“We believe the world is one big family, and we need to help each other.”

Mr Joseph Chan, 74
Ang Mo Kio 2 Dialysis Centre

Mr Koh Seng Chye, 54
Woodlands 1 Dialysis Centre
NKF Opens Singapore's FIRST 24-HOUR Dialysis Centre

Our newest dialysis centre in Jurong West has started offering nocturnal dialysis, the first-of-its-kind in Singapore. The new nocturnal shift, from 10pm to 6am, will benefit 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.

**Benefits of Nocturnal Dialysis**

<table>
<thead>
<tr>
<th>IMPROVED appetite</th>
<th>A LESS restrictive diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is because longer dialysis removes toxic wastes and fluids at a much slower rate which improves the clearance of toxins.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LESS use of medication</th>
<th>LESS hospitalisation</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is because of better control of blood pressure and phosphate levels.</td>
<td></td>
</tr>
</tbody>
</table>

Gentler on the heart, reducing the risk of heart attacks.

Greater flexibility to cater to work schedules.

---

Showing Courage, Inspiring Others

Mr Joseph Chan and Mr Koh Seng Chey each won the Singapore Health Inspirational Patient & Caregiver (IPCA) Award 2016! Organised by SingHealth, IPCA celebrates the best of patients and caregivers who have not only touched our hearts with their exemplary show of courage, strength and resilience, but have also inspired and motivated healthcare staff in their mission to deliver better patient care.

Joseph – Always Positive and Motivated
Joseph began dialysis with NKF in 2013. He lives in a 2-room rental flat with his elder sister, a cancer survivor, who requires constant care as she is intellectually challenged. Joseph is her only caregiver so he is highly motivated to be fit and independent. He will cook for her daily and send her for regular hospital check-ups. He is very positive, never complains about his illness or feels that life is unfair to him. His selfless character and optimism has inspired and touched many, especially his fellow patients.

Seng Chey – Believes in Giving Back to Society
Seng Chey has been on dialysis for the past 15 years. Given his poor health, he continues to display resilience and positivity in challenging times. Seng Chey does not feel bogged down by his regular dialysis sessions. In fact, he is able to empathise with his peers and constantly seeks out patients who need his care and encouragement. He befriends new patients and guides them along. He strongly believes in giving back to society and rallying people for the same cause. He feels that by coming together, a greater impact can be achieved. He sets an example for his family by encouraging them to volunteer too.

To know more about our Patient Advocacy Programme, call us at 9380 4094.

---

**SMILE Campaign**

Collaborating with Singapore Kindness Movement for the SMILE Campaign, Sings, the Courtesy Lion visited all dialysis centres together with Patient Advocates to bring encouragement and cheer to patients with handshakes and warm hugs.

---

**Keep Fit and Have Fun**

Targeting exercise components such as muscle strength and cardiovascular endurance, the Supervised Exercise Class sees more than 100 patients per month. To instill some fun, movement patterns using simple equipment are introduced. Join now (call 6299 0200) for a wholesome work out and feel energized!
“I ENJOYED MYSELF THROUGHOUT THE EVENT AS I AM ABLE TO SHARE MY PERSONAL EXPERIENCE BEING A DIALYSIS PATIENT OF 9 YEARS.”

Mr Victor Jonathan Garnell
NKF Ambassador and Patient Advocate

The NKF Ambassador programme was launched to engage the community in NKF’s mission, spread health living messages and encourage volunteerism and donations. 67 NKF Ambassadors participated in NKF’s event “Our NKF – Beyond Dialysis” from 11 – 13 March 2016. The event, which attracted 15,000 visitors, helped raise awareness of kidney disease and encouraged people to take proactive steps to maintain a healthy lifestyle. With the help of our ambassadors, many people pledged their support as donors or volunteers.

More than 300 patients and family members participated in the Family Adventure @ VivoCity. There were many exciting activities such as Mini Amazing Race, Health Talk and Mass Tai Chi session. Everyone enjoyed a day of great fun and bonding!

“IT WAS REWARDING TO BE AN AMBASSADOR AS I AM ABLE TO CONTRIBUTE THROUGH ENGAGEMENT WITH THE PUBLIC ON THE IMPORTANCE OF THE KIDNEYS.”

Mr Glenn Ong
NKF Ambassador and Volunteer

National Kidney Foundation