

A QUARTERLY BULLETIN OF KDF

KDFLINK

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FEATURED

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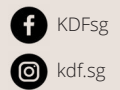
ENJOYING EACH DAY WITH YOU

At 9 a.m. in the morning, Helen returns from a stroll in the Rail Corridor Park, carrying a bag on her back. "My friend asked me where I was going with this huge backpack," Helen chuckled, "I told her I'm going for my 'part-time'." Behind that radiant demeanour, one cannot tell that Mdm Helen Fu, 73, is a kidney dialysis patient.

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Helen was diagnosed with kidney failure when she was in her 40s. She experienced frequent kidney stones and urinary tract infections (UTIs), with symptoms such as haematuria (blood in urine) and fever. After a thorough health assessment, Helen found out she was left with 30% kidney function. Her youngest daughter was only about 3 years old then.

However, Helen remained optimistic as always. After her youngest daughter started primary school, Helen kept herself occupied with folk dance, line dance and Karaoke classes at the Community Club (CC) with her friends. Helen was also the champion of Singapore's 1st National Rummy-O Competition

organised by the Health Promotion Board in 2012, which she initially "joined for fun"!



Things took a turn for the worse 3

years ago, when

Helen's kidneys began to deteriorate.

She was told by her doctor that she needed to undergo dialysis. Her daughter, who lives

in the United States, flew back to Singapore to accompany her to a specialist.

Her family also took the opportunity to take a family portrait. Speaking of it, Helen whipped out her phone to show me

the blissful photo. Her eyes sparkled gently as she gazed at it. "From two person, become so many people," she chortled.

As advised by her doctor then, Helen was transitioning into a new phase of life with dialysis, a period she describes as "jialat!". She was torn between Peritoneal Dialysis (PD) and Haemodialysis (HD). After weighing the pros and cons of each, she finally decided on haemodialysis, as she was afraid that her husband might not be able to rest well at night worried about her overnight PD procedure.

Helen first began dialysing at a private dialysis centre in Clementi, a 10-minute taxi ride from her house. She started dialysing with a neck catheter and took some time to adapt to a new routine. It did not help that she would suddenly bleed from her catheter after getting home from dialysis. Helen counts herself lucky though, as her husband was always by her side for every A&E visit.

In 2019, Helen transferred to Kidney Dialysis Foundation to dialyse at the Ghim Moh Dialysis Centre which is a mere 15-minute walk from her house. Now that Helen dialyses within walking distance of her home, her husband often walks home with her after the dialysis session.



Constant presence of her family is a huge pillar of support for Helen. When speaking with her, it is not hard to feel the overflowing support that she receives from them. The couple shares the daily workload of house chores, and their children visit them almost every weekend. Helen also makes it a point to cook for her husband and herself every day, though when she was down with COVID-19 recently, her husband took over the cooking. Her children also check in on her frequently through visits or phone calls.

Helen admitted that it was hard to accept it when her daughter first



moved to the States. Nonetheless, the family also has the most fun when her daughter returns to Singapore during the summer holidays from June to August. Some of their favourite activities include cycling at East Coast Park and making a daytrip to Pulau Ubin. When her daughter is away, they also call each other and exchange photos frequently.

It gives Helen strength that her children are independent and capable. She is also blessed with lively and thoughtful grandchildren. Her grandson recently gifted her a handmade origami rat (her Chinese Zodiac animal) for her birthday, which she keeps dearly.

Having to go through dialysis 3 days a week might be bothersome, but it does not pull Helen down. In fact, Helen leads a very fulfilling life around her dialysis schedule. Helen and her friends self-organise dance sessions every Friday morning, where they would learn from line dance choreographies from YouTube videos. Five days a week, she also practices the Luk Tung Kuen in the park, a form of exercise which comprises 36 movements, aimed at promoting blood circulation and building strength. She occasionally also joins her neighbours for mahjong sessions. Living by a motto to “enjoy day by day”, Helen prioritises controlling her diet and taking her medications regularly to keep her health in check. She hopes that by staying healthy, she will not

trouble her children and will be able to create more memories together as one happy family.

¹Singlish term meaning “to sap one’s energy”



No donation is too small.

With your donations, our underprivileged patients can receive:

- \$160** 1 Dialysis Session
- \$50** 1 Month of Medications
- \$10** 1 Flu vaccine
- \$1** 1 Blood Glucose Test



KDF OPENS 4TH DIALYSIS CENTRE AT ADMIRALTY LINK



With 3 dialysis centres established in the Western and Central regions of Singapore, KDF identified a need to serve underprivileged patients in the Northern Region, reaching out to them via a dedicated dialysis centre. With a generous donation of SGD 1.1 million from the San Wang Wu Ti Religious Society, KDF was able to secure a location accessible from Sembawang MRT and commenced building works for a new dialysis centre.

On 20 July 2022, the San Wang Wu Ti-KDF Dialysis Centre @ Admiralty Link was officially opened by Senior Minister of State for Communications, Information & Health, Dr Janil Puthuchearu. He said: "End stage renal disease is a growing nationwide concern. Today,

we have about six new individuals diagnosed with kidney failure daily, up from 4 in 2011. This trend is set to increase as Singapore's population ages, coupled with an increase in the prevalence of chronic diseases such as diabetes. To address this, we need to adopt a multipronged approach (Healthier SG) to tackle this worrying trend."

Highlighting the importance of early intervention efforts to prevent kidney failure, Dr Janil reiterated that community healthcare providers like KDF will play an important role in Healthier SG as it has built up close relationships with patients and their families, and is an

established, trusted partner of many community organisations.


KDF Chairman Dr Lim Cheok Peng shared: "Dr Lim said: "KDF will continue to dedicate resources and knowledge to breach awareness gaps in society, lift the spirits of the ill and




make a difference in the lives of those in need."


Also present at the opening ceremony was the honorary president of the San Wang Wu Ti Religious Society, Mr Lee Inn Peng. He shared in his speech: "This new KDF dialysis centre at Admiralty Link is the fourth dialysis centre supported by San Wang Wu Ti. I believe that this new dialysis centre will make a difference to kidney patients who need it the most in this area, in the years to come."






About the Dialysis Centre @ Admiralty Link San Wang Wu Ti - KDF


- 

The centre is equipped with 19 Haemodiafiltration (HDF) machines, which can serve up to **114 patients at any one time.**
- 

With the new KDF dialysis centre at Admiralty Link operationally ready in 2022, the Foundation is able to serve up to **432 patients islandwide.**
- 


HDF is a more advanced form of haemodialysis. This type of treatment is gentler on a patient's body as it **reduces side effects such as blood pressure fluctuations and muscle wasting.**

WATCH THE OPENING CEREMONY HIGHLIGHTS



SCAN ME

FIND OUT MORE ABOUT HEALTHIER SG



SCAN ME

KDF MID-AUTUMN SING FOR CHARITY 2022



Mid-Autumn Festival celebrates the day when the Moon is believed to be the brightest and fullest, symbolising warmth and blissfulness. This year, KDF celebrates Mid-Autumn Festival with The Serangoon CC on 4th September 2022, marking our 5th collaboration for the Sing For Charity concert.



Residents were treated at Serangoon Community Club (CC) with community performances and a fun-packed carnival with activities such as a photo booth, pomelo-peeling competitions, lantern riddles – a must-have at Mid-Autumn Celebrations, and more! The Clinical Services staff of KDF also

provided free basic health screening for the attendees, to advocate the importance of regular health check-ups and keeping healthy.



As the sky turned ablaze with the setting sun, Serangoon CC also bustled with residents of Serangoon GRC, avid for the first live edition of Sing For Charity after two long years of live streams. More than 400 Serangoon residents flocked to the concert hall, eager to welcome the highlight of the day – the concert.

Graced by Adviser to Aljunied GRC Grassroots Organisations Ms Chan Hui Yuh, and hosted by Getai veteran

Liu Ling Ling, the show boasted an exciting lineup of popular singers, including Tian Yue, Cheng Ze, Jiele Tan, Jessie Yeong, Zhu Li Li and Kiyo Teo. Friends from the Serangoon CC Indian Activity Executive Committee (IAEC) and Malay Activity Executive Committee (MAEC) also joined us to spice up the night.



As part of the fundraising efforts for the event, garlands were made available from \$20 each, for the audience to support their favourite singers while doing good. The event raised more than \$333,000 in support of KDF's needy kidney patients.

SCAN TO WATCH Mid-Autumn Sing For Charity 2022 Concert



GO BEYOND WITH THE 2023 KDF CHARITY CALENDAR

The theme of the 2023 charity calendar is 'Going Beyond', a fitting reference to the commendable efforts of our healthcare frontliners and caregivers. Created as part of a longstanding industry partnership with students from Nanyang Academy of Fine Arts (NAFA), this unique calendar features colourful iterations of memorable aquatic life, such as the Manta Ray and iconic bottlenose dolphin. These illustrations are accompanied by fun-facts about the species.

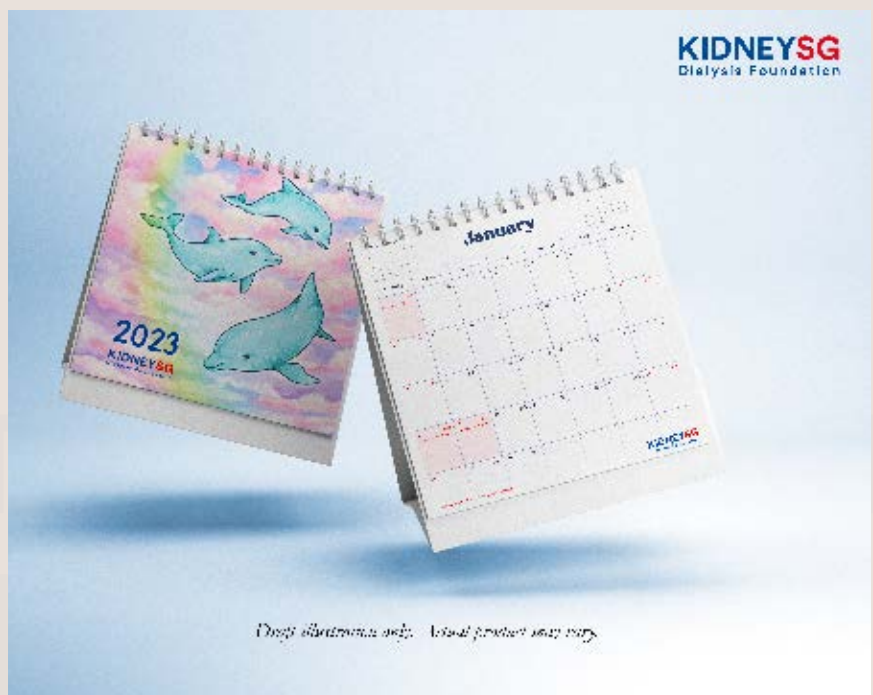
Just like little baby sea turtles who brave past obstacles to reach the sea upon hatching, we are all capable of achieving our biggest goals if we are willing to go beyond, explore opportunities and not give up. Help us go beyond for our patients by purchasing KDF's 2023 charity calendar.

Each calendar is available at \$12. Any purchase of two or more calendars will be entitled to an exclusive discount. To make a purchase, please scan the QR code below and place your order via our online order form. All proceeds will provide our patients a lifeline through dialysis treatments, medicine, and holistic care.

SCAN TO PURCHASE YOUR 2023 KDF CHARITY CALENDAR



Draft illustration only. Actual product may vary.



Draft illustration only. Actual product may vary.

PARTNERSHIPS AND COLLABORATIONS

The Kidney Dialysis Foundation and the Nanyang Academy of Fine Arts (NAFA) have a long-standing collaboration to empower the students to contribute to kidney health awareness. The KDF Charity Calendar project is an example of the impact of this joint effort.

Through this meaningful partnership, NAFA students can reach out to the youth in Singapore and be an active voice to make a difference for kidney health.

For partnerships and collaboration requests, please contact Mr Triston Siew at 6559 2650 or email to triston.siew@kdf.org.sg

KDF HAPPENINGS



5 AUGUST 2022
**KDF Got To Walk 2022:
 Moving Beyond Boundaries**

A kidney patient undergoes 3 dialysis sessions each week, and each session lasts 4 hours. This amounts up to 12 hours of precious time spent with limited movement on a dialysis chair, which is physically and mentally challenging for a kidney patient. This year, participants from all walks of life are encouraged to put themselves in the shoes of a dialysis patient by completing 12 hours of walking over a period of 10 days, from 5 August 2022 to 14 August 2022. The fundraiser was a success, raising more than \$250,000 for KDF's kidney patients.



13 AUGUST 2022
KDF Kindness Ride 2022

On 13 August 2022, 180 cyclists participated in the first ever KDF Kindness Ride 2022 in an attempt to spread the love for charity on wheels. Participants chose between two categories – Fun Ride (60km) and Round Island (120km). Riders were treated to a sumptuous lunch at Mel's Place Restaurant at the end of the ride. The KDF Kindness Ride marks the prelude to a bigger, more adventurous ride in October – the KDF Millennium Ride. Dedicated endurance cyclists will be clocking a whopping cross-border distance of 1,000 kilometres – from Penang back to Singapore.



24 AUGUST 2022
Patient Outing with UPS

This year, UPS went the extra mile and generously supported KDF's programmes and outreach efforts. Staff volunteers from the logistics giant also took part in KDF's first group patient outing since the pandemic. Everyone had a good time at Gardens By The Bay, admiring the lovely floral exhibitions.



SEPTEMBER 2022
KAZO Mid-Autumn Mooncake Charity Sale 2022

Popular Taiwanese bakery KAZO collaborated with KDF for a mid-autumn charity mooncake sale. The public could choose from a variety of traditional and snowskin mooncake flavours. Proceeds from the charity sale were donated to KDF to support the dialysis treatments and holistic care for underprivileged kidney patients, and the Foundation's outreach efforts.

**EVERYDAY
MAY NOT BE
GOOD BUT
THERE IS
SOMETHING
GOOD IN
EVERYDAY.**

— UNKNOWN

KIDNEYSG
Dialysis Foundation

**每一次真正停
下来直面恐惧
的经历都会让
你获得力量、
勇气和信心。**

- 安娜·埃莉诺·罗斯福

— ELEANOR ROOSEVELT

KIDNEYSG
Dialysis Foundation

KDF活动



2022年8月5日

KDF Got To Walk 2022 健步活动

一名肾病患者每一次洗肾要花四个小时，每个星期需要洗三次，在洗肾椅上花长达12个小时的时间，非常辛苦。KDF举办了一年一度的健步活动 - “Got To Walk”，鼓励参与者从8月5日至14日内完成12小时的健步，与KDF的肾病患者感同身受。此活动成功筹得多多过\$250,000



2022年8月13日

KDF Kindness Ride 骑行筹款慈善活动

8月13日，180名骑行爱好者为了支持KDF的弱势肾病患者，一同参与骑行筹款慈善活动 KDF Kindness Ride，骑了120公里为本基金筹款。KDF Kindness Ride 的结束预示着今年稍后将举行的一场更大型、更刺激的骑行旅程 - KDF Millennium Ride。一群积极热血的耐久型自行车骑手将踏上从檳城往新加坡的超长途跨国骑程，累计1,000公里的骑行距离。



2022年8月24日

KDF x UPS 病友出游

KDF近日举办了自疫情爆发以来的第一个病友出游。我们非常兴奋能和UPS基金会共享这份喜悦！在花团锦簇的滨海湾花园里，我们的病友与来自UPS基金会的志愿者度过了一个充实的下午，并见证了UPS基金会给KDF的2万5000元美金的捐款支票移交仪式。期待日后会有更多机会与UPS合作，创造更大的社会影响力！



2022年9月

KDF x 卡滋屋中秋月饼义卖

中秋佳节，KDF与台湾人气烘焙品牌卡滋屋再次合作！此饼家为公众带来色味俱佳的中秋月饼，众多的口味必能满足大家心中向往的味道。每份卖出的月饼部分收益将捐给KDF帮助本地弱势肾病患者，在宠溺您味蕾的同时也能行善。

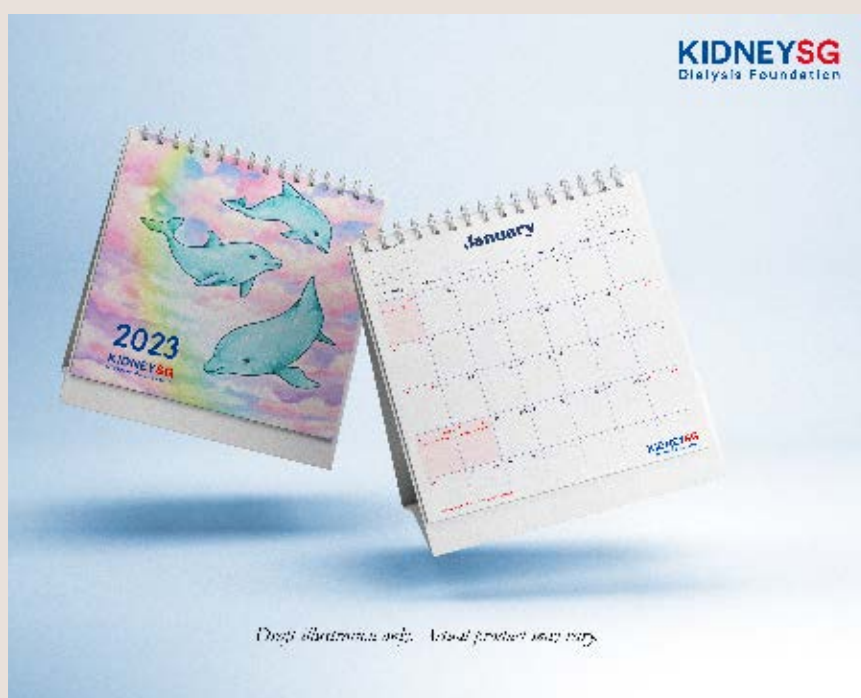
与2023年肾脏透析基金慈善日历超越自我

2023年慈善日历的主题为“超越”，即对医疗前线和监护人无私付出的赞扬。作为与南洋艺术学院学生长期合作项目的作品，这本独特的日历包含特色海洋生物色彩鲜亮的插画，如蝠鲼和宽吻海豚等。每张插画图都伴随着与该物种相关的趣味知识。

如同刚孵化的小海龟披荆斩棘爬回大海里，只要我们愿意超越自我，发现机遇，永不言败，也可以达成我们最伟大的梦想。订购肾脏透析基金2023年的慈善日历，帮助我们为我们的病人超越极限。

每本日历售价\$12。购买两本或以上即可享有特别优惠。欲订购日历，请扫描下方二维码通过线上订购表购买。义卖收益将全数投入洗肾治疗、药物及全面护理，为我们的病人提供一道生命线。

**扫描购买2023年
肾脏透析基金慈善日历**



合作与协作

肾脏透析基金与南洋艺术学院长期合作，为学生提供平台对提升肾脏健康意识做出贡献。肾脏透析基金慈善日历即该合作关系的产品之一。

通过这项有意义的合作，南洋艺术学院的学生可以接触到更多新加坡青年，为肾脏健康积极发声并做出贡献。

有意合作者，欢迎致电6559 2650 或电邮至triston.siew@kdf.org.sg联系邱永威先生。



肾脏透析基金 中秋“好歌献爱心”



中秋夜晚的月亮是一年中最高最圆的一天，象征着温暖与美满。今年，肾脏透析基金于2022年9月4日与实龙岗民众俱乐部一同欢庆中秋佳节，成为双方第五次合作举办的“好歌献爱心”的演唱会活动。

天空逐渐被夕阳染红，实龙岗民众俱乐部的现场也是随着热闹起来。经过漫漫两年的在线直播，实龙岗集选区的居民们都兴致勃勃要观看现场版的“好歌献爱心”。超过400名实龙岗居民涌入会场，兴趣盎然地迎接当天的节目亮点——演唱会。

自实龙岗民众俱乐部印度活动执行委员会及马来活动执行委员会的友族同胞也加入我们，为当晚的活动添姿增彩。



实龙岗民众俱乐部为居民安排了民众表演和嘉年华，举办了一系列有趣的游戏和活动，如照相亭、剥柚子比赛，以及庆祝中秋节必不可少的灯谜等等！肾脏透析基金的医疗服务部门也到场为居民们提供基本的健康体检，以提倡定期进行健康体检并保持健康的重要性。



当晚的节目由阿裕尼集选区基层组织顾问陈惠意女士莅临支持。主持人资深歌台艺人刘玲玲联合多位众所期待的热门歌手，包括天悦、承泽、陈杰乐、杨千荳、朱莉莉和婷婷为观众呈现一系列精彩的演出。来



作为活动筹款项目，我们也提供了花饰让观众在支持自己心仪的艺人的同时还能做慈善献爱心，价格从\$20起。当天的活动为KDF贫困肾病患者筹集了超过33万3千新元的善款。

扫描观看2022年中秋“好歌献爱心”演唱会



肾脏透析基金于海军部连路 开设第四间洗肾中心



在新加坡西部与中部地区现有的三间洗肾中心之余，肾脏透析基金认为有需要为北部地区的弱势病患增设专门的洗肾中心。在宗教组织三皇五帝110万新元的大方捐助下，肾脏透析基金得以锁定三巴旺地铁站附近的方便地点并开始建设新的洗肾中心。

合糖尿病等慢性疾病的病率增加，该数据将保持持续增长的趋势。我们必须采取多管齐下的方法（健康SG计划）来解决这个令人担忧的趋势。”

为强调早期干预对预防肾衰竭的重要性，普杰立医生重申，像肾脏透析基金这样的社区保健机构与病患及其家人建立了亲近关系，又是与许多社区机构关系巩固、值得信任的合作伙伴，因此在健康SG计划中扮演着重要的角色。

肾脏透析基金主席林焯彬医生分享

道：“肾脏透析基金将继续投入物资与知识以弥合社会中认识上存在的差距，鼓励病患，并为有需要的人士改善生活。”



一同出席开幕典礼的也有宗教组织三皇五帝名誉主席李永木先生。他在致辞中分享道：“这间新建设于海军部连路的肾脏透析基金洗肾中心是三皇五帝赞助建设的第四间洗肾中心。我相信这间新的洗肾中心在接未来中将在该地区造福最有需要的肾病患者。”

2022年7月20日，三皇五帝-肾脏透析基金洗肾中心（海军部连路）由通讯及新闻部兼卫生部高级政务部长普杰立医生正式开幕。他说：“末期肾病令全国人民日益关切。如今，本地每天有六人被诊断患上肾衰竭，比起2011年的四人有所增长。在新加坡人口老化的同时，配



关于三皇五帝-肾脏透析基金洗肾中心（海军部连路）

- 该中心设有19台血液透析过滤机，可服务多达114位病患。**
- 新建设于海军部连路的肾脏透析基金洗肾中心2022年已开始运营，此后该基金可服务的全国病患人数多达432人。**
- 血液透析过滤是一种较先进的血液透析方式。这类治疗能够减少血压波动和肌肉萎缩等副作用，对病患身体较为温和。**

扫描下方二维码观看开幕典礼精彩片段

了解更多关于健康SG

符女士在四十多岁的时候就被诊断患上肾衰竭。她经常会有肾结石和尿道感染的问题, 经历的症状如血尿(尿液含血)和发烧。经过一次全面的体检, 符女士得知自己的肾功能已经降到只剩百分之三十了。她的小女儿当时仅仅只有三岁。

然而, 符女士一如既往地保持开朗。小女儿开始上小学后, 符女士也不让自己闲下来, 和好友们相约到民众俱乐部报名民舞、排舞和卡拉OK课程。符女士还是2012年保健促进局举办的第一届全国拉密牌(Rummy-O)桌游比赛的冠军得主, 尽管她当时参加比赛只是“玩玩而已”!



不料, 三年前, 符女士的肾脏突然进一步衰弱, 医生告诉她必须开始洗肾。她生活在美国的女儿立马飞回新加坡, 陪她去看了专科医生。

符女士一家人也趁这次团聚

拍了张全家福。说到全家福, 符女士掏出手机给我看了那张温馨的合照。她眼神温柔, 视线从未离开过照片。“从两个人, 变这么多人,” 符女士微笑说道。

听从医生的建议, 符女士即将开启人生中配合洗肾治疗的新阶段, 即是她所谓“jialat”的一段时期。当时她在腹膜透析和血液透析之间徘徊不定。在一顿权衡利弊之后, 她终于选择了血液透析, 主要原因是害怕如果选择了腹膜透析, 丈夫会因为不放心她通宵洗肾而影响到他的休息。

符女士刚开始在金文泰一家私人洗肾中心洗肾, 从她家到洗肾中心是十分钟的车程。她起初通过颈内中心静脉导管洗肾, 并努力适应一个新的生活作息。更令人苦恼的是, 符女士在洗肾结束回家后, 颈部不时会突然流血。然而, 符女士还是很欣慰, 因为每一次去看急诊她的丈夫都一定会陪在她身边。

2019年, 符女士转入肾脏透析基金, 到锦茂洗肾中心洗肾, 离她家仅步行15分钟。符女士洗肾的地方在步行距离以内了, 丈夫在她洗肾过后陪她走路回家也方便多了。



家人的陪伴是符女士很强大的精神支柱。在和她的谈话中, 不难感受她家人给予的不懈支持。夫妻之间分担日常家务, 孩子们每逢周末也会去陪他们。符女士尽量每天给自己和丈夫下厨, 但是在她最近确诊冠状病毒的期间, 丈夫也会掌勺为她做饭。她的孩子也经常跟她通电话或探望她以示关心。

符女士承认一开始难以接受女儿刚搬到美国定居时的事实。即使如此, 每年六月至八月暑假期间, 女儿回



到新加坡的时候,也是符女士一家人最愉快的时光之一。他们最喜爱的活动包括到东海岸公园骑车或到乌敏岛一日游。当女儿在国外时,也是经常通电话、分享照片的。

符女士的孩子们能干独立,让她倍感欣慰。孙子们更是活泼又细心。符女士最近生日收到了孙子为她亲手用纸折的一只老鼠(符女士的生肖),是她非常珍惜的生日礼物。

每周洗肾三次即使困难,但是绝对不让符女士气馁。实际上,符女士在开始洗肾以后的生活仍然十分充实。她和一群好友每周五早上会自行组织练舞,跟练视频分享平台YouTube上的广场舞视频学习舞步。

一周五日,符女士也会到公园练习六通拳,一种有36个动作的运动,帮助促进血液循环强身健骨,偶尔再陪邻居打打麻将。

秉持着“一天一天,好好生活”的生活理想,符女士目前注意控制自己的饮食并按时服药以保持身体健康。她希望保持自己身体健康不仅能避免给孩子造成麻烦,还可以和家人享受天伦之乐,一同创造更多回忆。



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肾脏透析基金简报

肾析简报

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享受与你的每一天

早上9点,符女士背着背包从铁道走廊(Rail Corridor)公园散步回家。“我的朋友问我背着这么大的双肩包要去哪儿,我说要去做‘兼职’。”符女士幽默调侃。今年73岁的符女士阳光开朗,乍看之下绝对不会知道她其实是一名肾病患者。

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