“I live one day at a time and enjoy life as much as possible.”

Mr Lian Kian Sin, 65
Kidney patient on peritoneal dialysis
Mr Lian Kian Sin, 65, has a family history of diabetes and has been suffering from the disease for almost 30 years. At the age of 58, he had to undergo dialysis after being diagnosed with kidney failure.

Kian Sin started on peritoneal dialysis which he carries out every night at home while he sleeps.

“Peritoneal dialysis is more convenient because I do not have to travel to the dialysis centre. I save on transport fees and allows me to have more free time,” he said.

His wife, Mdm Sim Bee Tin helps him with his dialysis every day. As they have no children, the couple is each other’s pillar of support. Being Kian Sin’s sole caretaker, her greatest fear is that there would be no one to take care of him when she falls sick. However, she knows that she can count on an NKF nurse to make home visits and help with the dialysis. Being financially strained, they were very grateful to have received a full subsidy from NKF.

“NKF’s staff have been very friendly and helpful to us,” said Bee Tin.

Today, Kian Sin leads an active life; he practices qigong at home every morning. Both he and Bee Tin participate in activities organised by NKF’s Patient Advocacy and Rehabilitation Department. Bee Tin also volunteers at NKF making handicrafts.

On 25 January 2015, 260 patients, caregivers and volunteers came together to celebrate International Day. There were food-tasting and photo-taking booths, as well as special performances by dancers from various cultural groups. The performers, dressed in their traditional costumes, were from Korea, Philippines, Myanmar and France. Through this interactive and entertaining event which celebrated the different cultures, our patients were given an opportunity to bond and share their experiences with one another.

Lunar New Year

with Marcus Chin

420 patients and caregivers, along with 51 volunteers, attended our “Lunar New Year with Marcus Chin” event held on 8 February 2015 at the NKF centre. Attendees participated in activities such as calligraphy and took memorable photos. This was followed by a stage performance by Marcus Chin and members of the Singapore Artists Association as well as a Lion Dance performance. The event culminated in an exuberant and joyous Lo Hei (Prosperity Toss) session.

Come join us for Health for Life Day on 26 April 2015

Sign up now at your dialysis centre!
Volunteers Do Their Part in Love Life Love Your Kidneys

Held in conjunction with World Kidney Day on 14 and 15 March 2015 at the National Library Building, NKF organised the “Love Life Love Your Kidneys” event. The event was to raise awareness for peritoneal dialysis (PD), a home-based treatment. More than 200 volunteers from all walks of life came together to show their love for PD patients.

Staff from corporations such as General Electric Int'l Inc, Starbucks Coffee (S) and The Northern Trust Company Singapore Branch, as well as students from Changkat Changi Secondary School, National Junior College and Curtin University helped to man the booths, pack goodie bags, distribute flyers and assisted in the logistics. Many individuals and families also chipped in to help. Eight-year-old Javier Seah was one of our youngest volunteers at the event. He was accompanied by his parents, other family members and neighbours.

Besides giving of their time and efforts to volunteer at the event, some volunteers also took part in the "Carry It for PD Patients" game, where they carried 2 litres of PD solution to complete six types of activities, including doing housework and exercising. This enabled them to understand and experience what PD patients go through on a daily basis and to bring out the concept of PD as a home-based treatment that gives them more control of their time.

Many thanks to the volunteers who participated in the event!

"Volunteering is a very fulfilling activity and this is a good experience for Javier. More families should volunteer together as this provides a chance to bond as a family and give back to the society."

Mr Jason Seah, whose son Javier volunteered at the event.