

CONNECT

Everyone has a part to play
Putting the pieces together for
better kidney health



4

CARING FOR YOUR KIDNEYS

Protecting kidney health as a community

At NKF, we believe that maintaining kidney health is a shared responsibility...



10

JOURNEYING WITH PATIENTS

Forging ahead with home care dialysis

It was not long ago that Khoo Tin Wee found herself at the brink of death...



16

JOURNEYING WITH PATIENTS

A caregiver's journey of unwavering love and resilience

At age 38, Najihah Shahrom cares for her husband Mohammad Najib Lajis, 43, their three children...



20

DAILY DOSE OF HEALTH

Food for thought

We explore common questions about fermented foods, seafood, and cooking oils...



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We are immensely grateful to the community for rallying together to support our mission. Each of us plays a part as we put the pieces together for better kidney health.

Our recent collaboration with general practitioners to provide kidney screening is a significant step forward for those at risk of kidney disease. Together, we are making early detection and proactive care more accessible, reducing the burden of kidney disease and promoting better health outcomes.

Our success stories are many, each one a testament to the power of community. As you turn the pages of this newsletter, you'll read about inspiring individuals like Sally Low, whose volunteerism uplifts our patients, and Khoo Tin Wee, whose resilience inspires us all. These stories highlight how collective efforts lead to remarkable outcomes.

Reflecting on our journey, we see how every contribution creates ripples of positive impact, transforming lives and fostering a healthier future. The unwavering support of our donors, volunteers, and community partners has been a beacon of hope. Our recent Donor Appreciation event celebrated the generosity and compassion of our supporters, emphasising the enduring spirit of giving that empowers kidney failure patients and advances kidney health advocacy.

Our community's commitment extends beyond individual stories. The Home-based Business programme empowers patients like Mariana Mahat to achieve financial independence and contribute meaningfully to their families. This initiative demonstrates how we can turn challenges into opportunities, equipping our patients with the skills and confidence to build better futures.

The Transplant Support Group is a cornerstone of our efforts, fostering a community of mutual support where patients share their experiences and gain strength from one another. Steven Ong's 42-year journey with a transplanted kidney and his dedication to supporting others underscore the life-changing impact of kidney transplants and the importance of peer support.

Our commitment to holistic care extends to our newly initiated Caregiver Support Group, providing essential emotional and practical support to those

caring for kidney failure patients. Najihah Shahrom's story of resilience in caring for her husband and family is a powerful reminder of the vital role caregivers play in our community.

Looking to the future, we are focused on promoting proactive kidney health within the broader community. It is essential that we all take steps to care for our kidneys and lead healthier lives. To support this goal, we have included articles on the benefits of a low-sodium diet and regular physical activity. These resources are designed to help you and your loved ones adopt healthier habits and reduce the risk of kidney disease.

I urge each of you to continue your invaluable support for NKF's mission. Whether through donations, volunteering, or spreading awareness, your contributions are the lifeblood of our efforts. Let us continue to join hands, each playing our part, ensuring that our community remains strong and united in the fight against kidney disease. ■

Tim Oei
Chief Executive Officer





Protecting kidney health as a community

At NKF, we believe that maintaining kidney health is a shared responsibility. That is why we are working hand in hand with general practitioners (GPs) to bring essential kidney screenings closer to you. Our kidneys are vital organs that play a crucial role in keeping our bodies healthy, but they need our help to stay strong. By participating in regular screenings, you are not just protecting your own health – you are also contributing to the collective effort to prevent and manage chronic kidney disease (CKD) in our community.

“The NKF collaboration allows our patients to access subsidised screenings while also educating them about renal health.”

Dr Lim Kai Hung
Medical Director of 57 Medical

“After seeing a kidney screening flyer, my husband and I visited a nearby GP. I expected a long process, but it turned out to be a simple urine and blood test. The review showed I need follow-up, and I’ll be taking the report to my family GP for further steps.”

Hajiraan Begum Md Kudbudeen, 40

“This kidney screening was crucial in raising awareness that factors like family history and medical conditions such as diabetes and hypertension can lead to kidney failure. Since then, I’ve shared the screening flyer with my family and friends, encouraging them to participate and stay informed about their kidney health.”

Maureen Ho Cheok Khim, 68

CKD is a condition characterised by the gradual loss of kidney function over time. If kidney disease progresses, it can eventually lead to kidney failure, requiring a transplant or dialysis. Curious about the health of your kidneys, but unsure where to start? Begin with our kidney risk factor checklist to assess your risk for kidney disease.

If you have any of the risk factors and have already completed a kidney screening in the past year, be sure to continue getting screened annually.

If you ticked a yellow box in both sections, you qualify for a free kidney screening at any of our partnering GP clinics.

Risk Factors

Tick where applicable

Do you have diabetes?



Do you have high blood pressure?



Do you have any heart diseases (heart attack, heart failure, valve disease, stroke, or blood vessel/vascular disease)?



Do you have a family history of kidney disease?



Do you have a family history of diabetes?



Do you have family history of high blood pressure?



Is your BMI 27.5 or higher?

Weight (kg) / [height (m) x height (m)] = BMI

____ / (____ x ____) = BMI
(kg) (m) (m)



Are you a frequent smoker?



Do you frequently take nonsteroidal anti-inflammatory drugs (NSAIDs) like Ibuprofen, Aspirin, or Ketoprofen?



Kidney Screening History

You have not done a kidney screening in the past year.



A kidney screening consists of two quick tests to evaluate your kidney function and detect any signs of kidney disease.



Scan the QR code to find the nearest clinic and call them to schedule your appointment.



Creating ripples of impact through community unity

NKF's Donor Appreciation event, held at ONE°15 Marina Sentosa Cove on 29 June 2024 in commemoration of our 55th anniversary, demonstrated the enduring spirit of generosity and compassion within our community. The special occasion united over 100 donors, guests, and supporters to celebrate their collective impact in empowering kidney failure patients with renewed vigour and purpose, and advocating kidney health in the community. We were privileged to recognise outstanding organisations and individuals, expressing our deep gratitude for their unwavering and longstanding support.

This warm gathering ignited a flame of hope for the future, serving as a beacon amidst the challenges and opportunities ahead. As we reflect on our journey, we extend our heartfelt appreciation to every donor for their contributions, together creating ripples of impact that save and transform lives, and enriching lives through better kidney health. ■

"I teach them (my children) to be frugal and the importance of helping others."

Cheah Bee Chew, founder of Bee Choo Origin (right), who provides free haircuts to dialysis patients, and together with her daughter, Lim Xue Ting, make regular donations and organised a fundraising campaign



"For the past 24 years, SUTL has been supporting the good work done by NKF. I'm honoured to be NKF's Charity Ambassador and continue my father's legacy of charitable efforts."

Arthur Tay, Chairman of SUTL (second from left), whose late father, a kidney failure patient himself, donated \$5 million to establish the Tay Choon Hye-NKF Dialysis Centre at NKF's HQ

"Seeing the impact that we create for our patients and their caregivers. That's what matters... Thank you, from the bottom of my heart, for your long-standing support."

Arthur Lang, Chairman of NKF (extreme left), appreciating our valued donors, sponsors, and supporters for embarking on Future Forward 2030 and continuing this journey with us to save lives

"It heartens me to see how the community has come together to collectively support our patients. I hope that you will continue to lend your support to NKF's mission of Giving Life and Hope through your contributions, and lend the treasure of your networks to spread the word. I encourage everyone to not just take care of our personal health, but to also join hands in addressing the nation's kidney health crisis, together."

Mr Eric Chua, Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Social and Family Development (centre), and guest of honour at our Donor Appreciation event





An enduring commitment to volunteering



“Caring for others fills my heart with purpose and gratitude. The patients remind me to cherish life’s blessings and share joy wherever I can.”

Sally Low, who supports, encourages and provides a listening ear to dialysis patients

Sally Low has always been a steadfast volunteer, dedicating her time to various voluntary welfare organisations. Her journey took a poignant turn after witnessing how people’s lives were devastated by freak accidents on the news. Fuelled by a deep sense of compassion, she equipped herself with Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) certification, transforming her into a capable first responder.

In 2008, Sally stepped back from her volunteering activities to take care of her newborn grandson. Her altruistic contributions were reduced to occasional assistance at a local community centre. As her grandson gradually grew up and became more independent, Sally found herself with newfound time. A well-meaning friend reintroduced her to volunteering, leading her to join an NKF dialysis centre in Ang Mo Kio from September 2022.

Renewed compassion for the sick

Volunteering at the dialysis centre exposed Sally to the plight of dialysis patients. Witnessing first-hand the pain of needling and hearing stories of hardship after their life-changing kidney failure diagnosis deeply affected her. During her first few volunteering sessions, she often cried as she empathised with the patients’ suffering. She also feared the weight of grief when patients passed on. But after gaining insight from a nurse who shared that their responsibility was to alleviate suffering rather than shouldering burdens, Sally started drawing strength from the patients’ stories.

Grateful for her own health, Sally actively engages with patients, offering assistance in myriad ways – from taking their weight to pushing wheelchair-bound patients to the treatment area. Sally’s kindness and altruism have made her beloved among patients, who often confide in her about their troubles, providing her opportunities to infuse their lives with optimism.

Sally’s keen observations extend to patient well-being, prompting her to address issues promptly.

She has accompanied wheelchair patients to the community centre to assist in redeeming their CDC vouchers. When Sally is not at the centre, the patients would frequently inquire about her, demonstrating the profound impact she had made in their lives. She encourages patients to exercise by demonstrating moves herself. Her infectious enthusiasm during a Renal-lympics competition encouraged hesitant patients to participate, fostering a sense of community and shared accomplishment.

Finding purpose and fulfilment

Today, Sally radiates her active and bubbly self, visiting the dialysis centre almost every day, supporting the nurses and patients alike.

“The patients have lots of stories to share,” says Sally. “They remind me not to take the blessings around me for granted, making me appreciate life even more.”

Sally’s hope is that her smiles and cheerfulness will continue to uplift the spirits of the dialysis patients and inspire positivity in their lives. ■

Forging ahead with home care dialysis



“Kidney failure isn’t the end. PD has given me the strength to embrace each day with my family by my side, proving that hope can thrive despite adversity.”

Khoo Tin Wee, who looks to the future with optimism

It was not long ago that Khoo Tin Wee found herself at the brink of death, facing the daunting trials of kidney disease and a harrowing battle with Covid-19 during her pregnancy. Today, at the age of 40, Tin Wee has defied the odds, serving as a beacon of strength. She embraces a life filled with the freedom to spend quality time with her children, efficiently manage daily tasks, and looks forward to a better quality of life.

Courage under crisis

Tin Wee’s life took an unexpected turn in 2015 when she discovered her kidneys were damaged. Despite early warnings from a kidney specialist urging her to prioritise her health, she faced significant challenges. It was not until 2021, when Tin Wee was pregnant with her fourth child, that the true gravity of her kidney troubles surfaced. The steroids she took to preserve

her remaining kidney function compromised her immune system, and she contracted Covid-19. This led to a challenging six-day ordeal in the intensive care unit while carrying her unborn child. Miraculously, she emerged from the depths of despair, giving birth to a premature baby.

Embracing hope with PD and family strength

The recommendation for a kidney transplant as an option for a better quality of life loomed, but she could not find a suitable donor. She had the choice of undergoing haemodialysis – thrice weekly for four hours each time, requiring travel to an NKF community-based dialysis centre – or home care peritoneal dialysis (PD), allowing her to undergo 10 hours of treatment at night while sleeping in the comfort of her home. She opted for the latter, as it is gentler on the body and allows her the flexibility to continue caring for her four young children.

Tin Wee’s journey with PD reflects her unwavering determination. Adhering diligently to dietary restrictions and prescribed regimens, she gradually reduced her nightly PD sessions to six days per week, due to increased urine volume and reduced toxicity levels in her bloodstream.

Her family, serving as a crucial support system, is a cornerstone of her recovery. Her husband actively assists with her PD while the older children take care of the younger siblings during weekends. Regular visits by her mother-in-law provide additional help.

External support, including regular check-ins from a dedicated PD nurse and the camaraderie of a PD support group, has played a pivotal role in providing essential support in Tin Wee’s dialysis journey. Reflecting on her experience, Tin Wee encourages fellow dialysis patients not to lose hope, for the crucible of adversity lies the strength to forge ahead.

A message of hope and encouragement

“Kidney failure is not the end of the road,” she says. “Treatment offers a second chance to keep us moving forward. As long as we can undergo dialysis, we should cherish this opportunity for a new lease on life.” Tin Wee stands as a testament to resilience, triumphing over adversity with courage and determination. ■

PD Support Group

Calling themselves the PD Warriors, members of the PD Support Group support each other for better health literacy, alleviate psychosocial issues and enable community bonding amongst patients and staff. The PD Warriors collaborate with external healthcare partners to better meet the needs of PD patients. For their dedication, the PD Warriors received the prestigious Inspirational Partner Award under the Singapore Health Inspirational Patient & Caregiver Awards 2024.

Find out more on the following platforms:



Whatsapp



Facebook



Telegram



Sacrifice brings renewed life

Life took a devastating turn for Pookae Mahaphuphanil when she was diagnosed with kidney failure in 2015 at the age of 44. The doctor presented her with two options: a kidney transplant or lifelong dialysis. Despite her daughter Sharon Boswell, then 22, volunteering to donate her kidney, Pookae initially declined, preferring dialysis.

"I wanted my mother to have a chance at a better life, one that is free from illness and filled with joy and vitality. This journey showed me the true meaning of love, driving us to overcome any obstacle in its path."

Sharon Boswell, 31, gave her mother her kidney, the ultimate gift of life

A mother's concern

As a single mother living in a rented room separate from her three daughters, Pookae did not want to burden them with the complex decision-making process and inherent risks of a transplant, especially with her youngest daughter still in secondary school. This weighed heavily on her.

Unexpected changes

Things unexpectedly changed when Sharon's eldest sister secured a new home in Sembawang, bringing most of the family together. With Sharon living closer in Marsiling with her own family, she could visit her mother more frequently. These visits revealed the daily struggles her mother faced – early mornings leaving for work at 6am and returning home after 10pm on dialysis days.

Reflecting on this, Sharon said, "Spending more time with my mother made me realise firsthand how tough her life has been. She worked while undergoing dialysis, which was hard to watch. Eventually, we considered a kidney transplant for her."

The option of a transplant resurfaced as Sharon and her sisters were determined to ease their mother's burden. They believed it was crucial to give her a chance at a new life with a kidney transplant. They did not want to regret not trying when there was still an opportunity to help their mother. Pookae became receptive to the idea through family discussions, leading to Sharon's renewed offer.

A daughter's sacrifice

Sharon believed herself to be the most suitable donor among her sisters. Despite doubts about rejection, her husband's support gave her strength. Throughout 2021, both underwent extensive tests to confirm compatibility. However, they discovered their blood types did not match. Still a direct donation was possible with additional treatments to lower rejection risk. They also considered a paired exchange programme, eventually opting for the former.

Embracing the new beginning

The transplant took place on 10 November 2021. Sharon is grateful to be able to benefit from NKF's Kidney Live Donor Support Fund, which helps defray the cost of post-transplant expenses like medical check-ups and medication.

Pookae began recovering, embracing newfound freedom from dialysis. She visited relatives from Thailand, a luxury previously impossible. She also enjoyed cooking for her family and cherishing quality time with them. For Sharon, the journey reinforced the boundless depths of love and provided insight into her health, discovering high cholesterol and prompting lifestyle changes.

Their story is a testament to the resilience of the human spirit, offering hope to all who dare to dream amidst adversity. ■



"Receiving my daughter's kidney was not just a gift of life, but a reminder of the strength and resilience that runs deep within a mother's bond with her children."

Pookae Mahaphuphanil, 53, is leading a fulfilling life with her new lease of life



Building a community of support through Transplant Support Group

NKF's Transplant Support Group fosters a community of mutual support. This group meets regularly, providing a platform for patients to discuss shared psychosocial issues and support one another. Transplant physicians are engaged to address transplant-related topics and the pressing issues of transplant preparedness and emotional readiness faced by pre-transplant patients. To date, about 35 patients have benefitted from this support group.

Steven Ong, 63, is an active member of the group where he passionately shares his transplant story. Steven's journey with a transplanted kidney spans an impressive 42 years. In 1982, his then 42-year-old mother, Ang Tew Choon, was found to be a perfect match and she donated her kidney to him. Today, at 84, his mother is hale and hearty. His immense gratitude for his mother's selfless act remains a cornerstone of his outlook on life, especially in supporting others contemplating a kidney transplant. During group sessions, Steven seeks to dispel fears about kidney donation, offering hope and reassurance to potential transplant patients, while spreading the message that transplantation can lead to a brighter, healthier future. He inspires others to consider the life-saving impact of kidney donation, fostering a culture of support and compassion. ■

"Thanks to my mom's kidney donation 40 years ago, I gained a new lease of life. Joining a transplant support group has brought me newfound joy after years as a transplant patient. As a group leader, I assist pre-transplant patients, guiding them on their journey ahead."

Steven Ong, a passionate advocate for kidney transplants



Celebrities bring joy and encouragement to patients

Director Jack Neo and actor Terence Cao, strong advocates for NKF's cause, made a heartwarming visit to dialysis patients at NKF's Integrated Renal Centre on 30 May 2024, filling the centre with love and encouragement, spreading smiles, and lifting spirits. ■



"I know that dealing with kidney failure is a tiresome and arduous ordeal. But I'm here to cheer you on because NKF has always supported you. You can take comfort in knowing you're being cared for. You'll feel there's still compassion in society. Keep on fighting!"

Director Jack Neo, who brought cheer and encouragement to dialysis patients



"To all the healthy folks out there, take good care of yourselves. Maintain a balanced diet, watch your sugar intake, and exercise regularly. NKF is here to ensure you prioritise your health. To all the patients, don't worry, we've got your back!"

Terence Cao, giving words of motivation and reassurance to everyone

A caregiver's journey of unwavering love and resilience

At age 38, Najihah Shahrom cares for her husband Mohammad Najib Lajis, 43, their three children, and her father-in-law. Her story is one of love and resilience in the face of unexpected tribulations.

Najihah met Najib 13 years ago through a mutual friend. Attracted by his easy-going nature, they soon married and had two children, living a comfortable life. However, everything changed when Najib was diagnosed with diabetes while Najihah was pregnant with their third child.



“Every day is a new chance to find strength, cherish the little moments, and remind ourselves that there is always something to be grateful for.”

Najihah Shahrom, a caregiver who is a pillar of strength for her family

Facing unexpected challenges

By the time their daughter was one, Najib's right leg was amputated and he lost his job, the family's only source of income. Soon after, he was diagnosed with kidney failure and had to undergo dialysis. The family was thrust into a period of turbulence. Not only did Najihah have to adjust to the Covid-19 pandemic and the loss of income, she also had to deal with raising three children while caring for her wheelchair-bound husband and her father-in-law, who also suffered from diabetes.



The early months of dialysis were especially hard. Najihah had to wheel Najib to and from the dialysis centre three times a week, often bringing their young children along. Balancing caregiving with her own mental struggles was exceedingly demanding. Despite these challenges, Najihah never gave up. She practiced positive self-talk, reminding herself that better times would come. She focused on gratitude and took each day one step at a time, developing strength and resilience to deal with daily life.

Resourcefulness and adaptability

Najihah's resourcefulness and responsibility also shone through. Aware that part of her stress came from financial uncertainties, she accessed various governmental and religious support schemes. She also adjusted the family's lifestyle, cutting costs by no longer eating out regularly and forgoing yearly holidays. Despite these changes, Najihah turned the simplest activities into joyful experiences for her children, from cycling trips around the neighbourhood to visits to St John's Island.

Support system and coping strategies

Najihah's journey is not one she takes alone. She relies on family members and friends for support. She attends NKF's Caregiver Support Group sessions together with Najib to learn coping strategies, often bringing their children along to create a supportive environment for the whole family. Her mother-in-law helps care for Najihah's father-in-law, and an inner circle of friends provides emotional support. Najib also does his part to lighten her load, taking on household tasks when he can and actively looking for a job to support the family, ensuring they are not solely dependent on social services.

Moving forward with optimism

For Najib and Najihah, love is expressed through their unwavering support for each other. While the family has gotten more used to life with dialysis, challenges remain. Employment is a struggle, and the inability to afford essential items for their children can still be a source of stress. However, the couple remains optimistic. Through the frustrations, struggles, and quarrels that may come up, they will always support each other, forgive each other, and move forward to face the situation head-on.

Najihah exemplifies how a compassionate, loving, and resilient heart can overcome any trial. Her unending positivity, resourcefulness, and dedication to her family are truly inspiring. ■

Caregiver Support Group

NKF has newly initiated a Caregiver Support Group for those caring for kidney failure patients undergoing dialysis.

This initiative provides crucial emotional support, offering a safe space for caregivers to share their feelings and experiences openly. It facilitates the exchange of valuable caregiving techniques, helping to reduce stress and prevent burnout through peer support and stress management strategies.

Additionally, the group promotes social connections to combat isolation, equipping caregivers with essential skills, resources, and confidence to better care for their loved ones and themselves. Since its inception, over 130 caregivers have benefitted from this initiative.





Turning challenges into opportunities

NKF, in partnership with the Singapore Malay Chamber of Commerce and Industry, launched its Home-based Business programme. This initiative, developed under NKF's Renal Rehabilitation programme, EMPower, aims to empower dialysis patients facing employment challenges by collaborating with industry partners and employers. The inaugural batch of eight patients successfully completed the three-month programme, equipping them with the knowledge and skills to establish and manage their own home-based businesses.

Business training programme

The programme comprises 12 modules covering foundational to intermediate business concepts, along with consultation sessions, mentorship opportunities, and a pitching session to secure funding and partnerships. Participants engage in practical activities such as business plan writing, financial forecasting, and pitch presentations to potential investors.

“Through the Home-based Business programme, I learned to create a three-year plan for my business, handle numbers better, and sell and market my products on social media.”

Mariana Mahat, who learned how to run a pastry business from home to ease her family's financial burden

A success story

One participant, Mariana Mahat, a 54-year-old mother of five, shared her experience, “It was hard for me to find a job with my dialysis schedule and household responsibilities. When I found out about this programme, I saw an opportunity to acquire new skills and become more business-savvy. Previously running a small roti boyan business, I enrolled to learn how to better manage a business. Through the programme, I learned to create a three-year plan for my business, handle numbers better, and sell and market my products on social media. I was also guided on the paperwork required to register and start a business. Now, I use Facebook to sell Malay snacks. With the support of NKF and my mentors, I am determined to be financially independent and contribute to my family's household income.” ■



DAILY DOSE OF HEALTH

Food for thought

We explore common questions about fermented foods, seafood, and cooking oils. Our dietitian-approved insights will help you make informed dietary choices to maintain overall health and reduce the risk of kidney failure and related diseases.

Are fermented foods healthy?

Fermentation is a traditional preservation method popular for its probiotic benefits, such as promoting gut health and digestion. Despite extensive research, there is no conclusive evidence on the effectiveness and safety of probiotics for various health conditions.

Furthermore, fermented foods are often high in sodium content:

Food item	Amount	Average sodium content	% daily recommendation
Kimchi	100g	~ 535mg	~ 25%
Miso (paste)	1 tablespoon (18g)	~ 840mg	~ 40%
Reduced/mild-sodium Miso (paste)	1 tablespoon (18g)	~ 660mg	~ 33%

Frequent or excessive consumption of high-sodium foods can increase the risk of heart and kidney diseases. Hence, while fermented foods can provide some health benefits, they should be consumed in moderation. Individuals with severe illnesses or compromised immune systems should consult a doctor before consuming such foods to prevent potential health issues.

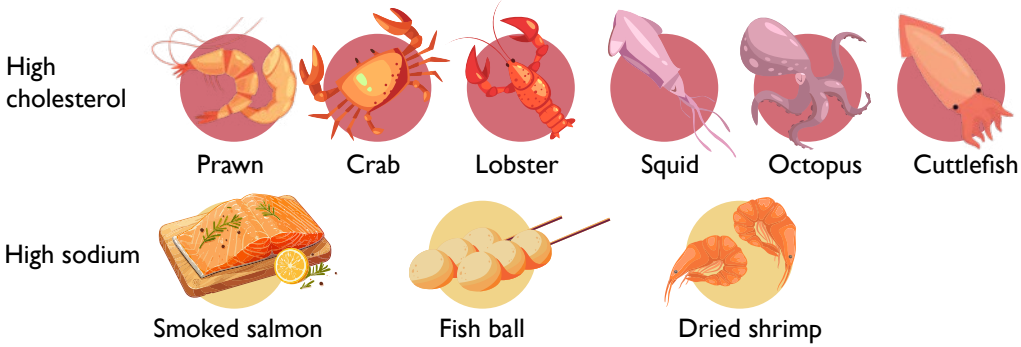
Is seafood healthy?

Seafood, particularly oily fish such as salmon, tuna, and mackerel (tenggiri batang) offers significant health benefits:

- **Rich in Omega-3 Fatty Acids:** Oily fish are high in omega-3 fatty acids, which are linked to a lower risk of heart problems and support brain function.
- **Lower in Saturated Fat:** Seafood generally contains less saturated fat than other animal protein sources, benefitting heart health.
- **High-Quality Protein:** Seafood is a good source of protein, aiding in tissue repair, muscle maintenance, and building immunity.



However, certain seafood may be unhealthier in various aspects:



Individuals with chronic kidney disease are recommended to avoid or limit processed seafood (e.g. smoked salmon, fish balls and dried shrimps) due to their high sodium and phosphorus content. Those with gout should avoid seafood high in purines (e.g. scallops, mussels, anchovies and sardines) to reduce the risk of gout attacks. In conclusion, prioritise fresh seafood rich in omega-3 fatty acids and limit the consumption of processed seafood.



What is the healthiest cooking oil?

All cooking oils contain fats, which are commonly categorised into ‘good’ and ‘bad’ fats:

- **Good Fats:** Monounsaturated Fats (MUFA) and Polyunsaturated Fats (PUFA) help lower total cholesterol and “bad” LDL cholesterol.
- **Bad Fats:** Trans Fats and Saturated Fats lower “good” HDL cholesterol and raise “bad” LDL cholesterol.

Here are the characteristics of commonly found cooking oils:

Oil Type	Properties	Pros	Cons
Extra Virgin Olive Oil	Rich in monounsaturated fatty acids; Contains antioxidants	Heart health benefits; Reduces inflammation	Not suitable for high-heat cooking; More expensive
Coconut Oil	High in saturated fat	Anti-inflammatory and immune support benefits	Raises LDL cholesterol
Rapeseed/Canola Oil	High in unsaturated fats; Contains omega-3 and omega-6	Suitable for general cooking; Lowers LDL cholesterol	Not recommended for deep frying

We recommend oils high in monounsaturated or polyunsaturated fats, like canola oil, which help lower cholesterol and hence reduce the risk of heart disease and kidney failure. However, since all cooking oils are 100% fat, excessive consumption can lead to weight gain and obesity, which are risk factors for kidney failure. Therefore, oil should be used sparingly. ■

Work out anytime, anywhere for a healthier community!

Did you know that regular resistance exercises can lower the risk of diabetes? Resistance exercises increase muscle mass to better utilise glucose, reducing blood sugar. This will lower the risk of diabetes, a leading cause of chronic kidney disease.

As a community, we can uplift each other by incorporating accessible exercises into our daily lives – no gym membership or special equipment needed. Let's embrace these opportunities to enhance our well-being. Start today and make every move count towards a healthier you and a healthier community!

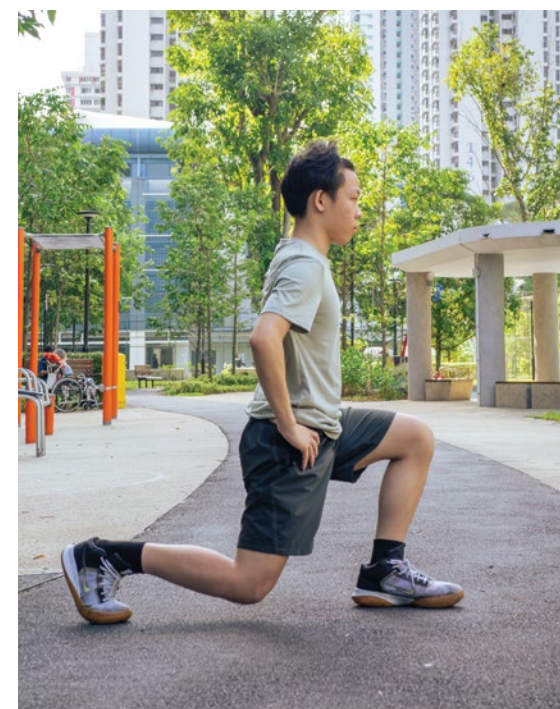


Home – Push-ups

Start: Get into a plank position, with both hands on the ground slightly wider than shoulder-width.

Lower: Bend elbows to lower your chest until it is almost touching the floor.

Push: Push back up to the starting position by straightening your arms.



Park – Reverse Lunges

Start: Stand tall with feet hip-width apart and hands on your hips.

Step: Take a big step backward with one leg, lowering your hips until both knees are bent to 90°.

Return: Push through the front heel to return to the starting position.

Exercise Corner – Chest Press

Start: Lie down on the bench with feet flat against the ground and both hands on the handles.

Press: Push the handles forward to extend your arms without locking your elbows.

Return: Bring the handles back to chest level.



Staircase – Calf Raise

Start: Stand on the edge of the step with your heels off the edge.

Raise: Lift your heels up high.

Lower: Slowly lower your heels down below the step. ■



View the exercises here:



Enriching Lives Through Sharing and Love

Year End Giving

“

Thank you for giving me a chance to live! I will continue to stay positive and cherish each day, finding inner happiness by sharing joy and love to others!

Abdul Halim, 52, on dialysis for 4 years

”



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

\$100

Supports a patient with 1 month's supply of Artificial Kidneys (dialysers) to filter waste products and excess water during dialysis.

\$500

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

\$2,500

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

If you earned
\$100,000
in 2024
(statutory income)

And donated
\$10,000
to NKF in 2024
(donation amount)

You are exempted
\$25,000
or $\$10,000 \times 2.5$
in taxes
(tax exemption amount)

Your assessable income is
\$75,000
or $\$100,000 - \$25,000$
in 2025

For details, please visit IRAS website.



*Join us in this season of giving!
Together, we can create a lasting impact.*

Scan to donate

Let's get social



NKF Singapore