

NKF

CONNECTING WITH CARING PEOPLE

CONNECT

JUL 2016



When Chai Lai donated his kidney to me, I was given a new lease of life and hope for the future.



- Ms Chua Bee Leng

Story on page 2

A Gift of Love

Ms Chua Bee Leng, 48, never thought she would be free from the pain of dialysis and illness. For more than 10 years, she suffered from many side effects of dialysis. She had blocked blood vessels and had to undergo several operations to create a fistula in her arms, legs, neck and thigh for blood to enter and leave her body during dialysis. She also suffered serious infections and was in a lot of pain.

Chai Lai Triggered to Donate His Kidney

It was during the last hospitalisation when Bee Leng's boyfriend, Mr Ng Chai Lai, 48, decided to donate his kidney to her. He said, "Bee Leng's hospitalisations became more and more frequent. The doctor said that without a transplant, she would have to undergo dialysis for the rest of her life. These words triggered me to start considering donating a kidney to her."

"The transplant has made a great difference to Bee Leng's life. She is transformed from a person who was sickly and frequently hospitalised to someone who is healthy and can enjoy life to the fullest."

Chai Lai

"He made a noble sacrifice and I am forever indebted and grateful. Life is no longer the same now."

Bee Leng

Bee Leng was Ecstatic About Receiving a New Lease of Life

Bee Leng was profoundly touched when Chai Lai told her that he would be her kidney donor. She said, "I was ecstatic. The last 10 years had been so difficult and painful for me and a new kidney would give me a new lease of life." For almost five years after starting dialysis, Bee Leng was unable to work because of the frequent infections and hospitalisations. She also felt tired easily. The possibility of receiving a new kidney gave her a glimmer of hope that she can lead a normal life in the future.

A Better Life Together

The transplant was very impactful for Bee Leng. Her quality of life has improved greatly since. She is now able to work and even engage in exercises such as slow jogging and brisk walking. Like Chai Lai, she is also careful to follow a healthy diet. Chai Lai said being a donor has not affected his health at all. The couple, who plans to get married within the next two years, enjoys taking Bee Leng's pet dogs for walks and spends time watching television together when they are not working.



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

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<http://goo.gl/eLB4EA>

NKF Opens Singapore's First

24-Hour Dialysis Centre

Our newest dialysis centre in Jurong West started offering nocturnal dialysis, the first-of-its-kind in Singapore. The new nocturnal shift, from 10pm to 6am, benefits patients who require longer hours of dialysis. Each session lasts 6 to 8 hours compared to the usual 4 hours. The Centre can serve up to 164 patients.

"The Government will also continue to work with the public healthcare institutions, VWOs such as NKF, and other community partners, to ensure that healthcare is accessible and affordable to all."

Deputy Prime Minister & Coordinating Minister for Economic and Social Policies,
Mr Tharman Shanmugaratnam

"The mission of NKF is very clear - to enable the poor in our society a chance for dialysis."

NKF Chairman, Mr Koh Poh Tiong

"The longer sessions are safer for my heart and make me have a better appetite. I can also spend more time looking after my grandchildren in the day."

Madam Rafiah Aspagi,
who is on nocturnal dialysis

"People like me, we are very busy in the day. I have classes in the afternoon and evening, so I prefer doing dialysis at night... The chairs are comfortable. At night when dialysis starts, I just relax and go to sleep."

Mr Manimaran Thorasamy,
dance choreographer who also teaches Indian classical and folk dance in schools



Left: The Sirivadhanabhakdi Family (who donated \$2.2 million for the Centre's establishment) with NKF CEO, Mr Edmund Kwok

Right: DPM Tharman Shanmugaratnam (who officially opened the Centre on 29 March 2016) with NKF Chairman, Mr Koh Poh Tiong

Better Medical Outcomes Through

Nocturnal Dialysis

IMPROVED appetite



A LESS restrictive diet

This is because longer dialysis removes toxic wastes and fluids at a much slower rate which improves the clearance of toxins



LESS use of medication

This is because of better control of blood pressure and phosphate levels



LESS hospitalisation



Gentler on the heart, reducing the risk of heart attacks



Greater flexibility to cater to work schedules



Artist's impression

FIRST-OF-ITS-KIND

Integrated Renal Centre

NKF will open an Integrated Renal Centre at Corporation Road. Besides having more capacity to accommodate 2,000 patients, this one-stop centre will, more importantly, offer peritoneal dialysis and a range of other complementary services including community education and preventive care activities to curtail the growing number of kidney failure cases in Singapore.



"Today's NKF must however go beyond offering haemodialysis services, to strengthen education and prevention programmes to curb the onset of kidney diseases. I am therefore very pleased that NKF will open an integrated renal care centre, the first of its kind, at 500 Corporation Road in Jurong."

DPM Tharman Shanmugaratnam, speaking at the opening of the NKF's dialysis centre in Jurong West

Showing Compassion Inspiring Others Striving for Excellence

Our Award Winners

Singapore Health Inspirational Patient & Caregiver Award 2016

(SingHealth)

"As a patient advocate, I usually try my best to allay their fears by sharing my own story and hoping to cheer them up. I also look after my elder sister, who is a cancer survivor and intellectually challenged, as her sole caregiver."

Mr Joseph Chan, kidney patient (left)

"I am thankful for the time I have and no longer take my health for granted. I do my best to guide and encourage fellow patients along the way. I also help out in the community to give back to society and got my whole family committed to the volunteer cause too."

Mr Koh Seng Chye, kidney patient (right)



Healthcare Humanity Award 2016

(Ministry of Health)

"Now it is my turn to give back to the organisation and society by helping those in need and transforming others to achieve their full potential."

Ms Jamilah Binte Jantan, Senior Clinical Nurse Manager (3rd from left)

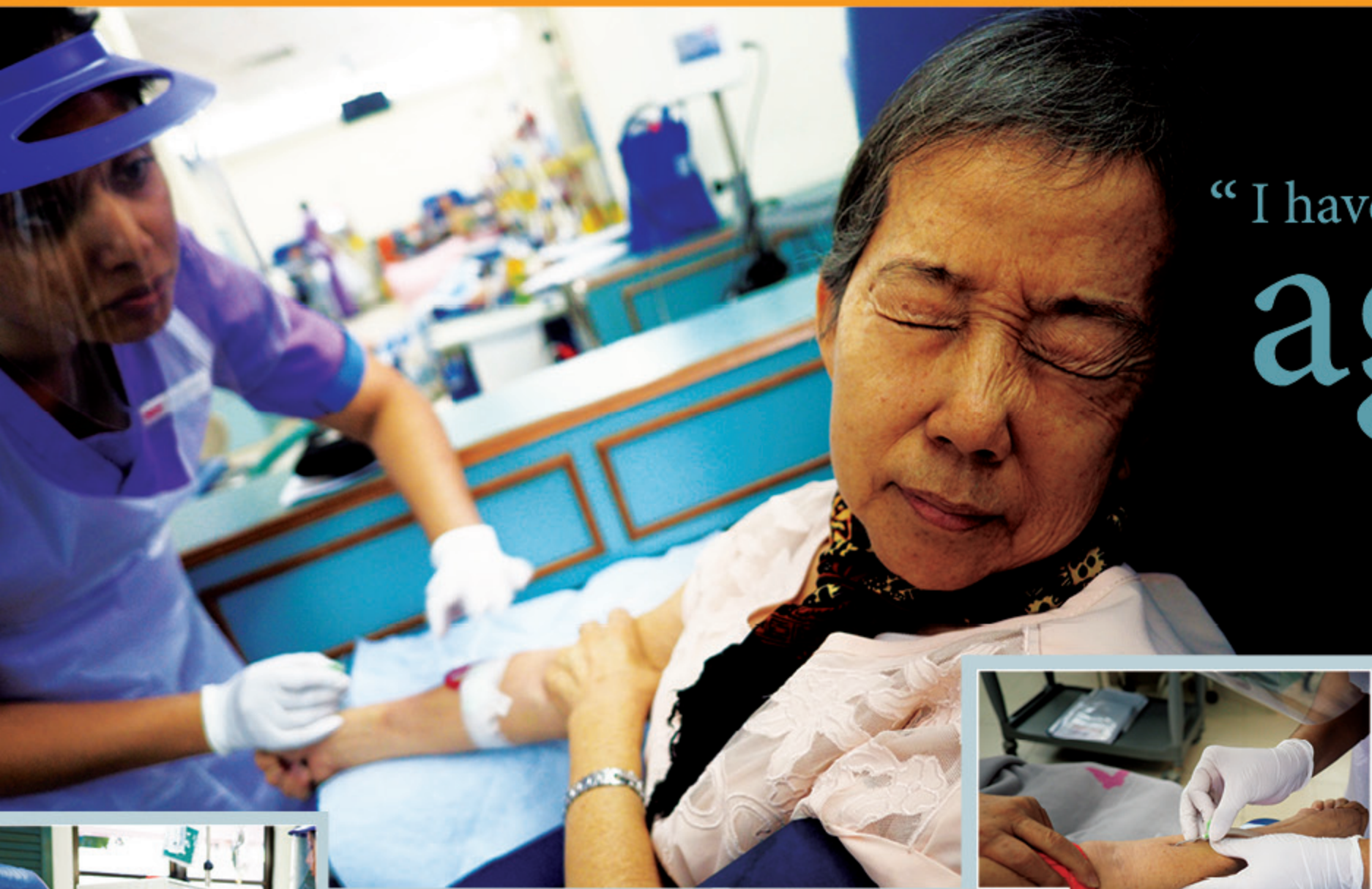


FRM Award 2016

"This would not have been possible without the team's (NKF's) contributions. Let's continue to give our best to our patients."

Mr Edmund Kwok, NKF CEO for Best C-Suite Leader





“I have to go through this **agony** for the rest of my life”

For 66-year-old Madam Kwan Bee Choo, going through dialysis thrice weekly, four hours each time, is a long, tiring and painful process. Each time the needle is inserted into her arm, she closes her eyes and cringes. She has to undergo dialysis for the rest of her life.



312
needles
The number of needles inserted per patient per year

624
hours*
How long the needles stay in a patient's fistula annually
* Based on a 4-hour treatment session, 13 times monthly

Typical needle during dialysis
Ball point pen refill
Yakult straw
Actual size



“I did not take good care of my health and have been suffering from diabetes for many, many years which eventually led to kidney failure. There is no turning back the clock. I can't undo this illness. It is only because of caring people that support me through NKF that encourages me to keep going.”

Madam Kwan Bee Choo, who started dialysis since November 2014



Thank you
for being there for our patients in their time of need. If you can help a little more, it will make a BIG difference in many more lives!

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www.nkfs.org/lifedrops

Geng Sihat Sihat Selalu

29 May 2016 • Causeway Point



Mr Taufik Batisah

Madam Halimah Jacob and NKF Chairman Mr Koh Poh Tiong (centre) together with members of Geng Sihat

In our thrust towards more targeted prevention initiatives, NKF aired a 13-episode Malay docu-drama SIMPTOM from 2 March 2016 until 1 June 2016 on Suria to raise awareness on kidney failure, its leading causes and the importance of adopting a healthy lifestyle. The series, hosted by local celebrity Taufik Batisah, is in collaboration with Geng Sihat SG, a movement started by the community to empower the Malay community to take charge of their health. The docu-drama series culminated with our event Geng Sihat, Sihat Selalu to further engage the community to care for their health and look out for their symptoms.

"No matter how busy you are, taking care of your health must be given primary importance because if you don't, it will weigh heavily on you and your family."

Guest-of-Honour Madam Halimah Jacob, Speaker of Parliament

Celebrating World Kidney Day

3rd Scientific Meeting

Advancing Care through Research 9 April 2016



Dr Christopher Chan

The event served as a platform for researchers to showcase their research works and findings as well as health care professionals to share ideas and encourage discussions in renal care. NKF was privileged to have renal expert Dr Christopher Chan, Divisional Director of Nephrology and Professor of Medicine at the University Health Network, Toronto, Canada as our distinguished speaker who shared with us on Nocturnal Dialysis and Developing a Home Dialysis Programme. Guest-of-Honour was Associate Professor Benjamin Ong, Director of Medical Services, Ministry of Health. NKF is grateful to the Singapore Buddhist Welfare Services (SBWS) for sharing our mission and being our generous sponsor to establish the Venerable Yen Pei - NKF Research Fund to support kidney-related and kidney disease prevention projects.

"With the continued support of SBWS and our healthcare partners, all of us can be confident that this vital investment for the future of kidney health will continue to yield returns through the relentless work of all the researchers."

NKF CEO, Mr Edmund Kwok



Our NKF
-Beyond Dialysis

11 - 13 MARCH 2016
VIVOCITY

The event showcased our efforts in expanding our building capabilities and what we are doing in partnership with the community to help our patients. It also encouraged people to take proactive steps to maintain a healthy lifestyle and keep kidney diseases at bay.



6 March 2016
Bishan-Ang Mo Kio Park

NKF organised the event to engage and educate people on kidney disease and prevention, as well as encourage them to engage in more physical activities and exercises with their pets.

NURSING SYMPOSIUM 2016

KIDNEY DISEASE & CHILDREN Act Early to Prevent It!

17 April 2016



In conjunction with World Kidney Day 2016, NKF held our Nursing Symposium focusing on Kidney Disease & Children with the theme "Act Early to Prevent It". It is important to encourage and facilitate kidney health education, early detection and a healthy lifestyle in children, starting at birth and continuing through old age. Nurses and healthcare professionals from hospitals, healthcare agencies and dialysis providers participated in the Symposium.

WORLD GOURMET Summit
WGS 20
YEARS
NKF
CHARITY GALA DINNER

"It is very important to look after our health and be mindful of what we eat. We also want to dispel the notion that eating healthily means eating bland food. It can still be delectable and appetising which was evident by the team of renowned chefs."

Mr Koh Poh Tiong, NKF Chairman



From left: Mr Peter Knipp, Principal, Peter Knipp Holdings; Guest-of-Honour Mr Gan Kim Yong, Minister for Health; Mr Koh Poh Tiong, NKF Chairman; and Mr Edmund Kwok, NKF CEO

NKF was happy to partner the World Gourmet Summit in our Charity Dinner on the occasion of our 47th anniversary. It was apt that the theme for the Charity Dinner was "Mindful Eating", which is very much part of our ongoing public education programme to encourage people to be conscious of what they eat and to eat in moderation. There was also a live charity auction during the event. Through the support of many caring people, we raised over \$650,000 to benefit needy kidney patients and support our efforts in kidney disease education and prevention.



STEAMED GINGER FISH FILLET

Soft and tender dory fish fillets drenched in a simple Chinese style sauce.



Ingredients	Quantity
Dory fish fillet	Pre-Dialysis 180g Dialysis 270g
Low sodium soy sauce	1 ½ tablespoons
Ginger, finely sliced	¼ small ginger (11g)
Sugar	½ tablespoon
Sesame oil	½ tablespoon
Five-spice powder	2 pinches

Serves 4
35 Minutes

CHEF TIPS
 To check for doneness, use a butter knife to cut the fish. If it cuts through the bottom of the plate, the fish is well cooked.

Instructions

- Seasoning: Mix soy sauce, sugar, and five-spice powder in a bowl, and set aside.
- Place the fish on a plate suitable for steaming. Drizzle 1 tablespoon of the seasoning mixture over the fish and scatter with ginger. Cover and refrigerate for 15 minutes.
- Steam the fish for 8 minutes, or until the fish is cooked. Meanwhile, heat sesame oil and the remaining sauce in a small saucepan over medium heat.
- Pour the sauce over the steamed fish.

Pre-dialysis Nutrition Information
 Serving Size: 70g

Energy	77 kcal
Protein	10.3 g
Total Fat	2.8 g
- Saturated Fat	0.5 g
- Cholesterol	28 mg
Carbohydrate	2.7 g
- Dietary Fibre	0.1 g
Potassium	264 mg
Phosphorous	134 mg
Sodium	303 mg

Dialysis Nutrition Information
 Serving Size: 90g

Energy	99 kcal
Protein	15.2 g
Total Fat	3.0 g
- Saturated Fat	0.4 g
- Cholesterol	43 mg
Carbohydrate	2.8 g
- Dietary Fibre	0.1 g
Potassium	383 mg
Phosphorous	198 mg
Sodium	323 mg

Complimentary
 with minimum \$10 donation

Worth \$20 each!



Share these tasty recipes with your family and friends!
 6299 0200

"I Should Have Led a Healthy Lifestyle from Young"



Mr Adzhar Sharif, 42, did not take care of his health and ended up having diabetes and kidney failure. Here, he tells his story and encourages people not to take their health for granted.

"When I was 11 years old, there were signs that I may have diabetes after a health check up. As I was still a boy, I did not really understand what diabetes was all about and its consequences if I get it. I just continued to lead a normal life. My parents told me not to eat a lot because I was overweight. But I did not bother and also ate food that had a lot of sugar.



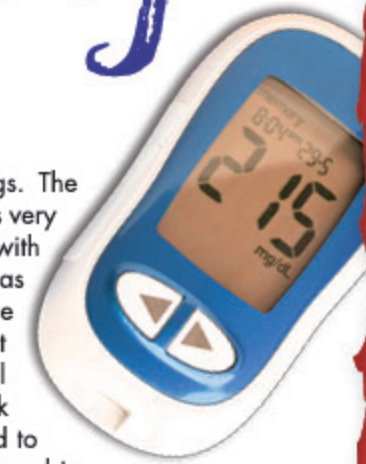
Unhealthy Lifestyle

When I was 16 years old, I started working part-time after my "O" levels before starting my National Service. I did not change my eating habits and continued to eat unhealthy food. No one advised me what I should eat and should not eat. At that time, I was obese, weighing more than 80kg.

It was only in my late 20s that I started feeling pain in my legs, tired and weak. At night, I seldom felt like passing urine and was thirsty all the time. I felt something was wrong with my body but I did not bother to see a doctor. At that time, I was working in a café. Looking at all the cakes, pastries and sugary drinks, I could not resist myself and indulged in those kinds of food and beverages often. I also smoked, did not exercise or take up any sport.

Diagnosed with Diabetes and Kidney Failure

During one of my reservist training, I felt pain in my legs. The medical officer checked me and said that my sugar level was very high and admitted me to hospital where I was diagnosed with diabetes. It was only then that it hit me that my condition was serious. The doctor told me that my lifestyle habits caused me to contract diabetes and advised me to change my ways but it was extremely difficult for me to do so. As I was on oral medication, I thought that it was still alright to eat and drink whatever I wanted. My condition did not improve and I had to start on insulin injections. However, my condition worsened and in 2011, I had no choice but to start dialysis.



Started Peritoneal Dialysis

I joined NKF's dialysis programme as they provide high subsidies, otherwise I simply cannot afford the treatment. I chose peritoneal dialysis (PD) instead of going to a dialysis centre as I can do it conveniently at home during the night while I sleep. This does not disrupt my work life. The process takes about 10 hours. I do not have to use any needles and it is painless.

Helping Other PD Patients

I now work at NKF as a PD care assistant thanks to a programme they have to help patients find jobs. I help fellow patients who need help to cope with PD, especially those with no caregivers and give them confidence to carry out the treatment themselves. NKF also has a PD Community Support Programme to provide comprehensive support to help PD patients start and stay well on dialysis.

I would like to advise everyone to lead a healthy lifestyle no matter what age you are. Getting diabetes is no joke. It can lead to kidney failure. I regret it but it is too late for me. Do not end up like me. Take care of your health now."

YOUR FEEDBACK IS IMPORTANT TO US!

We constantly strive to improve our services to our patients, strengthen our partnerships in the community and better serve our donors. If you have any suggestions or ideas to help us do better, we will be happy to hear from you.

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contact_us@nkfs.org

www.nkfs.org



For assistance on our PD programme, please contact

6299 0200

pd.support@nkfs.org

http://goo.gl/VrxQJ7

Sharing a passion for music, these four kidney patients came together to form a group "By Chance". Strongly believing that music is therapy, they perform at NKF patient gatherings and events, especially as kidney patients struggle to overcome their adversities. Their performances greatly motivate fellow patients to face the future with strength, courage and determination.

**BRYAN
NGIAM, 42**

**FRANCIS
HO, 67**

**MOHAMED
YAZID, 26**

**DARREN
LEE, 28**

"We hope to inspire people to believe in their own abilities and to keep on fighting."

By Chance

