

CONNECT

Putting **People** First

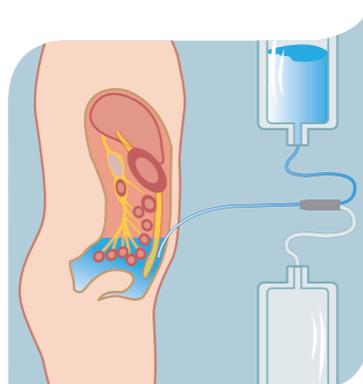


4

JOURNEYING WITH PATIENTS

A love rooted in faith and resilience

For 56-year-old Peter Koh and his wife, Gan Gok Chuan, the vow to love...



10

JOURNEYING WITH PATIENTS

Understanding peritoneal dialysis (PD)

Here's what you need to know about this life-saving home-based treatment...



16

HEART TO GIVE

Where care begins: a fundraiser's story

"What keeps me going is knowing that what we do truly eases the burden on our patients," ...



20

DAILY DOSE OF HEALTH

Eat well, waste less

Healthy, sustainable eating does not have to be costly or wasteful...

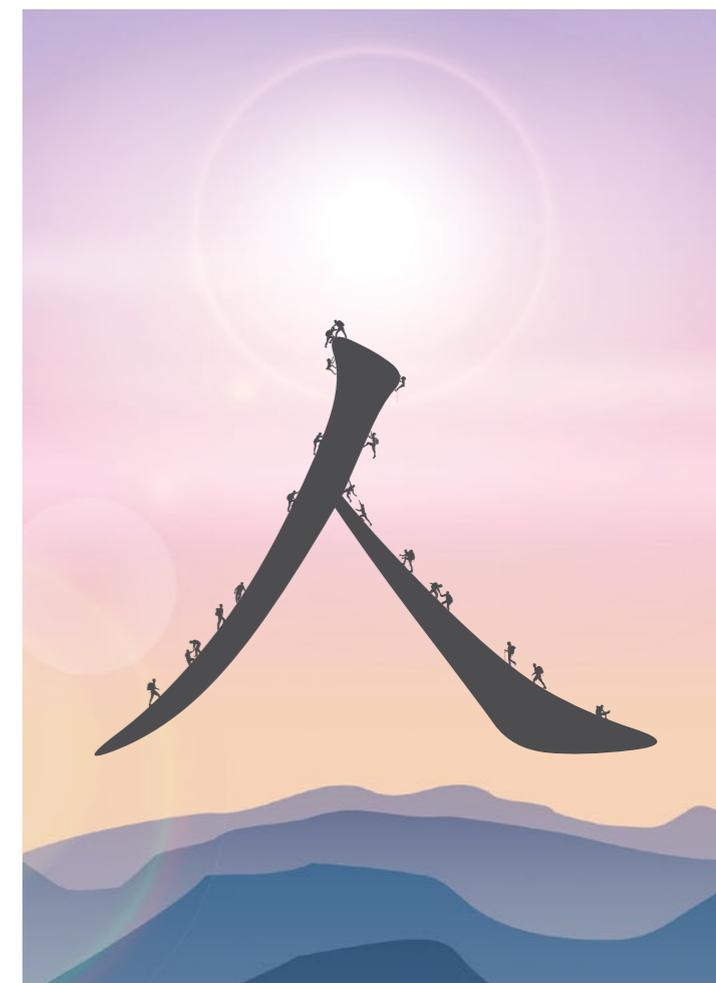
At NKF, our work is guided by a deep belief: when we care for people with heart, we can transform lives. In this issue of NKF Connect, we shine a spotlight on the individuals who bring our mission to life – from our award-winning nurses who go above and beyond in caring for patients, to dedicated fundraisers like Yi Jing who work tirelessly to raise vital support, and passionate ambassadors like Mdm Cheah Bee Chew who champion our cause with authenticity and heart. This issue is a celebration of **People** – a core pillar of our mission.

People are at the heart of all we do – from the patients and caregivers we serve, to the committed professionals, volunteers and supporters who walk this journey with us. Each one plays a vital role in shaping a future of better kidney health for all.

You may have noticed the character “人” (rén), meaning “people”, featured on our cover. Formed by two simple strokes leaning on each other, it symbolises mutual support and connection. Just like the NKF community, no one stands alone. Together, we move forward – uplifted by compassion, trust and shared purpose.

As we approach World Diabetes Day in November, we are reminded that diabetes remains the leading cause of kidney failure in Singapore. Many remain unaware of this risk. That is why **Prevention** continues to be a key pillar in our strategy. Through community education, health screenings and lifestyle advocacy, we aim to empower individuals to make early, informed choices for lifelong kidney health.

In this issue, we also share an inspiring story of a patient who manages her treatment through **Peritoneal Dialysis (PD)** – a home-based treatment option that gives patients greater flexibility and control. With the right support and information, PD can offer dignity and a better quality of life. NKF remains committed to raising awareness and expanding access to this important modality.



Our commitment to **Sustainability** goes beyond clinical care. It also encompasses how we live, eat and act. In this issue's nutrition feature, we are reminded that healthy eating does not have to be wasteful. With small, mindful choices, we can care for both our bodies and the planet.

Whether through **People, Prevention, PD** or **Sustainability**, our efforts are united by one purpose: to uplift lives and ensure that good kidney health is within everyone's reach. Thank you for standing with us – your support powers our progress. ■

Yen Tan
Chief Executive Officer



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A love rooted in faith and resilience

For 56-year-old Peter Koh and his wife, Gan Gok Chuan, the vow to love in sickness and in health is not just ceremonial – it is something they live out every single day. Theirs is a story of quiet strength, enduring love and unwavering commitment through life's harshest storms.



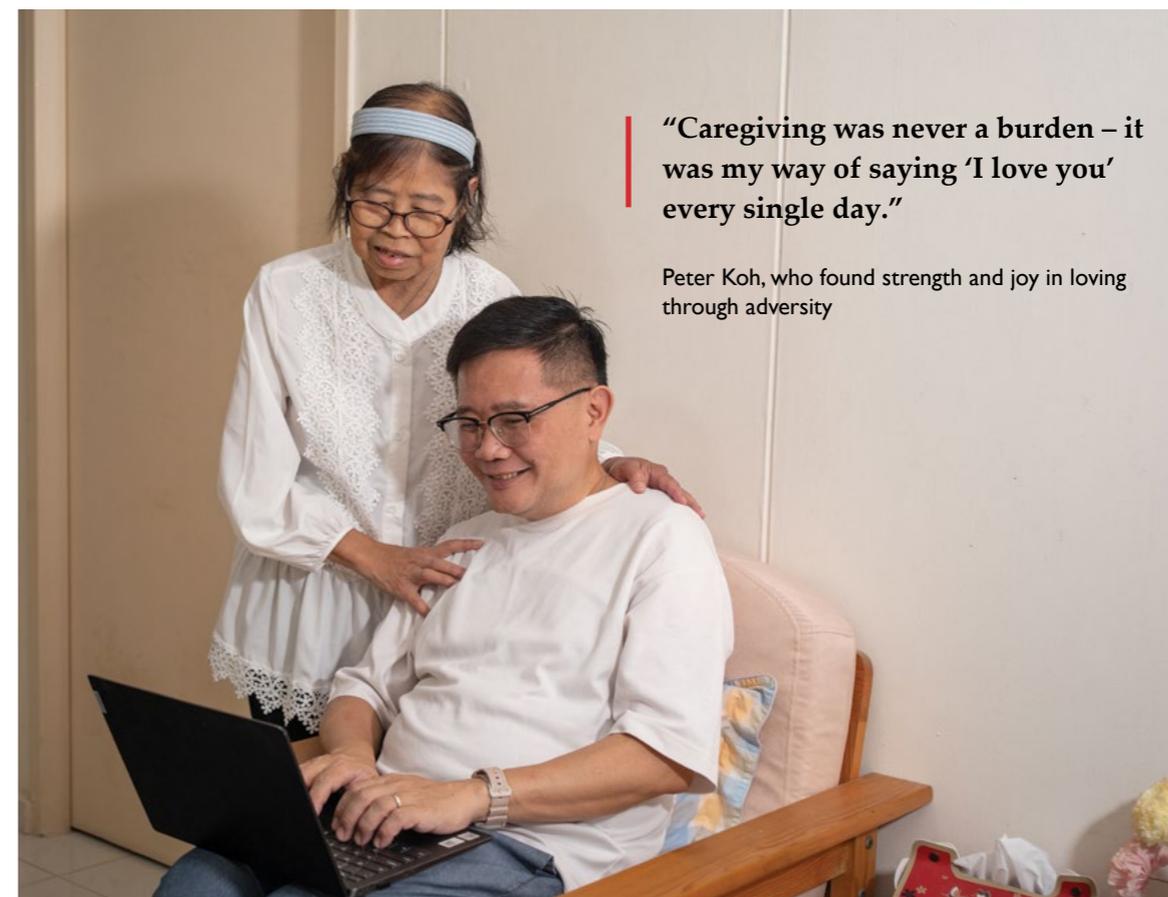
Peter and Gok Chuan met in church, drawn to each other by mutual respect, shared beliefs and aligned values. Gok Chuan, a kidney transplant recipient, was no stranger to health challenges. Yet love blossomed quickly, and the couple tied the knot not long after. They built a life together, grounded in compassion, resilience and a strong sense of partnership.

Thirteen years into their marriage, tragedy struck in the middle of the night when Gok Chuan suddenly collapsed. Peter rushed her to the hospital, where doctors delivered urgent news – she would need to resume dialysis immediately. Their swift action was critical; doctors shared that had they arrived any later, the outcome could have been far more serious. It was a turning point that would redefine Peter's role – not just as a husband, but as a full-time caregiver.

Rising to the challenge of caregiving

While Gok Chuan recovered in hospital, Peter faced some of his loneliest days. Returning to an empty house night after night was unfamiliar and painful. The once-warm home had turned cold with absence. Yet, instead of surrendering to despair, Peter found strength in prayer, routine and hope.

When Gok Chuan was discharged, she was weak and wheelchair-bound. Determined to support her healing, Peter developed a daily routine of waking at 8am to wheel her outside to enjoy the early morning sun. These small, consistent acts of love made all the difference. In just two weeks, Gok Chuan was able to stand up and walk again.



“Caregiving was never a burden – it was my way of saying ‘I love you’ every single day.”

Peter Koh, who found strength and joy in loving through adversity

At the same time, Peter's responsibilities intensified. His elderly parents moved in with them – his mother was already undergoing dialysis, and his father had been diagnosed with cancer. Peter became the primary caregiver for all three. His life revolved around appointments, treatments, medication schedules and meal preparations.

Even the nights were demanding. He often woke multiple times to ensure his parents had not fallen or needed assistance. Exhaustion was real, but Peter remained resolute.

Finding strength in the struggle

Despite the heavy toll of caregiving, Peter remained deeply committed to his personal growth. He was pursuing his theological studies at Bible College and refused to put them on hold. He carried his laptop everywhere, often studying beside his wife's hospital bed. Rare as they were, free moments were used to jog, paint or reflect.

While difficult, caregiving became a mirror that revealed Peter's inner strength. He overcame his long-held fears of needles, which he had to use to inject his wife, and of blood, which sometimes sprayed from her dialysis fistula. Rather than turning away, he leaned into the discomfort, knowing his care made a real difference.

Peter now serves as a peer support leader in NKF's Caregiver Support Group, where he draws from his own journey to offer encouragement, practical advice and heartfelt understanding to fellow caregivers walking similar paths.

A love that grows stronger

Looking back, Peter harbours no regret. He describes caregiving as “sweet”, even in the face of hardship. For him, it was a way of giving back to his wife and parents. When his parents eventually passed on, he felt a deep sorrow. Not just from their absence, but from the silence that followed – the absence of daily tasks that had once filled his life with purpose.

Now, Peter devotes himself fully to Gok Chuan while working full-time as a pastor. He continues to devote love to their marriage through heartfelt gestures: candlelit dinners, small surprises and home photoshoots that capture joy beyond illness.

The couple recently celebrated 27 years of marriage – a journey defined by faith, endurance and a love that continues to deepen, even in the face of life's greatest trials. ■



A father's gift of life

For 51-year-old Teng Wei Kiat, fatherhood means more than love – it means giving part of himself, literally, to save his son's life.

In December 2020, what started as a joyful family dinner turned into a night of fear. His then nine-year-old son, Zhi Jun, experienced fever and sharp pain near his swollen back, which caused him to cry out in pain. He was then quickly rushed to the hospital's emergency department.

After undergoing multiple examinations, doctors revealed a startling truth: Zhi Jun had been born with only one functioning kidney, and it was now badly scarred. Years of undetected urine backflow, caused by a misaligned ureter tract, had silently but significantly damaged his only kidney.

A father's resolve

Though his son's condition eventually showed signs of stability with medication and the insertion of a ureteral stent, Zhi Jun's kidney function continued to decline, eventually reaching the point of kidney failure. Faced with this daunting reality, the family

was presented with two difficult choices: lifelong dialysis or a transplant.

Without any hesitation or lingering doubt, Wei Kiat made a heartfelt declaration – his son would receive a transplant, and he would be the one to give it. It was not a desperate decision – it was a father's unwavering act of love and sacrifice.

The gift of a second chance

Before the transplant, Zhi Jun underwent home-based peritoneal dialysis, enduring the treatment for eight months with remarkable courage. Then, after four long years of medical care, patience and preparation, 20 November 2024 finally brought a day of hope and renewal. Together, the father and son duo underwent a successful living donor transplant – a moment that symbolised not only medical triumph, but Wei Kiat's sacrifice and their extraordinary bond.

A journey of hope and healing

Now 14, Zhi Jun appears to be just like any other teenager, but he is still adapting to his new normal: going for regular checkups, taking medication and adhering to a strict diet. Though he sometimes grumbles at the restrictions and minor inconveniences, he knows how precious his new lease of life is.

He may not say it out loud but Wei Kiat can sense his son's quiet appreciation. "He may not know how to express his gratitude," Wei Kiat shares, "but I can feel it."



"The moment I found out he needed a kidney, I didn't hesitate. I would give anything to see my son healthy again."

Teng Wei Kiat, a selfless father and living donor

Wei Kiat is also benefitting from NKF's Kidney Life Donor Support Fund, which helps ease the financial burden of treatment. He is deeply grateful for the support that has enabled him to focus on caring for his son.

Through courage and a father's selfless love, Wei Kiat gave his son not just a kidney, but the childhood, freedom and future every child deserves. ■

"Daddy gave me his kidney because he loves me. One day, I want to grow strong enough to take care of him too."

Zhi Jun, a child's love shaped by the gift of life



Living well with PD

At 70 years old, Velusamy Saraswathy is no stranger to community life. A long-time volunteer with her Residents' Committee and Community Centre's Indian Activity Executive Committee, she has spent more than 20 years bringing people together through walks, gatherings and social events.



A life-changing diagnosis

Last year, however, her life changed. When her doctor told her daughter and son-in-law that her kidneys were deteriorating and dialysis was necessary, Velusamy was deeply saddened. "I felt very tired all the time and I told myself that I would have to go for dialysis regardless," she recalls.

Choosing home-based dialysis

From the start, she chose home-based peritoneal dialysis instead of haemodialysis, which is done three times a week at a community-based dialysis centre and requires travel. At first, the idea was daunting. She felt that the treatment was too unfamiliar and that she was not ready. But after learning more from her doctor and the PD nursing team, she decided to proceed. Nine months on, she has no regrets.

Velusamy performs PD four times a day at home, each session taking about 30 minutes. Using a simple bag system, the procedure is painless because there is no need to poke a needle and is convenient as it does not require a machine.

Her treatment costs are heavily subsidised by the government and NKF, reducing the financial burden of dialysis treatment. More importantly, PD has given her back her independence and quality of life. "Before PD, my appetite was very poor. I could hardly eat and only drank water. Now, my energy has returned to the same as before. I can do everything I used to, and I can even do my treatment in the comfort of my home."

Living life to the fullest

Today, Velusamy enjoys a full and active lifestyle. On a typical day, she visits the market for groceries, shops at the mall, spends time with her grandchildren or visits her elderly mother.



"Along with my family's encouragement and support, treatment has given me the strength to take charge of my health."

Velusamy Saraswathy

She is able to take care of her own daily needs and keeps her mind sharp by playing computer games and puzzles on quieter days.

Her husband and helper provide daily home support, while her family remains her strongest pillar, always ensuring she is well. The guidance from NKF's PD nurses has also been invaluable. "They guided me through the process, taught me the do's and don'ts, giving me the confidence to manage PD on my own. I feel empowered, not dependent."

Giving back, moving forward

For Velusamy, PD has not only helped her regain her health but also allowed her to continue the things she loves most – volunteering, socialising and engaging with her community. Looking ahead, she hopes to join NKF's peer support group and activities, inspiring others along the way.

Her advice to fellow patients is simple yet heartfelt: "Don't give up, you can get through this. Treatment works and makes you feel better." ■

Understanding peritoneal dialysis

Here's what you need to know about this life-saving home-based treatment for kidney failure patients.

What is peritoneal dialysis (PD)?

PD is a daily, non-intermittent home treatment that uses the peritoneum, a thin lining in the abdomen, as a natural filter to remove waste and excess fluid. Dialysis solution (dialysate) is introduced into the abdomen through a catheter. Waste and fluid from the blood pass into the dialysate, which is then drained from the body.

Benefits of PD



Painless

No needling required



Greater freedom and autonomy

Supports a flexible lifestyle for work and leisure



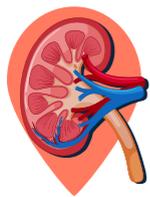
Gentler on the body

Mimics natural kidney function



Fewer dietary restrictions

Less fluid buildup between sessions



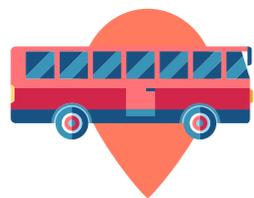
Longer-lasting kidney function

Preserves residual kidney function



Fewer side effects

Less fluctuation in blood pressure



Cut down on travelling time

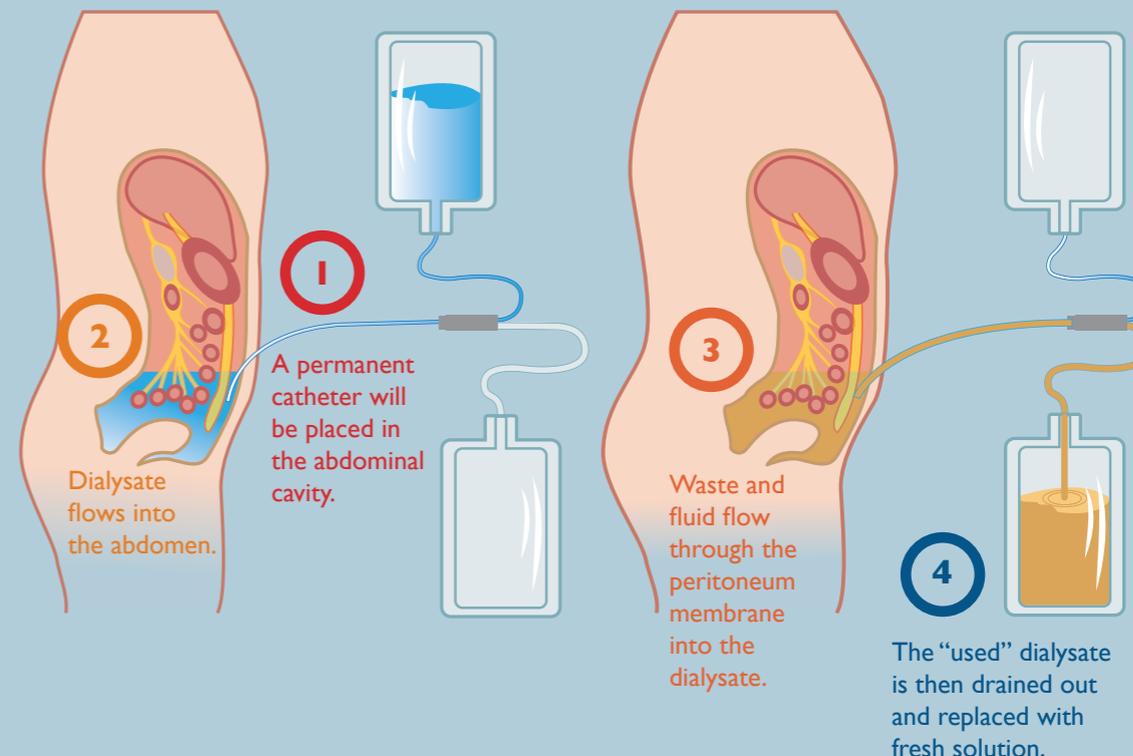
No need for frequent trips to a dialysis centre



Flexible treatment hours

Greater control over treatment timing

How It Works



Types of PD



Continuous Ambulatory PD (CAPD)

CAPD is a manual, daytime dialysis method using gravity. Patients perform 3 – 4 exchanges every day, each lasting about 30 minutes, allowing flexibility in their daily routine.

- Connect a bag of dialysate to the catheter in the abdomen. Fluid flows into the abdomen under gravity.
- The dialysate stays in the abdomen for 4 – 6 hours, absorbing waste and excess fluid while the patient continues with their daily activities.
- Drain the used fluid, flush the tubing, and start the next cycle with a fresh bag of dialysate.



Automated PD (APD)

APD is done overnight using a machine, lasting 8 – 10 hours. It frees up the patient's schedule for daily activities.

- Before going to bed, connect the machine to the catheter to fill the abdomen with dialysate.
- The machine automatically exchanges the dialysate multiple times throughout the night.
- By morning, the treatment is complete. Disconnect the catheter and dispose the used fluid. ■

Hands that care and hearts that lead

The Nurses' Merit Award is one of the most prestigious accolades presented by the Ministry of Health. It recognises nurses who have demonstrated outstanding performance, dedication, and contributions to the nursing profession. This year, we are proud to celebrate three exceptional nurses from NKF who have received this national honour. Their unwavering commitment to patient care, leadership and professional excellence exemplifies the very best of nursing. Read on to be inspired by the stories of Senior Nurse Manager Loong Sai Wah and Nurse Managers Mar Mar Aung and Smitha James.



Leading change, empowering care

After graduating in Malaysia, Sai Wah took a leap of faith to start her nursing career in Singapore's high-pressure ICUs – an experience that shaped her resilience and drive. Her passion for renal care is personal, born from watching her own parents struggle with diabetes. That connection fuels her mission to provide preventive, compassionate care for every patient. Sai Wah leads from the ground up – mentoring nurses, advancing digital solutions like the Renal Point of Care system and launching initiatives from fall prevention to diabetes education. She listens deeply, supports tirelessly and inspires many. Her leadership empowers both nurses and patients, combining innovation with heartfelt care.

"When we support our nurses and listen to our patients, we unlock the full potential of healing."

Loong Sai Wah



Quiet strength, lasting impact

When Mar Mar was 12, she saw a woman carried for hours to a hospital – only to return lifeless. There was no nurse, no clinic, no help. That moment, and the example of her mum's cousin – a kind, capable nurse – inspired her calling. Today, Mar Mar leads NKF's largest dialysis centre by example: needling patients, setting up machines and mentoring staff with empathy and precision. Her calm, hands-on leadership helped reduce hospitalisations and achieved zero vascular access infections in 2024. Championing innovations like ultrasound-guided cannulation, she ensures comfort and safety for all. From small-town roots to Singapore's frontline, Mar Mar's journey is one of resilience, heart and unwavering care – where every patient matters and every nurse thrives.

"Leadership is not about being in charge – it's about being with your team, every step of the way."

Mar Mar Aung

Compassion in action, every day

For Smitha, nursing is more than treatment – it is about being there through every step. Over 23 years, she has found deep fulfilment in helping patients stabilise their conditions and regain self-confidence in managing their health. Their trust, gratitude and small moments of connection fuel her every day. Smitha leads with heart and skill – carrying out ultrasound-guided cannulation and supporting nocturnal dialysis. Whether making home visits after hours or guiding new nurses, she embodies empathy in action. She finds strength in her team too, where shared dedication turns challenges into purpose. Smitha's leadership uplifts lives and strengthens care – quietly yet powerfully, every day. ■

"Nursing isn't just treatment – it's standing by someone, offering comfort, clarity and care when they need it most."

Smitha James



GIVING LIFE. TOUCHING LIVES



United by purpose, inspired by hope

The Swing For Hope: NKF Charity Golf 2025 was more than just a game – it was a powerful show of solidarity in the fight against kidney failure. The event united individuals who share one purpose: to bring strength and hope to over 6,000 patients under our care and their families.

Thanks to the generous support of over 150 friends of NKF, we successfully reached our fundraising goal of \$800,000. This milestone would not have been possible without the compassion, generosity and unwavering commitment of everyone who stood with us.

While we celebrate how far we have come, the journey ahead remains critical. An estimated 500,000 people in Singapore are living with chronic kidney disease (CKD) – many unaware of it. The real fight starts much earlier, through prevention and early detection. It is important for more people to take charge of their health and for more partners to join us in spreading this urgent message.

To all our partners and supporters: thank you for walking this meaningful journey with us. Together, we can reach more Singaporeans and build a healthier, more resilient and compassionate nation. ■

“How can we do more and how can we contribute more?”

A powerful question posed by Mr Seah Kian Peng, Speaker of Parliament and Guest of Honour, during the golf event.

This spirit of service resonates deeply with NKF as we strive to do more to help kidney failure patients and promote kidney health in the community.

Entrepreneur Mdm Cheah Bee Chew leads with compassion

Mdm Cheah Bee Chew, founder of Bee Choo Origin, reminds us that true success lies in service to others. Beyond her achievements as an entrepreneur, Mdm Cheah is a woman of quiet strength and boundless compassion – qualities that have earned her the honour of being appointed as NKF's Charity Ambassador in July 2025.

Her journey began with a deep-rooted desire to help individuals regain confidence through healthy hair and scalp care. Yet her mission did not stop at beauty. Mdm Cheah's heart for the community has been evident through years of hands-on involvement in social causes. From personally providing needy patients with complimentary haircuts, to actively participating in outreach and advocacy, she leads by example – never from behind a desk, but at the frontline of care.

Her generosity has also made a tangible difference – in 2024, she donated over \$140,000 through her company to fund an electric minibus, ensuring safe travel for patients receiving treatment at their dialysis centre. To date, Mdm Cheah, together with her family and through her business, has contributed nearly \$400,000 to NKF, a testament to her enduring commitment to the cause.

Her advocacy for kidney health has helped amplify NKF's voice through her wide network, extending our organisation's reach and impact. As she steps into her new ambassador role, Mdm Cheah brings not only her influence but her unwavering compassion. Her appointment is a testament to her values and the belief that every individual, no matter their circumstances, deserves care, dignity and hope.

We are honoured to welcome Mdm Cheah into the NKF family and look forward to the incredible journey ahead – walking hand-in-hand with a woman whose heart truly beats for others. ■



“I believe that since we draw from society, it is only right to give back. Naturally, blessings will follow.”

Entrepreneur Cheah Bee Chew, whose passion for doing good continues to uplift the community

Where care begins: a fundraiser's story

For Tan Yi Jing, 37, fundraising is far more than a job – it is a mission grounded in empathy, purpose and people. As a member of the fundraising team at NKF, Yi Jing is now in her fourth year of forging connections that change lives.

“What keeps me going is knowing that what we do truly eases the burden on our patients,” she shares. “Finances should be the last thing anyone worries about during their fight to survive.”

It is that drive to make life better for kidney patients and their families that fuels everything she does. Whether she is engaging with corporate donors, crafting heartfelt stories, or packing care items herself, Yi Jing ensures that every action is rooted in compassion.

Fuelled by purpose, inspired by people

Yi Jing was drawn to NKF because of its holistic approach – not just treatment but education, prevention and support. “It’s meaningful because the work doesn’t just stop at raising funds,” she explains. “It ripples through the community, helping people live better lives and inspiring others to give back.”

Her day-to-day work revolves around people – finding those who care about the cause and building relationships that last. From creative storytelling and donor engagement to logistics and campaign planning, her role is diverse and deeply personal.

“People often think fundraisers are just like salespeople – but we’re not,” she adds with a smile. “We listen to patients’ stories, we share them with donors and we work hard behind the scenes to make sure support goes where it’s most needed.”

From bubble tea to big changes

Working at NKF has sparked surprising shifts in Yi Jing’s own lifestyle. “Anyone who knows I love bubble tea,” she laughs. “But for 2025, I’ve decided to cut it out and take better care of my health – so far, I’ve gone nine months without it!”

This personal change is a reflection of the broader message she helps promote every day – that prevention, wellness and small decisions matter. And it shows how NKF’s work is not just transforming patients’ lives but also shaping the people who serve behind the scenes.

Moments that stay with you

One of Yi Jing’s proudest achievements is Race Inspired, a cross-department initiative that promoted health and raised funds through community synergy.

“It brought people together not just to support, but to live the cause,” she recalls.

She also remembers meeting a dialysis patient who, despite her own financial challenges, continues to give back. “Her generosity, even in the midst of struggle, reminds me why I do this,” Yi Jing says. “It’s incredibly humbling.”

Hope, connection and the road ahead

At the heart of Yi Jing’s work is a commitment to keeping donors connected to the mission. Whether through photos, impact stories or patient updates, she helps donors see that their contributions make a real difference.

“When people see how their support helps others, they often become more than donors – they become advocates,” she says. “Some even bring their friends into the cause.”

Looking ahead, Yi Jing is energised by the potential to grow community support, especially among younger donors. “Fundraising should be “fun-raising” – meaningful, creative and engaging,” she says.

To the generous donors who walk this journey with NKF, Yi Jing has a message: “Your support doesn’t just give life – it gives hope. It creates real, lasting change, not just for patients but for their families too. Thank you for being part of something so meaningful.” ■

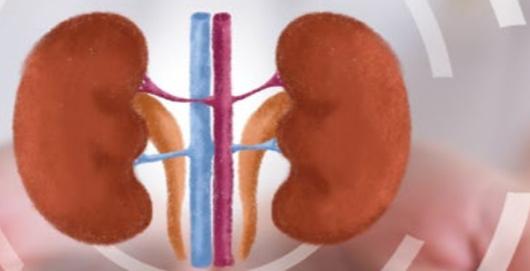


“Being a fundraiser isn’t just about raising money – it’s about inspiring hope, building trust and growing with the community I serve.”

Tan Yi Jing, inspired by the strength of patients and the generosity of donors



Sweet victory for your kidneys starts with prevention



At NKF, Prevention is one of our key pillars – stopping kidney disease before it starts. This World Diabetes Day (14 November), we are raising awareness of a crucial truth: managing diabetes is one of the most powerful ways to protect your kidneys and your life.

Why it matters

Your kidneys may be small, but they play a mighty role – filtering waste, balancing fluids, supporting healthy bones and regulating blood pressure. But they are vulnerable to chronic conditions, especially diabetes.

- Diabetes is the leading cause of kidney failure in Singapore, responsible for nearly two-thirds of all cases.
- High blood sugar silently damages the kidneys' filtering system over time.
- Most people do not notice symptoms until kidney damage is advanced – that is why both diabetes and kidney disease are often called “silent killers”.

Without early intervention, this damage can progress to chronic kidney disease (CKD) and eventually kidney failure, where dialysis or a transplant is needed to survive.

Early detection saves lives

Your health and your family's is worth protecting. By staying informed about your kidney health through regular kidney screening, you can take action early and reduce the risk of CKD and diabetes-related complications. Regular kidney screening is especially crucial if you live with diabetes, high blood pressure or have a family history of kidney disease.



Learn more about NKF's free kidney screening programme.

7 tips to keep your kidneys healthy

Alongside screening, lifestyle habits play a key role in keeping your kidneys healthy. Taking care of your kidneys is easier than you think. Small daily habits can go a long way! Here are 7 simple, powerful ways to protect your kidney health and reduce your diabetes risk:

Tip 1

Use less sugar, salt and oil when cooking.

Season meals with herbs and spices.



Tip 2

Stay active.

Try walking, swimming or cycling for 30 minutes a day, 5 times a week.



Tip 3

Quit smoking.

If you smoke, talk to your doctor about ways to stop – it's never too late to start.



Tip 4

Cut down on sugary drinks and alcohol.

Drink plain water to stay hydrated and support your kidneys.



Tip 5

Eat balanced meals.

Aim for 2 servings of fruit + 2 servings of vegetables daily, along with whole grains and lean protein.



Tip 6

Manage your stress.

Take up a sport, enjoy nature or relax with music and deep breathing.



Tip 7

Keep track of your blood pressure and blood sugar.

Get regular check-ups and talk to your doctor about managing them well.



Remember, healthy kidneys are not by chance but by choice. It's up to you to keep them healthy! ■



Eat well, waste less

Healthy, sustainable eating does not have to be costly or wasteful. With mindful meal planning, we can benefit both our health and the planet.

Plan your meals, protect your health and the planet

Meal planning is key to a healthy diet, and reducing impulse purchases and food spoilage. When planning your meals, use 'My Healthy Plate' as a guide to create balanced meals filled with kidney-friendly staples like brown rice and wholegrain noodles, as well as plant-based proteins, vegetables and fruits such as tofu, cabbage and apples.

When grocery shopping, look for products with the Healthier Choice Symbol to guide your purchases. Additionally, learning proper storage techniques for fresh produce can help maximise its shelf life and minimise waste.



Cook smart with leftovers

Before you discard those leftovers, consider transforming them into something new! Leftover roasted vegetables can be repurposed for soups, stews or wraps, while extra rice is perfect for a fried rice dish. Additionally, to save time and reduce waste, consider batch cooking and freezing to have them for later meals.



Use the "root-to-stem" and "nose-to-tail" approach

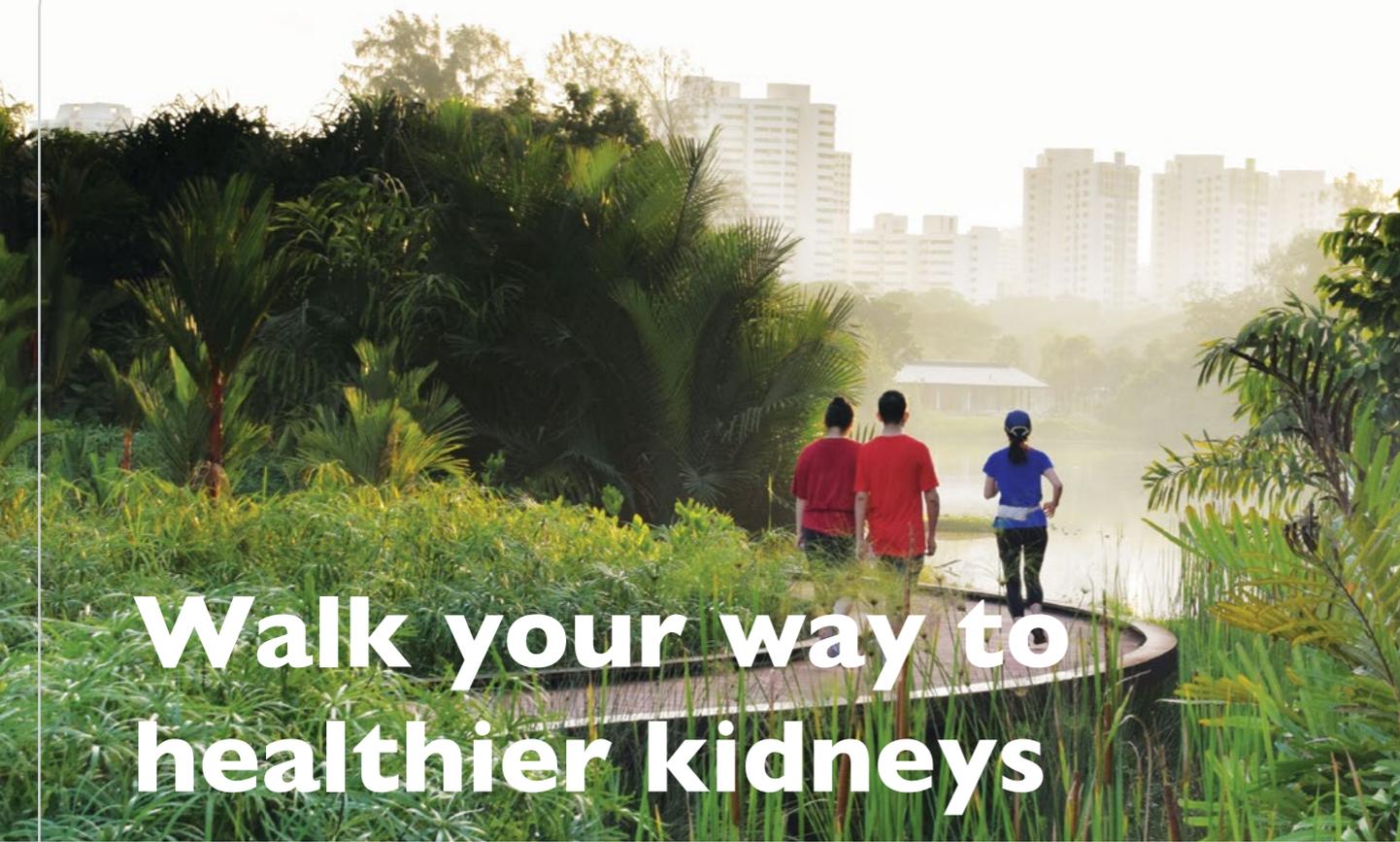
Those often discarded 'food scraps' can be delicious and nutritious too! Consider tossing broccoli stems and carrot tops into soups and stir-fries (instead of the bin) for added flavour and nutrients. You can also repurpose food scraps into flavourful homemade stocks, zesty pestos and even tangy pickles.



Buy "ugly" produce

Misshapen fruits and vegetables may not look perfect, but they are just as nutritious as their more photogenic counterparts. By choosing these quirky-looking produce – often sold at a discount – you are not only stretching your dollar but also taking a stand against unnecessary food waste. It is a simple way to live sustainably and enjoy nature's delicious imperfections!

In conclusion, eating well and sustainably can go hand-in-hand. By making small changes like mindful meal planning, you can adopt a healthier and more eco-friendly lifestyle. Eat well, waste less today! ■



Walk your way to healthier kidneys

Did you know that just 30 minutes of walking every day can lower your risk of diabetes and help protect your kidneys? With World Diabetes Day coming up in November, there is no better time to start moving. You do not even need a gym membership or fancy shoes to get started!

Why you should walk

In Singapore, diabetes is the leading cause of kidney disease. High blood sugar slowly damages tiny blood vessels in the kidneys.

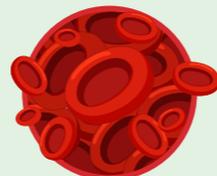
The good news is that regular walking helps lower the risk of diabetes. Here are some benefits:



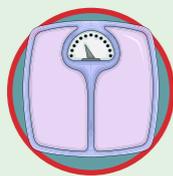
Lowers blood sugar



Reduces blood pressure



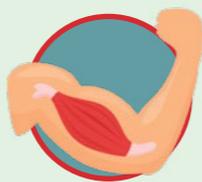
Boosts blood flow to the kidneys and heart



Helps with weight management



Eases stress and inflammation



Strengthens muscles and bones

5 mins stroll

~20 calories burned*
Helps break up long periods of sitting, refreshes the mind and promotes better blood circulation.

15 mins stroll

~60 calories burned*
Enhances cardiovascular health, helps regulate blood sugar and boosts energy levels.

30 mins stroll

~120 calories burned*
Builds stamina, supports weight management and reduces stress.

60 mins trek

~240 calories burned*
Strengthens bones and muscles, improves overall fitness and boosts mood through endorphins.

How walking duration benefits your health

Whether it is a short stroll or a longer trek, every step counts. Here is how varying durations of walking can improve your health in various ways.

*Estimates based on 70kg body weight.

Tips for a safe and healthy walk

Keep these in mind to ensure a safe walk that is enjoyable and beneficial to your health.



Walk with a natural stride, rolling your foot from heel to toe as you walk.



Warm up and cool down with 5 minutes of slower walking.



Stay hydrated.



Walk with an upright posture, keep your shoulders relaxed and tummy tucked in.



Stop exercising immediately if you feel dizzy, breathless, extremely tired or experience chest pain. See a doctor if these symptoms persist.

Whether it is a walk to the train station or a stroll after dinner around the neighbourhood park, every step adds up. Grab a comfy pair of shoes and walk your way to better blood sugar, stronger kidneys and a healthier you! ■

Season of giving

- end the year by uplifting lives



"Dialysis is a part of my life, but each day remains a precious blessing. I'm deeply grateful for the care I receive and for the kindness of those whose generosity makes it all possible."

Jaime Zheng Huimin, 38,
on dialysis for 18 years.

Your Gift, Their Lifeline

\$60

Provides 100 patients with a pair of needles essential for 1 dialysis session

\$600

Supports a patient with subsidised dialysis treatment and holistic care for 1 week

\$6,000

Supports a patient with subsidised dialysis treatment and holistic care for 2 months

With a donation of \$10,000 or more, your contribution will be recognised on our Donor Acknowledgement Wall. Contact us at 1800-KIDNEYS (5436397) or email lifedrops@nkfs.org to find out more.

Enjoy tax deduction of 2.5 times the value of your donation.

How It Works

If your statutory income was \$100,000 and you donated \$10,000 to NKF in 2025

You'll enjoy a \$25,000 tax deduction (\$10,000 × 2.5)

Your assessable income in 2026 will be \$75,000 instead



Make your year-end giving count by bringing hope and uplifting lives today.

For more information on tax deductible donations, please visit the IRAS website.

Scan to donate

Let's get social



NKF Singapore