

KDF LINK



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WHEN DESPAIR TOOK A TURN FOR THE BETTER

BY DANIEL YAO

I never thought I would have kidney failure.

I lived on Pulau Ubin until I was 26 years old. Every day, I worked under the hot sun and spent most of my time outdoors doing laborious work on the island, from rearing pigs to harvesting coconuts. If you asked me, as children, we led much tougher lives in the past than the children of today.

I love gardening. We had a vegetable garden and I enjoyed spending my days in the garden, growing all kinds of plants and herbs. I could even tell you which herb to use when you are down with the flu or cough. Back then, we didn't need to see a doctor when we were sick. We just treated ourselves with the herbs we grew.

My life was ordinary and carefree on the island. And it continued to be even after I moved onto the mainland. Until one day, the doctor told me that my kidneys had failed.

I refused to believe her. I resisted to go for dialysis treatment because I knew I would not be able to work anymore once it begun. And I hated not being able to do anything about it.

It was until one day in 2011, when I fainted on the way back home from work and the doctors had to perform emergency dialysis for me that I started my dialysis journey.

That day, I felt my life had changed.

Mdm Chew



How would you feel if a contemptible disease took away some parts of your almost-perfect life? Would you feel like it is the end of the world? Weighing on top of that, are treatment costs that could go up to \$2,000 every month. What would you do in order to not burden your family financially?

A very different life

Before Mdm Chew was diagnosed with kidney failure, she was actively involved in volunteering activities. She spent time with less-fortunate elderly residents, by bringing them out on trips and by distributing food rations.

She also took care of the herb garden at Bukit Merah Community Centre. She shared that she really loves and enjoys spending her free time in the garden, so much so that every day after work, she heads down to the garden and spends a few hours taking care of her precious plants.

"It is not difficult for me when it comes to growing plants. I have green fingers!" Mdm Chew shared proudly as she recounts her gardening days.

That was why she was shocked when she found out about her kidney failure. She could not accept the fact she had kidney failure despite leading such an active lifestyle prior to the diagnosis. And because she couldn't quite believe what had happened to her, she went to seek a second and even a third opinion from Chinese physicians.

All the while, she had kept her condition a secret, even from her two sons as she did not want to worry them. She also resisted dialysis treatment as she wanted to continue working as an office helper to lessen her family's financial burden. She knew, that if she had started dialysis treatment, she would need to quit her job.

Her family only found out about her condition when she fainted and was sent to the hospital in late 2011. When she was unconscious, the doctors created a temporary access in order to start her on emergency dialysis. When Mdm Chew woke up, she was devastated.

"I was so upset when I woke up in the hospital. Every day, all I could think about was how to find money (to pay for treatment)," said Mdm Chew sorrowfully.

She even contemplated suicide as she felt that she was being a burden to her family. In the

end, a counsellor had to talk her out of it and persuaded her to be more accepting towards her illness.

"I kept all the sharp objects away," she said as tears started to form in her eyes, "I was afraid that if I didn't, I would stab myself to death." She could not understand why it was happening to her as she loves working and being active. Having started dialysis meant that her life could not be like in the past anymore.

At the same time, she was also worried how people would judge her and that they would look down on her due to her condition. She felt that the world at large is not as forgiving of people who are ill.

Although her family, especially her two sons, were very supportive and had encouraged her not to give up nor worry about the bills as they would definitely support her, Mdm Chew was still miserable.

Embracing the new life

She only started to accept reality after she had a divine dream. The dream was so vivid that she was able to remember the dream in detail even after she woke up. She felt that the dream could mean something, like a higher being relaying a message.

Being a devout person, she went around asking people what the dream meant. Many told her that the dream could be telling her not to give up on life so easily, to accept her condition and stop having suicidal thoughts.

Hearing that, she gradually started to accept her illness. "Really, if it had not been for the dream, I think I would not be around in this world anymore." She said as a matter-of-fact.

Now, Mdm Chew takes part and volunteers in events organised

by the community centre whenever she is free. She also helps to distribute water to elderly residents taking part in brisk walk activities.

However, Mdm Chew still misses gardening and is upset that she is no longer able to tend to the herb garden due to her health. "Weeds are growing all over the garden now," she said in a melancholic tone.

Nevertheless, Mdm Chew also actively participates in outings organised by KDF's Renal Friends, a patient support group for patients and their families in Singapore. Recently, she also started playing Rummikub which she enjoys but shyly admits that she is a slow player.

She has also become more accepting towards dialysis treatment and does not feel uneasy about treatment anymore. "To be honest, after each dialysis session, I do feel better." Mdm Chew shared.

Despite her misfortune, Mdm Chew feels that there are people who are more unfortunate and require help. She urges all who has the ability to help, to lend a helping hand to the people in need.

"We might be in an awful situation, but there are others in even worse situations," she said.

Help patients like Mdm Chew overcome their despair by making a donation via the enclosed Business Reply Envelope. Let them know that there are people out there who care about them. For more information, please visit www.kdf.org.sg or call 6559 2630.

Patient Education Seminar and Fun-filled Outing to Singapore Flyer

BY DAMIAN CHEONG

HOW WELL DO YOU KNOW YOUR BLOOD TEST RESULTS? DO YOU KNOW WHAT THE COMPONENTS OF YOUR BLOOD TEST ACTUALLY MEAN?



On 24th April 2016, a patient education seminar was held in the morning for our patients to better understand their blood test results. A simple test would be able to determine how well dialysis treatment was working to clear waste products from their body.

Dr Yeoh Lee Ying, a senior consultant at Khoo Teck Puat Hospital, was the speaker for the event and she highlighted the causes of inadequate dialysis, malnutrition and provided some tips on what to do in order to maintain a balanced and healthy lifestyle.

Dr Yeoh shared that poor or insufficient intake of proper food may lead to a low albumin count which will contribute to malnutrition and excess water retention.

It is important for dialysis patients to learn that they should avoid food that are high in potassium and phosphate content, and choose to consume less salty food as well as ensuring that they take proper care of their own health.

A short quiz session with prizes to be won was conducted at the



end of the hour-long seminar to reward participants who were attentive. They were then ushered to lunch which was a buffet spread and they tucked into their meal cheerfully.

As soon as they finished their meal, they were eager for the next programme in the afternoon, which was a trip to the Singapore Flyer.

Participants were treated to the breath-taking spectacular sights of Singapore, reaching a peak height of 165m, all in the comfort of the capsule on board

the attraction. Faces of the participants and their caregivers were filled with joy as they marvelled at the stunning view of the city skyline. In fact, it was a good opportunity for patients to bond with each other as they mingled and interacted among themselves.

This patient education seminar cum outing was organised by Renal Friends, a patient support group, and the organising committee would like to thank all participants and those involved for contributing to the success of this event.

KDF CHARITY NETBALL 2016

BY JEMIN CHUA

Held on 2nd of April 2016 at Kallang Netball Centre, the KDF Charity Netball Competition 2016 saw 30 netball teams from local schools and interest clubs vying for the top position within the B and C Division and Women under 23 game categories.

Aside from the heated competition, the event also featured several charity flea stalls selling items ranging from scented candles, T-shirts and stationery to cookies, durian crepes, drinks and ice-cream. For a limited time period, complimentary iced milo (courtesy of Nestlé), popcorn and candy floss were also offered to participants and visitors, much to their delight.

To cool it all off, a special education corner was set up indoors, providing reprieve from the midday heat and



battle of speed, to determine which team could finish drinking small cups of plain water in the shortest time possible.

The game was a symbolic activity to remind participants that drinking plain water helps take care of their kidneys and also to be conscious of their lifestyle choices.

This charity event presented KDF with a unique opportunity to reach out to the student population to promote an active lifestyle among youths. And further, to increase awareness of kidney and kidney related diseases among the younger generation and to enable them to make healthier choices as they grow older.

more importantly to impart important health messages about kidney health to participants and visitors alike, through simple games.

Amongst other games, was a drinking competition where teams pitted against each other outside the courts, in a healthy

To date, \$87,200 has been raised through the event. We would like to extend our sincerest appreciation and thanks to the vendors who took part in the charity flea, event sponsors and donors for your generosity and support, and to the teachers, coaches and students of the participating teams.

Also deserving of a special mention are St. John Brigade cadets from Chung Cheng High School Yishun, who were our first aiders for the event, and students from Tampines Secondary School who assisted as event helpers.

We hope everyone enjoyed the carnival and we hope to see you again soon!

SPECIAL THANKS TO

SPONSORS



EVENT DONORS

CHARITY FLEA VENDORS



CO ORGANISER



SERVICE LEARNING @ KDF

BY JEMIN CHUA

Kidney Dialysis Foundation (KDF) recently played host to two groups of secondary school students from Nanyang Girls High School and Ping Yi Secondary School. It was especially heartening to see students from Nanyang Girls again, as we host their biology students almost annually at our Bishan dialysis centre.

To deepen students' understanding on biology topics and relate it to real-world usage, a group of 25 students from Nanyang Girls High School and their teacher visited our dialysis centre on 2nd of March 2016.

Following a short presentation about our organisation and the work that we do, our clinical nurse took the floor to share more about the functions of our kidneys, kidney failure and dialysis treatment options, much of which reinforced what the students previously learnt in class.

The highlight of the visit was undoubtedly the dialysis centre tour. The girls were brought around our dialysis centre in small groups, where they got to see a dialysis machine at work and were given a detailed walkthrough of the different elements of a dialysis machine and how it helps to substitute some functions of our kidneys.



They were even granted access to our water treatment room¹; a place usually out-of-bounds to visitors.

Not forgetting our patients, the girls also left some encouraging messages to our patients to cheer them on before they left, bringing about many smiles that day.

Students from Ping Yi Secondary School on the other hand, had a more community oriented objective. As part of their service learning project, a secondary three class had identified KDF as the charity that they would like to learn more about and contribute their time and services to.

So on 7 April 2016, the class split into two groups to visit our Ghim Moh and Bishan dialysis centres concurrently, where they were similarly given a short presentation on our organisation and on dialysis.

After the introduction, students were allowed into the dialysis centre, where in small groups, they greeted and stopped to

chit-chat with our patients, learning more about their condition and special dietary restrictions through first hand interaction.

Our patients were visibly quite delighted at this unexpected company, and for that afternoon, the typically dull atmosphere at our centre was injected with youthfulness and energy.

The visit not only provided students with an opportunity to interact with kidney patients, it also armed them with added knowledge and insight into kidney dialysis and KDF's role in the community, which they shared with their schoolmates after returning to school.

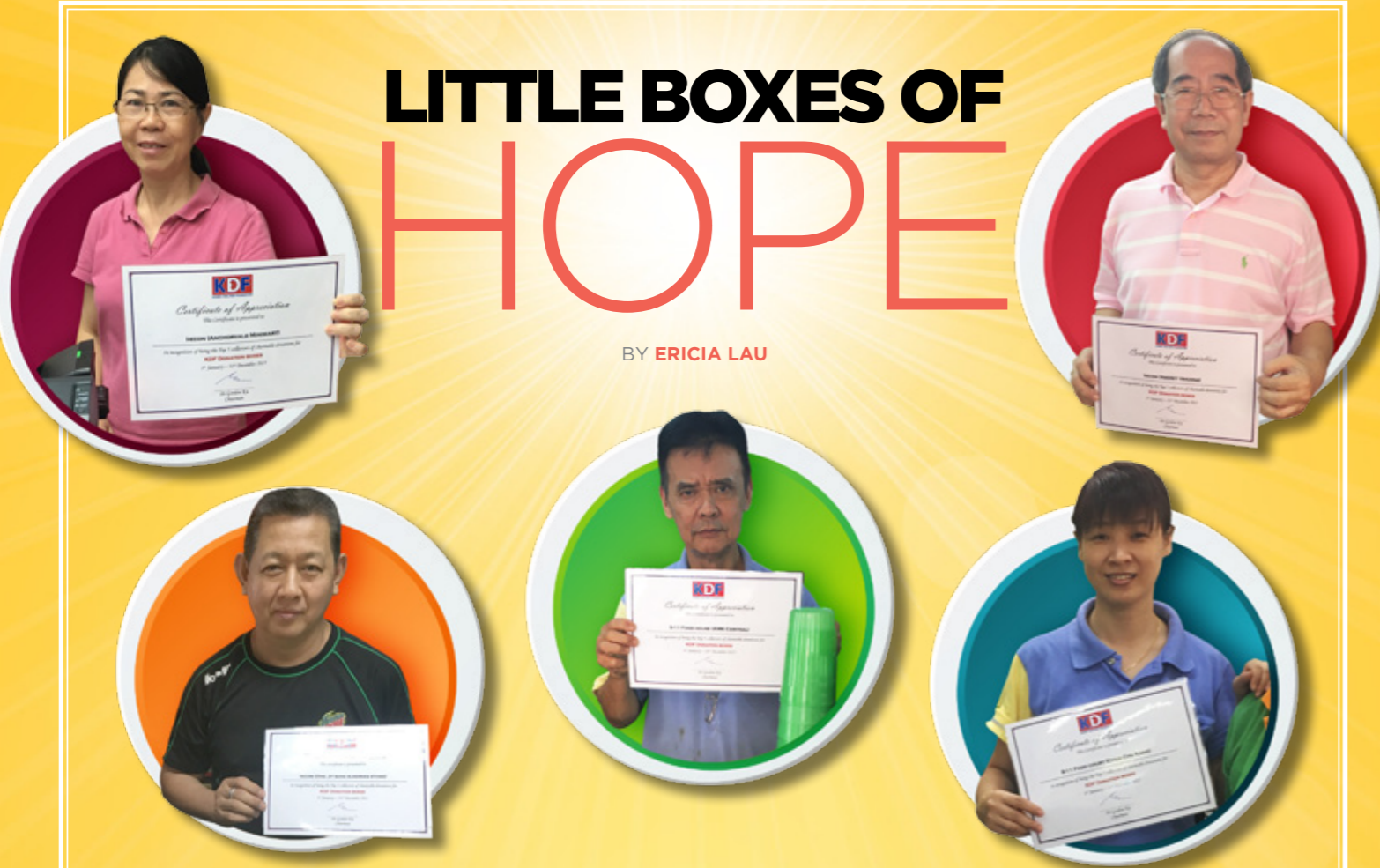
As it has always been one of our commitments to promote public awareness of kidney diseases, KDF is thankful for the opportunity to host the students from Nanyang Girls High School and Ping Yi Secondary School at our premises, and we look forward to welcoming more schools to visit our dialysis centres in time to come.



¹ The water treatment room is the heart of any dialysis centre. It treats water by reverse osmosis, as clean, purified water is necessary for dialysis treatment.

LITTLE BOXES OF HOPE

BY ERICIA LAU



Over the course of 20 years reaching out to the public, KDF has tirelessly organised many events from educational forums, seminars, schools and corporate outreach to a myriad of fundraising activities. Amidst these community outreach and fundraising efforts, I would like to call your attention to one of KDF's longest standing fundraising initiative – the KDF Donation boxes, affectionately known as our little boxes of hope.

The look and size of our donation boxes have evolved over the years but the initiative is still standing strong despite the years. This would not have been possible without the kind hearted souls behind these boxes – business owners who have kindly allowed us to place our donations boxes at their premises.

As we celebrate our 20th Anniversary this year, we would like to take the opportunity to give a

special mention to the top 5 outlets with the most charitable donations collected for the year 2015.

- S-11 Food House - Ang Mo Kio Central
- Hanwell Holdings - Aseret Trading (Yishun)
- Hanwell Holdings - Ong Jit Sang Sundries Stores (Toa Payoh)
- Hanwell Holdings - Anchorvale Minimart
- S-11 Food Court - Choa Chu Kang

Besides the placement of our donation boxes, there have been occasions when we witnessed the employees/owners of these respective outlets encouraging members of the public to donate to our donation boxes while receiving payment. This kind gesture, though small, greatly warms our hearts, as it shows that there are people out there going the extra mile to help sustain the lives of our patients. From the bottom of our hearts, thank you!

Would you like to give back to the community?

Be it a small family mart, an independent café or multi outlet chain, we welcome all of you to be part of our big family. Adopt a KDF donation box today!

Interested parties, please kindly contact Ms. Ericia Lau at **6559 2652** or Ericia.lau@kdf.org.sg for more information.



URINARY TRACT INFECTION (Part 3)

Last issue we discussed the signs and symptoms of UTI as well as how it can be prevented. In this last installment of the article, we will look at diagnosis, treatment options, and how it is related to kidney failure.

8. How do I confirm that I have UTI?

Confirmation is through urine tests performed to look for the presence of white cells. The white cells increase with the amount of inflammation. These can be detected using dipstick reagent strips or by looking at the urine through a microscope and the amount of white cells counted. Often red blood cells (blood) are also present. The urine can also be cultured for bacterial growth and tested against a range of antibiotics to assist the doctor in the choice of antibiotic should the initial treatment be unsuccessful. However, culture is not useful once antibiotics have been started, as the bacteria would not often grow in the presence of antibiotics.

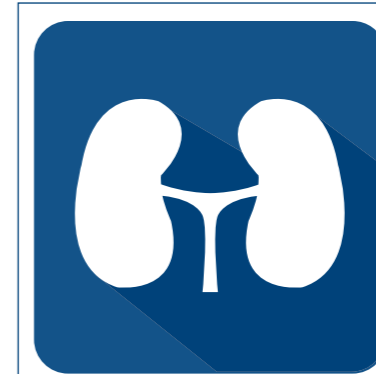
In order to have an accurate diagnosis, the method of collecting urine specimen is very important. This is because contamination can occur from the skin surface as well as vaginal secretions in the female and smegma in the male. The cells seen on microscopy may be coming from contaminants rather than the urine itself. The nurse in the clinic will instruct you on how to collect a midstream urine specimen to avoid this problem. It is important to follow these instructions to avoid getting a contaminated sample.

9. Since there may be other causes leading to UTI, are investigations performed to look for a cause in every case of UTI?

Not all cases of UTI are investigated. Your doctor will decide if further tests are required. Some of the tests may include:

a) Intravenous urogram (IVU)

In this test, an opaque dye is injected into a vein to give X-ray images of the bladder, kidneys and ureters to look for abnormalities in the urine tract



ALWAYS REMEMBER
TWO MOST
IMPORTANT THINGS
TO DO TO PREVENT
FURTHER INFECTIONS:

**PRACTICE GOOD
HYGIENE
DRINK PLENTY
OF WATER**

b) Cystoscopy

An instrument that allows the doctor to see the inside of the bladder from the urethra

c) Ultrasound examination

This examination is performed using sound waves to look for obstruction in the urine tract.

10. How is UTI treated?

Treatment includes antibiotics to get rid of bacteria. This may take a few days. In the meantime pain relievers can be taken at the same time. Drinking plenty of water will also help to flush bacteria as well as diluting the amount of bacteria.

It is important to complete the course of antibiotics as the UTI may recur if the bacteria are not destroyed completely. More importantly, the bacteria that initially caused the infection would become resistant to the antibiotic previously used and a

new course with another antibiotic would have to be started.

11. I get recurrent UTI, what can be done about this?

Recurrent UTI should be investigated to search for an underlying cause so that it can be eradicated or corrected.

For those females who have normal urine tracts, a course of preventive antibiotics can be prescribed.

12. Can UTI lead to kidney failure?

Fortunately, with prompt treatment UTI is quite unlikely to lead to kidney failure. However, if a person has urinary tract obstruction, reflux or some other urinary abnormalities, infection may lead to progressive damage of the kidneys.

To read the full article, please visit <http://www.kdf.org.sg/education/health-guides/61-kidney-diseases>

小小铁箱， 承载希望

译蔡永馨 (Jemin Chua)



在过去20年的时间里，KDF已深入社会民众，历来所举办的活动多不胜数，其中包括不同规模的教育讲座、校园及企业外展活动和筹款项目等。其中，历史最悠久的项目便是我们爱心捐款箱计划。

可别小看这个外形娇小玲珑的捐款箱，它可是背负着为贫苦肾脏病患收集和传递希望的伟大使命呢！

随着时间的推移，捐款箱的外形虽有所改变，但幸得一群善心人士的大力支持才使得这个筹款项目几十年屹立不倒。

借着KDF庆祝20周年之际，我们要特别感谢这群善翁老板在自己的店面和摊位特别腾出空间让我们置放捐款箱。特别

值得嘉奖的是以下几位店家，截止去年底，在众多置放捐款箱的店家之中为KDF筹得最多善款：

- S-11 咖啡店 - 红茂桥中心
- 恒威集团 - Aseret Trading (义顺)
- 恒威集团 - Ong Jit Sang Sundries Stores (大巴窑)
- 恒威集团 - Anchorvale Minimart (盛港)
- S-11 咖啡店 - 蔡厝港

令人感到特别暖心的是，这些店家除了腾出空间之外，员工们还会趁着替顾客结账之余鼓励他们把零钱投入捐款箱里。这小小的举动看似微不足道，却见证了他们愿意为了延续病患的生命默默付出的努力，此举动令我们打从心底感激。

您也想为不幸的群体出一份力？

您只要在店面、摊位或公司柜台腾出一点点空间就能为贫困的肾病患者带来无限的希望！不管您是邻里的便利商店、咖啡店，或是拥有几十间分行的连锁店，我们都欢迎您‘领养’我们爱心捐款箱。今天就加入我们的爱心大家庭吧！

有意者请致电或电邮Ericia小姐洽询，6559 2652 / Ericia.lau@kdf.org.sg。



泌尿系统感染 (3)

续上两期《肾析简报》我们介绍了泌尿系统感染的类别，患病的危险群，及如何预防之后，在这连载的最后一期，我们会探讨如何确实诊断和其治疗方案，以及泌尿系统感染与肾衰竭的关联性。

8. 如何诊断我是否已患上泌尿系统感染？

进行尿液检查以确定白细胞的存在。使用试剂量杆或镜检可测试白细胞的数量。白细胞数量会随着感染的严重性而增加。尿液通常也会出现血丝（即红血球）。

如果初步治疗不成功，医生可进行尿液细菌培养，依据细菌的抗生素敏感性试验结果，决定使用何种类的抗生素。然而，一旦开始服用抗生素，细菌培养将无法发挥多大用处；这是因为在抗生素的作用底下，细菌多不会滋长。

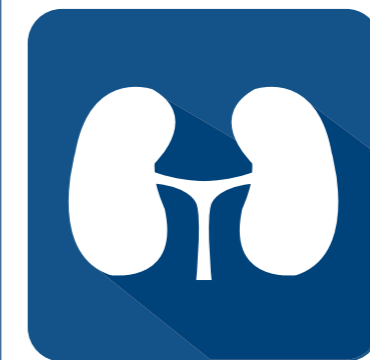
另外，诊断要正确，收集尿液样本的方法就要谨慎准确。如果处理不当，样本可能会在皮肤表层受污染，或是沾染到女性阴道的分泌物或男性的阴垢。如此一来，显微镜下观察到的细菌活动便可能是来自这些污染体而非尿液本身了。护士会教导您如何正确地收集中流尿液样本。请听从指导，以避免样本受污染。

9. 既然有许多其他原因可导致泌尿系统感染，是不是每个感染个案都需进行检测以确立起因？

不是。您的医生会决定是否需要作更进一步的检测。当中一些检测包括：

a) 静脉肾盂造影片 (IVU)

这是指将一种含不透X光线的碘物质注入静脉后拍摄出的泌尿系统X光片。医生透过膀胱、肾脏、输尿管的X光片便可检视任何尿路异常的状况。



要预防反复感染，切记两件最重要的事：
注意个人卫生
多喝水

b) 膀胱镜检查 (Cystoscopy)

运用这种医学仪器从尿道观察膀胱里的状况。

c) 超声波检查 (Ultrasound examination)

通过声波检查尿路是否阻塞。

10. 要如何医治泌尿系统感染？

治疗包括使用抗生素药物消灭细菌。服用期可达几天。在这期间，病人可同时服用止痛药减轻疼痛。多喝水可助冲掉细菌或冲淡细菌的数量。彻底完成抗生素药物疗程是治愈关键。这是因为细菌如果没有被彻底消灭，感染问题就会复发。更重要的是，如果疗程中途而废，原先引发感染的细菌会对先前所使用的药物产生抗性作用；医生将不得不更换抗生素药物，启动新一轮的疗程。

11. 泌尿系统感染复发的话，该如何处理？

反复泌尿系统感染的病人应接受进一步检查确定根本病因，以将之纠正或消除。

至于泌尿系统正常的女性也可服用一轮预防性的抗生素药物。

12. 泌尿系统感染是否会导致肾衰竭？

若及时医治，泌尿系统感染是不太可能导致肾衰竭的。不过，如果一个人存有尿路阻塞、尿液反流或其他尿路异常的问题时，一旦发生感染，便可逐步导致肾衰竭。

欲阅读完整篇文章请浏览<http://goo.gl/RVh3iF>

无挡板篮球慈善 竞标赛 2016

译蔡永馨 (Jemin Chua)



KDF无挡板篮球慈善赛于今年4月2日在Kallang Netball Centre盛大举行。共30组来自本地各中学和大专院校的无挡板篮球校队参与其盛，争夺各组别的冠军宝座。

除了竞争激烈的赛事之外，会场也特别举办了慈善义卖会，售卖的物品包罗万有，包括香薰蜡烛、T恤、文具用品、饼干、榴莲可丽饼、饮料和雪糕等。甚至还有限时免费供应的冰凉爽饮(雀巢特别赞助)、棉花糖和爆米花。

此外，我们也在室内设立了教育展台，通过海报和互动游戏，加深参赛学生与和参观者对肾脏疾病的认识。其中一项游戏要求各参与队伍比赛喝水，看哪一组能最先把桌上的小杯矿泉水喝完。我们希望参与者能通过这项游戏了解多喝开水对肾脏的益处，并鼓励他们在日常生活中做出更健康的选择。

这次活动让KDF有机会接触到广大的学生群体，一方面有助于推广健康生活的概念，另一方面也能增加年轻人对肾脏和其相关疾病的了解，提升他们长大后的健康意识。



截止5月，这项筹款活动共筹得\$87,200善款。在此，由衷感谢支持本活动的善长仁翁、慷慨捐赠的机构、赞助商、慈善义卖会的参与商家，以及参与慈善赛的学生、老师和教练。

此外，特别鸣谢中正中学(义顺)圣约翰救伤队，以及淡滨尼中学的同学们担任此项活动的义工。谢谢你们的参与和协助! 希望大家玩得开心尽兴，后有期!

特别鸣谢

赞助商



乐捐机构

慈善义卖会参与商家



协办方



KDF的 社会服 务课堂

译蔡永馨 (Jemin Chua)

近日KDF先后接待了两批中学生，他们分别来自南洋女子中学和平仪中学。

我们KDF几乎每年都在碧山透析中心为选修生物学的中学生提供见习机会，目的是为加深同学们对生物学概念及其在现实生活中实际运用的理解。今年3月2日，南洋女子中学一行25名学生以及她们的老师再度前来透析中心参观学习，令人欣慰。

带教护士简短介绍完KDF组织架构、服务范畴之后，给同学们详细讲解了肾脏功能、肾功能衰竭以及肾脏透析治疗等知识点，以期巩固同学们在课堂上的相关学习内容。

见习的亮点无疑是参观肾脏透析中心。女孩们被分成几个小组，被带领着观摩肾脏透析机器的每个工作环节，她们还有幸参观了平日不对外开放的水处理室(RO room)。参观过程中，同学们认真聆听带教护士讲解肾脏透析器的工作原理，并不时提问和讨论，气氛相当活跃。

见习结束后，细心的女孩们在离开前写下许多鼓励、祝福的话赠给我们的病患，为这次学访再添几分温馨。

相比之下，平仪中学的同学们造访KDF则带有更多社会实践的目的。平仪中学中三班的同学们在学校的社会服务课程中了解到KDF是一所慈善机构，所以希望对KDF有更多了解，并到KDF做义工。



2016年4月7日，平仪中学中三班同学们兵分两路参观了我们的锦茂(Ghim Moh)和碧山(Bishan)透析中心。简短介绍完KDF的组织架构以及肾脏透析治疗原理之后，同学们分成若干小组被带入透析中心与肾病患者面对面接触。他们和病患聊天询问他们的病情，了解他们特殊的饮食禁忌。

年轻学生的到访显而易见受到病患的欢迎，那天下午，本来暮气沉沉的透析中心充满了青春活力。

KDF一向致力于提高国人对肾脏疾病的认识，因此对南洋女子中学和平仪中学同学们的造访非常欢迎。同时也期望其它学校前来洽询参观事宜。



肾友教育讲座及郊游

译蔡永馨 (Jemin Chua)



关于您的血液检测报告，您到底了解多少？报告中所列各项检测指标又代表什么意义？

2016年4月24日上午，我们为肾友安排了一场相关知识讲座。如今医学昌明，仅通过简单的血液检测便可以得知肾脏透析疗效如何，能否将有害物质从体内清除干净。

我们特邀邱德拔医院高级顾问医生 Yeoh Lee Ying，为肾友们现场普及如何正确解读一份血液检测报告。与此同时，Yeoh Lee Ying 医生还重点讲解了透析不足量以及肾功能衰竭病患营养不良的发生原因，并且给出了良好建议，教导肾友如何获得平衡健康的生活方式。

食物摄入量不足可导致低蛋白血症性营养不良及水肿，因此要保证合理饮食。透析患者应避免摄入高钾、高磷酸盐类食物，选择低盐饮食有助于身体健康。

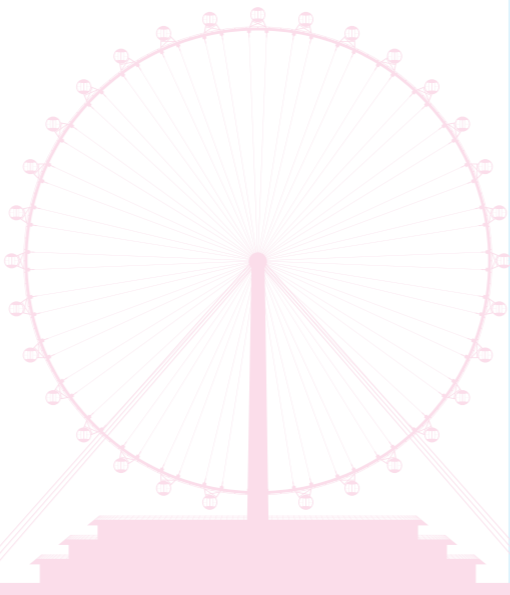
一小时的讲座过后是简短的有奖问答环节，以奖励认真的参与者，现场反应热烈。之后是丰盛的自助式午餐，肾友们开心地聚在一起享用美食。



午餐过后终于等到大家翘首以待的节目：搭乘新加坡摩天观景轮。

肾友们及其同行家属坐在舒适的观景舱内，难掩心中兴奋，笑意盎然。在至高点距离地面165米的高空俯瞰狮城，壮丽的城市天际线尽收眼底，令人叹为观止。肾友们也利用这次难得的聚会互通有无，其乐融融。

此次活动由肾病患者互助小组‘肾友会’筹划主办。在此主办方衷心感谢所有参与活动的肾友、肾友家属以及义工。在你们的热情协助下，活动方能获得圆满成功。衷心感谢！



无法接受。她四处走访中医诊所，只为求得不一样的诊断结果。

为了不让家人担心，那段时间周女士隐瞒了自己的病情，两个儿子都被蒙在鼓里。因为想继续工作帮补家用，她坚决不接受肾脏透析治疗，她心里清楚一旦开始洗肾就得放弃工作了。

直到2011年年末周女士在下班回家路上突然晕倒被送进医院，医生为她紧急插管透析，她的家人终于知晓她的病情，周女士在医院里醒来时感到悲痛欲绝。

“在医院醒来之后我感到非常沮丧，每天都在考虑到哪里筹钱支付我的洗肾费用。”周女士悲哀地说道。她自认为拖累了家人，甚至产生轻生的念头。所幸辅导员及时介入并加以引导，才没有酿成惨剧。

“我把所有尖锐的东西都收起来，因为我生怕自己会伤害自己！”周女士眼眶泛泪说道。“我曾经是一个那么积极又热爱工作的人，怎么会变成现在这个样子？开始洗肾就意味着生活完全变了样。”

除了自身的病痛，周女士也特别介意外界的眼光。她自觉大众在看待病人时存在着歧视。

虽然她的家人，特别是两个儿子一直陪伴她，鼓励她坚持下去，并承诺在治疗费用上支持她，但周女士内心仍然饱受煎熬。

柳暗花明又一村

一天夜里周女士做了一个奇特的梦，醒后梦境历历在目。周女士猜想这个梦会不会有什么特殊含义，便四处打听，希望可以解惑。结果大家听了，都告诉她那个梦极可能是在暗示她不要轻易放弃生命，要接受自己的疾病，不要动自杀的念头。

从那以后，周女士开始慢慢释怀去接受她的病痛。“真的，如果没有那个梦，我想我已经离开这个世界了。”她坦白说道。



现在，周女士一有空就参加民众联络所举办的各类活动，也当义工给晨运的年长者分发矿泉水。

但是，周女士心心念念的仍是药草园。由于身体状况不允许，她不能再像以前那样进行园艺工作。“药草园现在杂草丛生。”她的语气里充满遗憾。

周女士也参加了肾病患者互助小组——KDF肾友会组织的郊游活动，最近更开始玩拉密牌(Rummikub)，玩得虽然不好但很享受游戏过程。

对于肾脏透析，她也不再那么排斥，她坦言：“坦白讲，洗肾之后是会觉得比较舒服。”

周女士的境遇虽然不幸，她却深知比她更不幸的大有人在。“我们惨，别人比我们更惨！”

周女士呼吁所有有能力的人，向需要帮助的人伸出援助之手，莫因善小而不为。

您也可以帮助和周女士有相同境遇，贫困的肾脏病患者，向他们传递温暖。欲捐款者请填写随附的回执信封，致电6559 2630 或登录 www.kdf.org.sg 网站。

肾析简报



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山重水复疑无路， 柳暗花明又一村

译蔡永馨 (Jemin Chua)

我从未想到我会得肾脏病。

26岁之前我一直生活在乌敏岛(Pulau Ubin)上，每天大部分时间在烈日下辛勤劳作，从养猪到采收椰子什么都做。坦白地说，我们那个年代生活要比现在艰苦得多。

我喜欢园艺。在岛上我们有一座菜园，闲暇时我喜欢在自家菜园里忙碌，种植各种植物和药草。我可以告诉你哪些药草对治疗感冒和咳嗽特别有效，那个时候我们即使生病也不去看医生，都只是服用自己种植的药草。

我在乌敏岛上的生活平淡但无忧无虑，即使搬到新加坡本岛之后也没有多大的变化，直到医生诊断出我患上肾功能衰竭。

我拒绝相信医生的诊断，也拒绝治疗，因为我很清楚一旦开始肾脏透析，我就不能再继续工作。而让我更加懊恼的是，面对这一切我是那么无能为力。

直到2011年的某一天，我在下班回家的路上突然晕倒被送进医院，医生为我施行了急诊透析，从此我开始了肾脏透析治疗。

那天，我觉得自己整个人生都改变了。

周女士



生命曾经何等美好，可惜天意弄人，当需要靠肾脏透析（洗肾）度过余生的残酷现实摆在你面前，你会不会有世界末日的感觉？更何况每个月还要负担高达2000元的治疗费用，如果不想成为家人的累赘，你又该怎么办？

不一样的人生

在诊断出肾功能衰竭之前，周女士活跃于社区，一有时间就当义工，陪同贫困的长者出游或帮忙分发食物。

同时，她也帮忙打理红山社区中心的药草园。工作之余大部分的闲暇时间她都用在照料园内的各种植物上，足见她对园艺的真心喜爱并且享受它们带来的乐趣。

“照顾那些花花草草一点都不困难，我种什么都成功，可能有点天赋吧！”周女士自豪地说道。

也正因为一直过着积极充实的生活，当周女士得知自己患上了肾功能衰竭时，完全