinabalu along with his dialysis and transplant patient buddies. Read more on 6-7.

Happy reading.

### 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 (Kemping, Kuala Lumpur)	03-6251 9850
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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
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28. Pusat Dialisis NKF - Bonuslink (Sarikei), Sarawak	084-642 627
29. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Unit 2)	082-362 621

# THE 11 ESSENTIAL CAREER SOFT SKILLS



So many soft skills seem like common sense at first glance, but they are not commonly applied by most employees. Moreover, these soft skills are the traits, characteristics, habits and skills very much needed to survive and thrive in the modern working world.

On 4th July 2022, an online webinar entitled “The 11 Essential Career Soft Skills” was organized by the NKF’s Training Centre. It was held virtually via Zoom from 10am to 1pm. This webinar was held to teach NKF staff how to develop the essential soft skills that can help them achieve career success.

In this webinar, some of the topics covered were:

- How to be a great communicator and a listener,
- Managing expectations of bosses and colleagues,
- How to position oneself for a promotion,
- Avoiding the “Not My Job Syndrome”,
- Developing EQ
- Developing leadership qualities.

The three-hour webinar was delivered by Ms. Thenmalar Selvarajah, a HRDF Certified Trainer, who conducts training sessions that teach employees new skills in the areas of human etiquette and corporate communication. This webinar was attended by 43 NKF staff and the evaluation of the participants’ feedback was positive.

# NKF-CHRONIC KIDNEY DISEASE (CKD) EDUCATION CENTRE

Chronic kidney disease (CKD) is a global public health problem.<sup>1</sup> When CKD progresses to end-stage Kidney Disease (ESKD) or stage 5 CKD (defined as kidney failure), this condition requires Kidney Replacement Therapy (KRT) through either dialysis or kidney transplant.

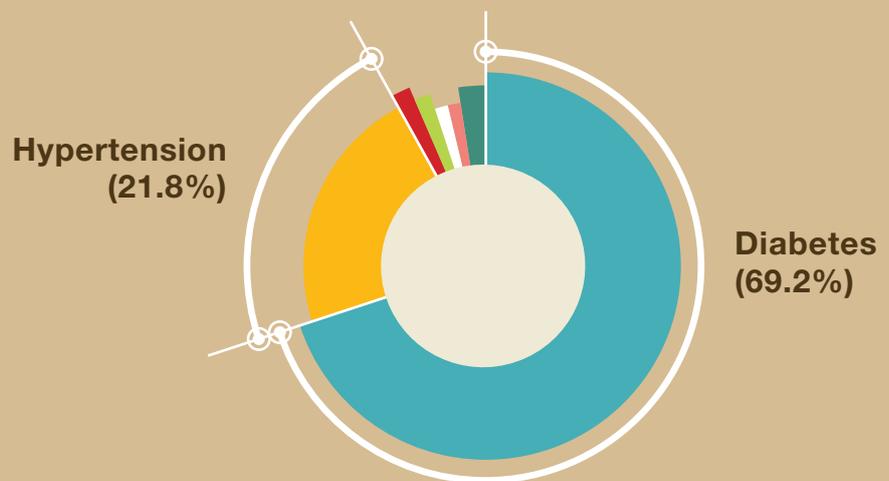
In Malaysia, the incidence of newly diagnosed individuals with ESKD has increased two-fold over the past 10 years. The National Renal Registry (NRR) has reported more than 8,000 new patients are receiving continuous KRT each year.<sup>2</sup>

## Causes of CKD

The primary cause of ESKD is listed as diabetes mellitus (despite being a preventable and treatable risk factor), which accounts for 69.2% of the total incidents. The other major cause is hypertension, which accounts for 21.8%.

## NKF-CKD Education Centre

National Kidney Foundation of Malaysia (NKF) have succeeded in setting up two CKD Education Centre, the first is in Ipoh (at the same premise as our dialysis centre), and the second one is in Selayang, Selangor. The education centres are lead by a team of dedicated CKD nurses and renal dietitians. This new service assists patients with early/late-stage kidney disease in controlling their lifestyle and diet, slowing down the progression of kidney disease or preparing them for the next step (kidney replacement therapy).



## How to slow the progression of CKD?



Control your Blood Pressure (BP)



Exercise regularly



Get regular health check-ups with your doctors



Maintain good glucose control, if you have diabetes



Eat a kidney-friendly diet



Use caution when taking over-the-counter medication & supplements

### References:

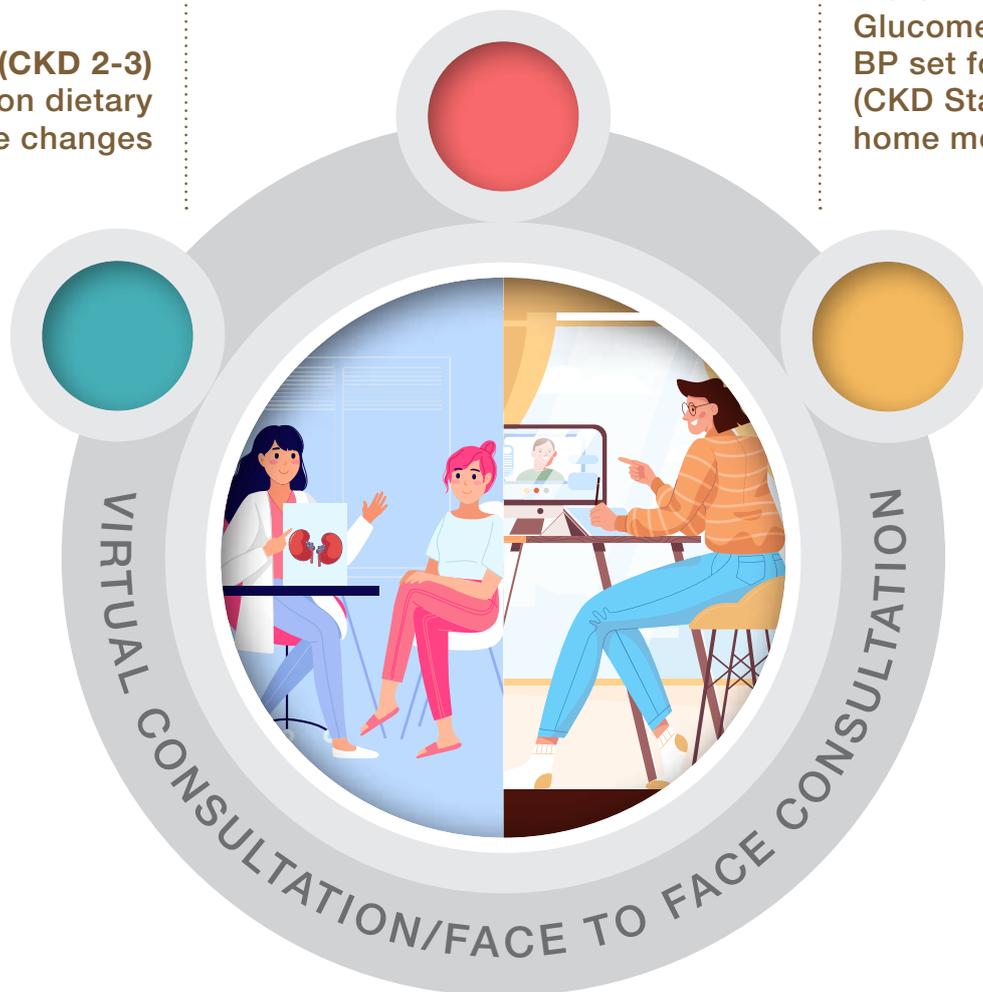
1. KDIGO CKD Work Group, 2012
2. 26th Report of the Malaysian Dialysis & Transplant Registry 2018
3. How to slow the progression of CKD. <https://www.davita.com/education/kidney-disease/basics/how-to-slow-the-progression-of-chronic-kidney-disease>

**We accept GP referrals for patients who are diagnosed with:**  
(Referral form can be downloaded from the website)

**Early Stage (CKD 2-3)**  
To advise on dietary  
and lifestyle changes

**Advanced Stage (CKD 4-5)**  
To guide in choosing suitable  
kidney replacement treatment

**Meter Loan service**  
Glucometer and/or  
BP set for patients  
(CKD Stage 2-5) on  
home monitoring



**For further information/appointment arrangement, kindly contact us via:**

1. Pusat Dialisis NKF  
Yayasan Dialisis Pendidikan  
Akhlak Perak  
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31650 Ipoh Perak

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(Sister Tam)

2. Pusat Dialisis NKF  
Rotary Damansara, Selayang  
No. 30-32, Ground Floor  
Jalan PS 9  
Taman Prima Selayang  
68100 Batu Caves, Selangor

T: 03-61371884  
(Sister Amy)

3. NKF Website:  
<https://nkf.org.my/ckd-education-centre-main/>

4. Email:  
ckdclinic@nkf.org.my

# MY 20-YEAR JOURNEY TO SURMOUNT KIDNEY FAILURE, CLIMB MT KINABALU

**Long road to recovery even sweeter capped with climb up nation's tallest peak to promote organ donations**

By Manvir Victor

**WHEN** I turned 35, I was diagnosed with end stage renal failure. The doctor told me about the bad news in the worst possible way, with utter callousness and devoid of any empathy. Clearly, he had been a doctor for far too long.

About six months or so later I began dialysis, three times a week and four hours each time. Every session would leave me drained, tired and weak. What made it worse was I had to quit working and it was the most difficult time of my life.

No one spoke to me about the possibility of a kidney transplant. It made for bleak days between each treatment, which left me basically in a vegetative state to say the least. My weight plummeted from 85kg to 60kg in a year. I could not walk 100m without taking a break. My eyes got so bad I could not drive for fear of causing an accident.

I equated this time to climbing a mountain in the off-treatment days. I had to climb the mountain, by finding work, being efficient and effective as much as I could and then get wasted by the treatment, recover and do it all again. However, it taught me to be quick and work harder so that when I 'crashed' I could recover. This I learnt by just doing it day in and day out.

Nine years later I married, and my wife Melissa wanted to donate her kidney to me. She said she could not

bear to see the pain and suffering I was going through.

We, through recommendations of friends, went to Hospital Kuala Lumpur and met probably the best group of doctors in the country, led by Datuk Ghazali. They were kind, patient, very knowledgeable and experienced at doing transplants, which was the stark opposite of the doctor who diagnosed me.

Almost a year later on the 26 June 2012, I underwent a kidney transplant at HKL.

The profound change that I encountered and went through cannot be described here. It will need a book and I am working on that. But chief among them, is I could taste and I could drink! Man, could I drink! Being on dialysis for 10 years meant that I could only consume up to 800ml of liquids a day. Liquids that included, tea, coffee, water, soup. Basically, anything liquid. So post-transplant I could drink and boy, did I drink. Litres after litres of water, soya bean, sugar cane, basically anything I could get my hands on.

As part of this life transforming transplant, I started helping first the future transplant patients and then eventually a lot of others, when the World Health Organisation started a patient organisation in Malaysia called Patient for Patient Safety Malaysia, I was voted in as the first President and still hold that post.

In the past 9 years I have helmed

many other roles within healthcare, both locally and globally, traveling to speak in Europe, the Middle East and Africa, as well as Australia.

The reason I am able to do this is, is the life changing transplant. So, this year, on the 10th anniversary of that day, the Rotary Club Melawati invited me and a few other kidney transplant recipients to climb Mt Kinabalu to promote organ donations.

Mt Kinabalu had always been on my bucket list. With help from the kind folks at Rotary Club Melawati, they trained and prepared me every weekend since February this year.

I kept myself as fit as I could, by going to the gym and cycling, as doing this climb meant very specific training.

Years of being on dialysis had wrecked my body and heart.

I had to get 'thumbs up' from my cardiologist in IJN, Dr Teoh Chee Kiang and my team of nephrologists in HKL, led by Dr Sunita Bavanandan. And to complete the preparation, my physiotherapist, Joesef Thomas made sure that 'mechanically' my body could perform the climb.

Many people have asked me why I put myself through so much pain and suffering to do this climb. Well, the simple answer is, it is far less than the pain and suffering I endured during my 10 years on dialysis. With that treatment, I did not have a choice, I just had to survive.

Today, as I celebrate the 10th anniversary of my transplant, I do so with my doctors, family, friends, well-wishers and the 40,000 today who await a life changing transplant right here in Malaysia.

In this story you will see Siva Kumar and Hanafi Salleh. Siva became the first patient on dialysis to summit the peak. Hanafi, a kidney transplant recipient became the first recipient to summit the mountain as well.

Unfortunately, I was stricken with acute mountain sickness when I reached 11,000 feet and could not continue the climb.

We hope that this will continue and more transplant recipients will be able to not only have a normal life but continue to shine the light on life changing organ donations.

I thank the selfless individuals at Rotary Club Melawati for planning this, training us weekly and preparing everything they could possibly do to help promote organ donations in the country.



»» Team members at the peak



»» At base camp, preparing to climb



»» The author (centre) with Siva Kumar (left) and Hanafi (right)

On behalf of Hanafi, Siva, myself and the over 40,000 waiting for a life-changing organ transplant, I urge you to do what you can to help change this dire outcome. To understand more about organ donation, go to [www.dermaorgan.gov.my](http://www.dermaorgan.gov.my) and sign up as an organ donor. Feel free to share this article with your family and have an open, honest discussion about your decision. If you need any

more information, do reach out to me on Twitter @manvirvictor.

Source: The Vibes, June 26, 2022

Members of the public who are interested in contributing to the cause of helping other 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.

# FREE HEALTH SCREENING, BLOOD DONATION CAMPAIGN, COOKING DEMO AND ZUMBA SESSION AT NKF OPEN DAY 2022

Promoting a healthy lifestyle in conjunction with National Health Screening Month

The National Kidney Foundation of Malaysia (NKF Malaysia) had an eventful month. with the first-ever NKF Open Day in conjunction with National Health Screening Month happening across four regions. In addition to that, there were fun games, lucky draws and free goodies to be won by all who attended.

The first-ever NKF Open Day kicked off at Alor Star Mall on 8th July 2022 in conjunction with National Health Screening Month. This event was officiated by YB Dato’ Dr. Mohd Hayati bin Othman, Kedah State Executive Councillor and Chairman of Health and Local Government.

Locals were coming in droves to donate blood as well as partake the free health screening. There was also a health talk titled “Eat Well, Live Well” conducted by Dr. Eng Wei Siong, Director of Soraya Clinic who spoke about the correlation between diets and overall health.



» Event launched by YB Dato’ Dr. Mohd Hayati bin Othman



» MoU signing ceremony



» Zumba session



» Health talk by Dr Eng Wei Siong



» Health screening



» Blood Donation



»» Cooking Demo

The second event taking place at NKF Dialysis Centre – Che Luan Khor, Kluang on 14 July saw attendees enjoying free health screening and a cooking demonstration as part of promoting a healthy lifestyle.

The day began with a vibrant Zumba session where participants started their day by breaking a sweat and learning some new moves. There was also a cooking demonstration that showed simple ways to make healthy snacks such as ‘Pita Ayam’ and ‘Kerabu Sengkuang’.



»» Health screening



»» Zumba session

# EVENTS



» Rope Skipping Challenge



» Health screening



» Zumba session



» Diet counselling

The third and latest event taking place at NKF Berjaya Resource Centre on 21st July saw attendees enjoying free health screening and a Zumba session as part of promoting a healthy lifestyle.



» BCWA booth



» Physio session



» Health Talk

The day began with a vibrant Zumba session where participants started their day by breaking a sweat and learning some new moves. There was also a health talk conducted by Ms. Lau Wai Pooi, Clinical Dietician at University Malaya Medical Centre.

NKF Open Day 2022 closed out in Kota Bharu at the NKF Dialysis Centre-BonusLink on 25th August 2022 signalling the fourth and final region. Similar to the three installations that have taken place, the attendees enjoyed a fun-filled and educational day.

# Tips Mudah Untuk Diet Yang Lebih Sihat



## Cara Masak Yang Lebih Sihat

- Mengukus akan mengekalkan nutrisi dan rasa makanan.
- Menumis akan menyebabkan makanan yang dipotong kecil lebih mudah masak hanya dengan menggunakan minyak yang sedikit.
- Memanggang menggunakan suhu yang tinggi membolehkan lemak terpisah daripada daging.
- Membakar dan penggunaan ketuhar gelombang mikro yang menggunakan minyak yang sedikit akan membantu mengekalkan rasa dan aroma.
- Mereneh adalah cara yang ideal untuk melembutkan daging yang liat tanpa menggunakan minyak.
- Menumis dan mereneh pada suhu rendah adalah cara ideal untuk mengekalkan nutrien dalam semua daging dan sayuran.



## Bahan Makanan Yang Lebih Sihat

- Guna susu rendah lemak untuk menggantikan santan.
- Ganti mayonis dengan yogurt atau kuah salad rendah lemak, mayonis rendah lemak.
- Pilih roti gandum bijirin penuh berbanding roti putih.
- Guna rempah ratus berbanding sos atau garam.
- Guna buah-buahan segar dan kering berbanding gula.



## Penyediaan Makanan Yang Lebih Sihat

- Buang lemak yang kelihatan dan kulit daripada daging.
- Buang kepala udang kerana ia mempunyai kandungan kolesterol yang tinggi.
- Basuh sayur-sayuran dan buah-buahan sebelum masak.
- Pelbagaikan jenis dan warna sayuran dalam makanan untuk mendapatkan fitonutrien.
- Masak ikan, ayam dan daging dengan sempurna untuk membunuh mikroorganisma.

Sumber: [www.http://nutritionmonthmalaysia.org.my](http://nutritionmonthmalaysia.org.my)

## Pusat Komuniti Desa (PKD) Layang-Layang



2 years after the onset of Covid-19 Pandemic, the Public Education (PED) started the NKF Community Programme this year. The Community Programme was planned in collaboration with various local community associations, other NGOs and organizations for both suburban and rural areas. All parties came together to organize health screening, health education and various activities for these communities to create awareness on kidneys and health.

In the second quarter of this year, PED have completed 3 community programmes, comprising of 2 in the Northern region and 1 in the Southern region.

**Online Cooking Demonstration with a separate on-field session.**  
A cooking demonstration was conducted online on 27 April, 2022, to encourage Healthy cooking with reduced sugar, salt and fat content.

Since it was during the Hari Raya season, the menu chosen was Rendang Ayam Yogurt and High Fiber Bread Pudding to encourage the public to prepare healthier meals.

NKF together with Tabung Haji, Pejabat Tanah Kluang, Majlis Daerah Simpang Renggam, Jabatan Kebajikan Masyarakat, Perkeso and KOLAMB jointly organized this Community Programme.

Locals participated during the on-field session on 18 May, 2022 with 55 registered for the health screening.

### Highlights of the Programme:

- NKF Health Screening
- Cooking Demonstration on Burger Ayam Special and Salad Rangup.



**Community Programme with Persatuan Penganut San Da Men Alor Setar**

NKF Health Screening, Exhibition for Early Prevention and Awareness of Kidney Disease with Organ Donation Campaign.

The inaugural event was officiated by YB Dr. Robert Ling Kui Ee, Chairman of the Housing, Environment, Unity, Chinese and Siamese Community Affairs. The Community Programme was held at City Plaza, Alor Setar, Kedah on June 10, 2022 from 10am-4pm.

Locals participated with enthusiasm – 71 registered for the health screening, 10 pledges were received for organ donation and 40 children happily joined the colouring competition.

**Highlights of the programme:**

- NKF Health Screening
- Eye Screening by Lions Club of Alor Setar (HOST)
- NKF Health Exhibition
- Colouring Contest
- A lucky draw sponsored by Lions Club, with 10 prizes



# PUBLIC EDUCATION

## Community Programme with Majlis Belia Daerah Yan

NKF Health Screening, Exhibition for Early Prevention and Awareness of Kidney Disease with Organ Donation Campaign.

The inaugural event was officiated by YB Ustaz Sabri bin Azit, Member of Parliament (MP) for Jerai. It was held at Dewan Serbaguna Guar Chempedak, Kedah from 9am-4pm on June 25, 2022.

Locals participated with enthusiasm – 67 registered for the health screening, 16 pledges were received for organ donation and 70 children participated in the colouring competition.



### Highlights of the Programme:

- NKF Health Screening
- Blood Donation & Dental Examination by Hospital Yan
- Talk on 'Diabetes & Anda' by Dr. Lam Swee Win, Nephrologist from Pantai Hospital Sungai Petani.
- 'Acara Sukaneka'
- Colouring Contest
- 20 Lucky Draws sponsored by exhibitors

### Exhibition by:

- NKF Health Exhibition
- *Perkeso*: Job Opportunities
- *Suruhanjaya Syarikat Malaysia (SSM)*: Business Registration
- *Usahawan FAMA*: Business Opportunities
- PDRM (IPD YAN): Safety Education
- Bomba Dan Penyelamat: Safety Education
- *Angkatan Pertahanan Awam Malaysia*: Safety Education
- *Jabatan Penjara*: Awareness
- *JPJ*: Motorcycle Service-Road Tax
- *UniSHAMS*: 'Jom masuk U'

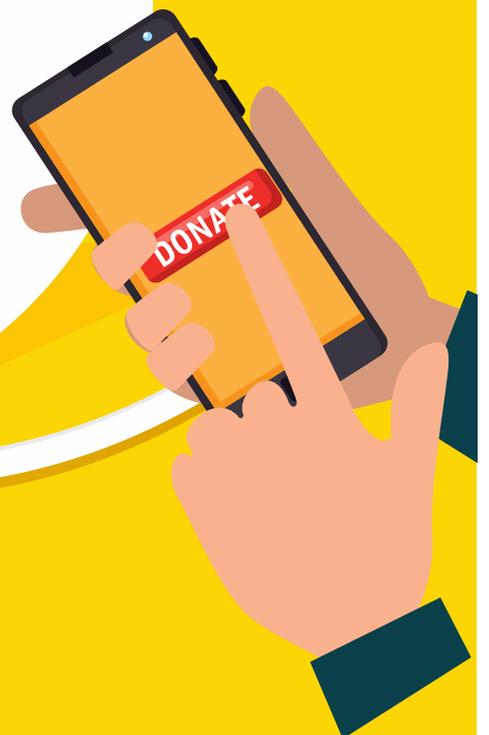
PAYMENT GATEWAY



**NOW YOU CAN  
DONATE**

**VIA OUR WEBSITE**

**SCAN NOW**



**CHECK OUT OUR  
NEW PAYMENT  
GATEWAY!**

# NKF's TOP 6 FUNDRAISERS

NKF is pleased to announce our Top 6 fundraisers for the 2nd Quarter of 2022.



**GUOXI CHAN**



**STEPHENY TAN  
SIN YEE**



**MINNEISWAR  
JAYA JOTHI**



**TAN HUI LII**



**RAJASEGARA  
A/L SEGHAR**



**CHEAH DINI**

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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☎ 1300-88-3110

☎ 03-7954 9048/49

☎ 03-7954 0535

🌐 [www.nkf.org.my](http://www.nkf.org.my)