

CONNECT

APR 2016



Being a PD care assistant allows me to have a better understanding about health and gain more knowledge about PD. As a patient myself, I can share useful information to help them cope with dialysis and provide health-related tips.

- Madam Pang Loo Moi



Story on page 2



I'm **Happy** and **Contented** in My Job

Madam Pang Loo Moi was diagnosed with kidney failure in 1990. Despite many ups and downs in her life, she remains positive and constantly seeks new challenges. Through NKF's Patient Employment Rehabilitation Programme which aims to integrate more patients back into the workforce, Madam Pang joined NKF as a Peritoneal Dialysis (PD) Care Assistant.

Providing PD Support

She carries out home-based PD procedures at patients' homes and assists PD nurses in their work. She also provides care and support for the patients like escorting them for their medical appointments. Madam Pang is grateful to her fellow colleagues for being so patient and kind to teach her the necessary skills for the job.

About PD

- It is a good alternative treatment to haemodialysis where it can be carried out at home or the workplace.
- It allows patients to have more flexibility and control of their lifestyle.
- NKF's PD Home Support Programme provides comprehensive support to help PD patients start and stay well on dialysis.

Leading a Fruitful Life

Madam Pang aspires to stay healthy and wishes to remain employed as long as she is able to. She leads a fruitful life and actively seeks to learn new things every day. She is also an active advocate and does volunteer work to help others in need. Her positive and warm nature inspires many patients around her.

Thankful for Support

"What I worry most about are my health and the time spent with my family. However, NKF has provided me with flexible work arrangements," said Madam Pang. She is very thankful to NKF for this meaningful job and the quality treatment and holistic care provided to all patients.



Made possible with a generous gift of \$2.3 million by the Kwan Im Thong Hood Cho Temple, this new programme helps patients find suitable employment within NKF or with external employers.



From left: Mr Edmund Kwok, NKF CEO; Dr Tan Choon Kim, Chairman, Board of Trustees, Kwan Im Thong Hood Cho Temple; Mr Tan Chuan-Jin, Minister for Social and Family Development who launched the programme; and Mr Koh Poh Tiong, NKF Chairman



Mr Aris Abdul Kadir

“Dialysis does not stop me from working. I can still lead a normal life.”

Support our patients under our Patient Employment Rehabilitation Programme by offering them jobs at your company. For more information,

6299 0200 contact_us@nkfs.org

Singapore Health Quality Service Award 2016

NKF's Patient Advocacy & Rehabilitation Department (PAR) has won the Best Team (Merit) – Service Initiative Improvement. Organised by the SingHealth Duke-NUS Academic Medical Centre since 2011, the Singapore Health Quality Service Award is Singapore's first dedicated platform to honour healthcare professionals who have delivered quality care and excellent service to patients.



Mr Edmund Kwok, NKF's CEO (4th from left) and Dr Amy Khor, Senior Minister of State, Ministry of Health (5th from left) with the PAR team



Mr Eu Aik Wah

“I used to think that dialysis is the end, but NKF has not only provided us with quality treatment, but also made our lives much more colourful.”



For assistance on our PD programme, please contact

6299 0200

pd.support@nkfs.org

New Dialysis Centre

Gives Life & Hope



Yishun residents and grassroots leaders celebrated the official opening of the Le Champ-NKF Dialysis Centre on 17 January 2016. Located at Blk 639 Yishun Street 61, the Centre started operations last year and is named after electronics supplier Le Champ (South East Asia), which donated \$2.1 million. It has 20 dialysis stations which can serve up to 120 needy patients.



The centre is the first to have its pillars painted with health messages to inspire people in the neighbourhood to lead healthy lives



Patients in Yishun are happy to receive treatment near their homes and are saving on travelling time and costs



Assoc Prof Dr Muhammad Faishal (2nd from right) officially opened NKF's 26th dialysis centre. With him are (from left to right): Mr Edmund Kwok, CEO of NKF; Ms Geraldine Chng, Managing Director of Le Champ; Mr Michael Chng, Director of Le Champ; and Mr Koh Poh Tiong, Chairman of NKF



"Now, I need not travel so far for dialysis. I can just walk to the new dialysis centre. It saves me a lot of time and transport fees every month, and I am also less tired after each dialysis session."

Mr Tan Saa Tee, who previously had to travel to Ang Mo Kio for thrice weekly dialysis

"I encourage more healthcare organisations and agencies to work hand-in-hand with the community to serve the healthcare needs of society, especially the needy... All of us in Nee Soon will continue to work closely with NKF to help the less privileged in our community."

Associate Professor Dr Muhammad Faishal Ibrahim, Parliamentary Secretary, Ministry of Education & Social and Family Development and MP for Nee Soon GRC



"NKF has done such a wonderful job serving the needy patients. This has inspired us to do our part to sponsor this dialysis centre. Personally, I empathise with the needy patients as I grew up in a tough environment. My siblings and I have been very blessed and it is now our turn to bless others."

Mr Michael Chng, Director of Le Champ

“Among all the patient advocates’ activities, I enjoy visiting dialysis centres the most. This is because I am able to relate my personal story to the patients, encouraging those who are struggling to come to terms with their sickness.”

Mr Koh Seng Chye

“Despite his medical condition, Seng Chye displays resilience and positivity in the challenges he faces and is a good role model to fellow patients. He takes the effort to improve his blood sugar level and no longer requires medication to control his diabetes.”

Ms Pan Mei Yu, Nurse Manager



Facing Challenges with Courage and Resilience

Mr Koh Seng Chye, 53, was diagnosed with kidney failure in 2000 due to his diabetes condition and has been on dialysis for the past 16 years. He goes for thrice weekly dialysis sessions, about 4 hours each time at NKF's Woodlands Dialysis Centre.

Encouraging His Peers

Seng Chye does not feel bogged down by his regular dialysis sessions. Since his induction into NKF's Patient Advocacy Programme, he is one of the most active members. As an advocate leader, he befriends new patients and guides patients who are facing different issues. He is able to empathise with his peers and constantly seeks out patients who need his care and encouragement. He renders assistance to the nurses at the dialysis centre by organising activities for his fellow patients.

Volunteering in the Community

Seng Chye has a passion for helping the elderly and frequently involves himself as a volunteer in NKF's community outreach programmes. He befriends the elderly and conducts activities to enrich their lives. At a visit to an elderly nursing home, he found out that the residents' daily meals tasted bland. Since then, he has taken out one day of each month to

personally cook and deliver meals to the elderly at the home and has been doing this for the past two years.

Many Helping Hands

He strongly believes in giving back to society and feels that by concentrating efforts through many helping hands, a greater impact can be achieved. He sets an example for others by encouraging his wife and two children, Lynn, 20, and Andy, 17, to come on board as volunteers. From a young age, Seng Chye's children have been taught the importance of volunteering. Throughout the years, Lynn has been tapping on her dancing talent to perform for numerous non-profit groups. Over time, his whole family has become committed to the volunteer cause, helping out at various fundraising and health education activities. He is also an active grassroots member in his local community club and always participates in their activities, organising over 20 short trips to Malaysia for the local residents.

Help Seng Chye and other patients like him by making a donation via:



Living Life to the Fullest

Mr Lim Seah Hor, 52, had faint hopes of having a kidney transplant when he was diagnosed with kidney failure 20 years ago. None of his family members were a suitable kidney match for him and was placed on the transplant waiting list.

Tough Life

Being on dialysis for 10 years was very tough for him as he juggled treatment, work and caring for his young daughter. He said, "Life was very difficult then. I was a taxi driver and although I felt very exhausted because of dialysis, I had to work long hours to pay for my medical fees. I was a single parent, so I had to ask my neighbours to help look after my daughter while I was working or dialysing."

A Successful Kidney Transplant

In 2005, he received news of a successful kidney match. "I am very thankful that I was able to have a kidney transplant. I feel that I was given a second chance at life," said Seah Hor. He had always enjoyed exercising and playing badminton. He recovered quickly after the transplant and was able to resume these physical activities six months after his operation.

"After the transplant, my life has become more fulfilling and exciting. I hope to be a testament that kidney transplant patients can live a full life."

Mr Lim Seah Hor

Exceeding Expectations at World Transplant Games

In 2011, Seah Hor was asked to participate in a trial for the World Transplant Games (WTG) organised by the Singapore Transplant Games. He was surprised when he was selected to represent Singapore in the WTG in Sweden that year. He won the silver medal for badminton doubles. He went on to take part in subsequent WTG in 2013 and 2015 in

South Africa and Argentina respectively. He won the bronze medal for badminton doubles in 2013 and surpassed himself and won three medals in 2015 – a gold for badminton doubles and two bronzes for Tejo (an Argentinian sport) in the singles and doubles. Seah Hor considered his victories amazing as he had no formal training in badminton and he had picked up Tejo from watching YouTube videos and getting tips from a coach just before the games commenced.



Staying Fit and Healthy

He said, "I feel honoured to be able to represent Singapore in the WTG. I also feel very lucky that through the Games, I get a chance to travel to countries which I had never been before." Participating in the WTG is also Seah Hor's motivation to keep fit and stay healthy.



Find out about NKF's Kidney Live Donor Support Fund or dispel your fears and anxieties about kidney donation

6299 0200
contact_us@nkfs.org

First-of-Its-Kind Renal Recipe and Guidebook

Dialysis patients have specific diet guidelines that differ from any other group of people and their nutritional needs differ significantly. Changing what they eat and drink may be hard at first but following a dialysis-friendly diet is crucial for their rehabilitation.

It is with this in mind that the National Kidney Foundation (NKF) and Khoo Teck Puat Hospital (KTPH) produced the first-of-its-kind recipe and guidebook suitable for pre-dialysis and dialysis patients who undergo different treatment modes with different dietary needs.

Your Renal Guidebook to Healthy Cooking, a comprehensive, easy-to-read recipe and guidebook provides useful information about chronic kidney disease and tips for dialysis patients to manage their diet whether they are on haemodialysis or home-based peritoneal dialysis. The guidebook will enable patients to gain control of their lives by helping them understand their nutritional needs and for everyone to enjoy healthy, tasty and easy-to-prepare meals.

The renal recipe and guidebook was launched at the official opening of NKF's 26th dialysis centre at Yishun.



From left:
Mr Edmund Kwok, CEO of NKF;
Mrs Chew Kwee Tiang,
CEO of Khoo Teck Puat Hospital;
Assoc Prof Dr Muhammad Faishal,
Parliamentary Secretary,
Ministry of Education & Social
and Family Development and
MP for Nee Soon GRC; and
Mr Koh Poh Tiong, Chairman of NKF

What Patients Say About the Book...

"Apart from the advice given by dietitians and other health professionals, the book serves as a roadmap for me to learn and walk the path to take care of my diet."
Mr Leong Seng Chen

"The recipes look easy and delicious. Many are my family's favourite dishes. I think this cookbook is useful. I can make good use of the recipes and cook nice dishes for my family."
Madam Loh Kwai Heong

"One of the problems I face is what to cook for tomorrow. The book gives me some ideas for my menu planning. There is a lot of variety with only a few simple ingredients needed."
Madam Sapiah Isnin

"It is very good for dialysis patients and reminds us what to eat and what not to eat. It guides me and stops me from old habits of unhealthy food."
Madam Kwok Boey Yok

"I like this book because I'm curious on how to prepare a proper meal that suits dialysis patients. I get to know which ingredients are suitable for me and can follow the recipe suggestions without worries to prepare my tasty meals."
Madam Lek Kay Hiang

Complimentary
with minimum **\$10** donation



Worth
\$20!

Share these
tasty recipes
with your family
and friends!

6299 0200



Serves
4

25
Minutes

Vegetarian Tomato Based Pizza

A simple and appetising
tomato-based pizza with juicy
vegetable served on a wrap.



Pre-dialysis & Dialysis

Ingredients	Quantity
Tomato paste	4 tbsp
Mozzarella cheese, grated	¾ cup
Tortilla wrap	4 pcs
Green capsicum, sliced	½ medium (48 g)
White onion, sliced	½ medium (45 g)
Tomato, chopped	1 medium (40 g)
Olive oil	4 tsp
Fresh basil, chopped	4 tsp

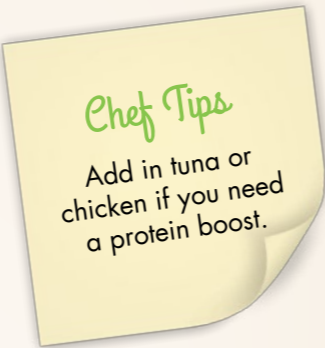
Nutrition Information

Serving Size: 120 g (1 Pizza)

Energy	197 kcal
Protein	9.0 g
Total Fat	11.1 g
- Saturated Fat	4.2 g
- Cholesterol	15 mg
Carbohydrate	14.1 g
- Dietary Fibre	2.5 g
Potassium	371 mg
Phosphorous	155 mg
Sodium	338 mg

Instructions

- 1 Preheat oven to 200°C.
- 2 Place the tortillas on a large baking tray. Spread 1 teaspoon of olive oil and 1 tablespoon of tomato paste on each tortilla.
- 3 Top them with equal amount of tomatoes, green capsicum, onion, mozzarella cheese and fresh basil.
- 4 Bake for 5 to 10 minutes, or until the cheese melts and the edges of tortillas turn golden brown.



NKF's First Malay TV Docu-Drama Encouraging Healthy Living



A 13-episode Malay television docu-drama series Simptom is being aired from 2 March to 25 May 2016, Wednesdays, at 9pm to 9.30pm on Suria to raise awareness on kidney failure, its leading causes and the importance of adopting a healthy lifestyle. This initiative is in collaboration with Geng Sihat (Health Group), a movement started by the community to empower the Malay community to take control of their health. Hosted by local celebrity Taufik Batisah, the docu-drama will help infuse greater awareness of this debilitating disease in peoples' minds and be a catalyst for them to take positive steps to lead healthier lives.

"We need to proactively take steps towards moving the community to a better era of health. This inspirational TV docu-drama is to motivate people to start thinking about their health and take action."

Dr Abdul Razakjr Omar
Founder of Geng Sihat

In collaboration with





Long Long Time Ago

NKF invited donors to Director Jack Neo's newly released movie screening Long Long Time Ago on 6 February 2016 at Shaw Lido Theatre in appreciation of their longstanding support. The movie right was sponsored by Director Jack and the event venue by Mr David Low, CEO of Futuristic Store Fixtures Pte Ltd.



Teeing Off for Charity

The Singapore Contractors Association Ltd (SCAL) Annual Charity Golf Tournament held on 6 November 2015 at the Tanah Merah Country Club saw more than 20 companies tee off for a good cause. The event raised \$727,500 towards the setting up of the SCAL-NKF Dialysis Centre in Yishun. The new dialysis centre will give Life and Hope to about 100 needy kidney patients and will be the first to adopt the new concept of doubling up as an education and outreach centre to promote greater awareness of kidney disease and healthy living in the community.



Taking to the Streets for a Good Cause

NKF is grateful to all our Ambassadors who volunteered at our Flag Day on 21 November 2015. It was heartening to see over 1,000 people from all walks of life coming together to make a difference in the lives of needy kidney patients and donning T-shirts with health messages to create awareness on caring for our kidneys. Over \$150,000 was raised through everyone's efforts! Our special thanks to Sheng Siong Supermarket, RE&S Enterprise and Dance Thrillology for placing donation tins at their premises.



"It is heartening to see people coming forward willingly to donate. There was an elderly person who came forward to contribute after being moved by the tin bearers' enthusiasm."

Ms Wang Yue
NKF Nurse





Don't turn
a blind eye
to kidney failure
prevention

Diabetes and hypertension
may cause kidney failure,
don't neglect them!

Change your mindset.
Prevent it.