



KIDNEY

CANVAS OF LIFE

BY DANIEL YAO



"You are pregnant." The moment these word flowed out of my doctor's mouth, I was instantly struck with panic and fear.

A myriad of thoughts engulfed my mind and overwhelmed my body, as he went on to tell me that they would need to check if the baby was still alive. A dreadful thought flashed across my mind, quickly followed by guilt, as I had taken an X-ray not too long ago, oblivious that I was pregnant.

The following day, I went for the ultrasound my doctor had scheduled, and honestly, I was all prepared to hear the bad news; it wouldn't be the first time anyway.

Miraculously, my baby was alive! My husband, who was with me at the time, was over the moon, but not for me, as I had a lingering concern that the radiation from the X-ray I took might cause down syndrome or have other effects on my baby.

Despite my worries and anxiety, time seemed to slip pass me. In the blink of an eye, my beautiful baby girl had arrived into this world on 13 June 2018.

Welcome, my darling.



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BLESSED

It was two days before Hari Raya Puasa. Noor Faezah felt dizzy around 3am in the morning, and she suspected it was due to low blood sugar, so she got out of bed to go to the kitchen. As she left her bedroom, she slipped and fell.

Faezah's husband was awoken by her cries for help and immediately helped her into the living room and gave her some sugar water. After a short nap, she felt much better, so she started to get ready for her dialysis in the morning. Without any warning, her water bag suddenly broke.

Fortunately, her husband had just stepped out of the house for work, so he was able to rush back to send Faezah to the hospital in an ambulance.

Too eager to enter the world, baby Zara was born prematurely, one day short of 28 weeks. The doctors had to do everything to keep the baby alive when she was out of the womb. For close to half an hour, the medical team fought to rescue and stabilise the baby, and only heaved a sigh of relief when they finally heard baby Zara's regular heartbeat.

"I think she wanted to be out in time to join the family for Hari Raya celebrations," Faezah teased.

In the initial days, Faezah realised that her baby wasn't crying, and this opened a new can of worries. "I was so afraid that she was deaf." Faezah shared.

It was only when Faezah spoke to the doctor and he assured her that this was common in premature babies then she was able to set her mind at rest. When Faezah finally heard the cries of baby Zara, it was the sweetest sound she'd ever heard.

It was hard for Faezah to put into words the emotions she felt meeting her daughter for the first time. It all seemed so surreal and even till now, she still cannot believe that she had given birth to a healthy baby girl.



KEEPING HER BABY

"Mummy, is the baby still alive?" was what Faezah's eight-year-old son had first asked when she told him the good news. The unexpected question startled her and touched on a raw nerve, rendering her speechless as painful memories of her past four miscarriages brought tears to her eyes.

It should be a joyous event for any woman to find out that they are expecting a child, but this happiness was crushed not once, but four times for Faezah. Having experienced multiple miscarriages and knowing full well the challenges that lie ahead, she was initially apprehensive about going through with the pregnancy.

Moreover, her usual gynaecologist was against the idea of her having a baby, as the chances of miscarriage and complications would be too high due to her condition. Surprisingly, her renal doctor was one of her strongest supporters, who had encouraged her and assured her that he would support her along the way.

"My kidney doctor told us that it is very rare for a dialysis patient to get pregnant, so why don't we proceed?" Faezah recalled. "Upon hearing this, my husband gave the final push and encouraged me to go for it."

More often than not, we avoid doing things that we are afraid of, especially if we know that there is a good chance it might not turn out well. But sometimes, all we need is a leap of faith.

With the encouragement from her husband and doctor, Faezah decided to overcome her fear that was holding her back, and welcome this extraordinary life event.

WITH ARMS WIDE OPEN

Throughout her pregnancy, Faezah had to face new challenges and adapt to a new lifestyle. For a start, her dialysis increased from three to five times a week. But the long hours of sitting on the dialysis chair was uncomfortable and challenging, especially when her tummy became bigger.

"It was really tough for me during dialysis," recalled Faezah. "The baby kept moving and was constantly kicking me when I was on dialysis. I became so stressed."

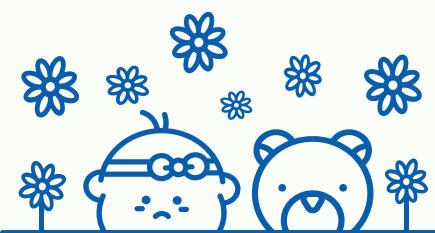
To overcome the discomfort, Faezah forced herself to sleep during dialysis which wasn't too difficult as she was constantly tired.

To ensure the healthy development of the baby, Faezah was given the green light to eat as she wished, including food that dialysis patients are typically discouraged from eating. "Only for this period of time," was what her doctor said.

She was even encouraged to drink more water, something that was unthinkable before she was pregnant, as dialysis patients have to control their fluid intake.

The drastic change in her emotions was also something that surprised her. Unlike her previous pregnancies, Faezah became more emotionally sensitive. "I was happy most of the time, but when people raise their voices at me – even by a little – I will start crying uncontrollably, and when I am happy, I burst into laughter," said Faezah. "I am usually quite fierce and feisty, so it was a funny experience," she added.

Although there were many challenges, Faezah made it to finishing line the moment baby Zara came into the world. They have now embarked on a new phase of their lives together, and we at KDF are immensely happy to have witness such a miracle.



It is a rare and wonderful event when a woman on dialysis has a baby. It is your support that made it possible for Faezah to receive the added treatment at no extra cost, eventually leading to her successful delivery.

We hope you can continue to support our cause and help patients with different circumstances, not unlike Faezah.

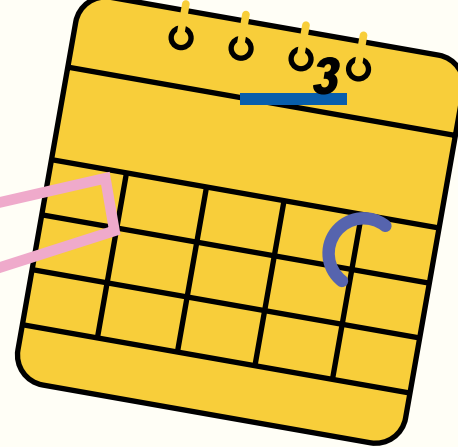
Make a donation today via the enclosed Business Reply Envelope or donate online at <http://kdf.give.asia/campaign/kdf-link>.



UNDERSTANDING OUR PATIENTS' EMOTIONS WITH

THE KDF CHARITY CALENDAR 2019

BY DANIEL YAO



With the year soon coming to an end, we would like to present our annual charity desk calendar for 2019, themed – “Emotions during the Dialysis Journey”.

If you were one of those who had purchased our charity calendar last year, you would know that the beautiful artworks featured were drawn by our patients and their caregivers, with guidance from postgraduates with the MA Art Therapy Programme at LASALLE College of the Arts.

Riding upon the success of our first collaboration, and after receiving overwhelming response from our patients, KDF and LASALLE got together again this year, for the KDF calendar project 2019.

This time, our patients were told that they had to depict the emotions felt during their dialysis journey through their paintings. As such, through the individual

artworks featured in the calendar, you will get a sense of the emotional journey experienced by our patients, be it the feelings they had when they were first diagnosed, how they feel going through dialysis three times a week, or how it's like having been dialysed for many years.

Each artwork is unique, and conveys a different emotion, using colours and various techniques to portray the right mood and feelings to achieve their desired look. And aside from having the chance to take part in this social programme, our patients are also able to contribute to our fundraising efforts that would benefit fellow KDF patients.

To support them, you can purchase the calendar, which is priced at \$10 each. Bulk discounts will be extended to orders of 30 copies and above, and we also accept customisation requests to include your corporate logo. Please contact us for more information.

How To Order

- Send us a cheque made payable to “KDF” and attach the completed order slip below.
- Purchase on our website at www.kdf.org.sg from October 2018 onwards.
- For more information, please contact Mr Daniel Yao at **6559 2650** or Daniel.yao@kdf.org.sg.

<u>NAME</u>		<u>CONTACT NO.</u>		<u>EMAIL</u>	
<u>MAILING ADDRESS</u>					
KDF CALENDAR 2019					
<u>UNIT PRICE</u>		<u>ORDER QUANTITY</u>		<u>UNIT PRICE</u>	
\$10 (1- 29 PIECES)				\$8 (30 PIECES & ABV)	
				<u>ORDER QUANTITY</u>	

* Donation will not be tax deductible. Amount inclusive of local postage.

The Language of Art

BY JEMIN CHUA



A common theme was 'Hope', represented as a Sunflower by one patient, and a beam of light breaking through a chromatic sea of clouds by another. Feelings of ease and acceptance was another recurring theme which was materialised as sceneries, flora, and sunsets.

Stronger imageries with profound meaning could also be found in some pieces, like the grey-bodied dragon, colourful only at its head and tail, soaring the skies but shackled by red ribbons. This piece represents the angst felt by our patients who appear normal, but have an ailing body that is bounded by dialysis bloodlines, and yet because of treatment they gain freedom.

Behind each painting lies a moving story of struggle, resilience and acceptance. Every piece is unique in its style, technique and meaning. Through individual paintings, one gets a rare glimpse into the feelings and emotional journey experienced by a dialysis patient.

Beyond language, age and differences in life experiences, through this common language of art, the voices and inner thoughts of our patients are conveyed directly on the canvas. And as a receiver of these messages, we gain a much deeper appreciation of their strength and resilience living with kidney failure.

When we think about dialysis, we ever so often associate it with pain, suffering, hopelessness, or resentment – terms with negative connotations. But when we posed this very same question to a group of our own dialysis patients, their response was rather unexpected.

On the 30th and 31st of August this year, LASALLE College of the Arts hosted a group of KDF patients on their campus for a very special art class, which was facilitated by first-year MA Art Therapy postgraduates. Our patients – many of whom had no prior experience in art – were handed a blank piece of canvas, and were told to paint the emotions they experienced on their dialysis journey.

Under the careful guidance and encouragement from the art therapy postgraduates, our patients were able to identify specific emotions significant to them and translate them into images.



In conjunction with Giving Week, KDF will be holding a charity art exhibition to showcase the artworks painted by our patients and their caregivers.



Visitors to the exhibition will also have the opportunity to purchase selected artworks and charity merchandise in support of our cause.

EXHIBITION DETAILS

The Centrepoint

1st & 2nd December 2018

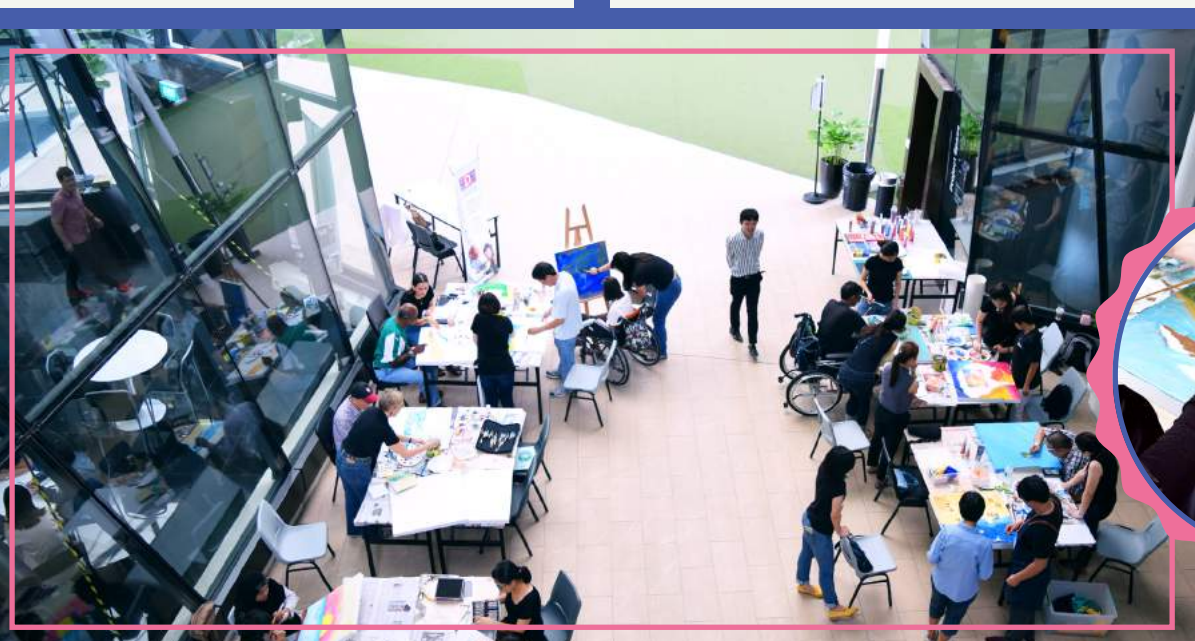
11am to 8pm

Basement Level 2
(near the linkway towards Orchard Central)



Join us to learn more about our patients' emotional journey on dialysis. See you then!

For more information, please contact us at events@kdf.org.sg or 6559 2650 (Daniel) / 6559 2651 (Jemin).



FROM - DSTA - WITH LOVE

BY *SHELLEY LU*



On 7th August 2018, two days before Singapore's 53rd birthday, a group of 22 staff from the Defence Science & Technology Agency (DSTA) visited KDF's three dialysis centres and spent a meaningful morning with our patients.

For most of the DSTA staff, it was their first time in a dialysis centre. During the visit, they took the chance to deepen their understanding of kidney failure, and through interaction with our patients, gained insight into the difficulties and lifestyle changes dialysis patients go through.

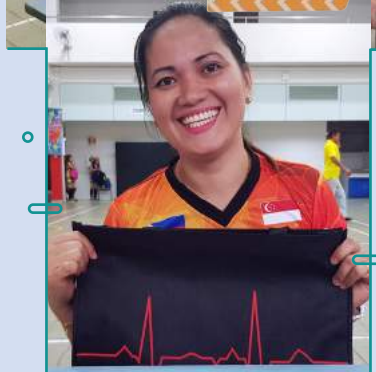
"The visit allowed us to understand more about dialysis treatment, and the impact it has on a patient's daily life. Being able to interact with the patients and hear their stories also reminded us to not take our families' and our own health for granted," shared defence engineer, Ms Tan Pei Ying.

Our visitors from DSTA not only brought smiles and laughter to our patients, they also gave out goodie bags as a small token of their support. Each goodie bag contained biscuits and snacks that were specially prepared through an internal donation drive initiated by the team.

We would like to take the chance to thank our lovely visitors from DSTA, for devoting your precious time to visit and accompany our patients, and for all the kindness and warmth you brought. We look forward to meeting all of you again.

Outreach at Toa Payoh South Community Club

BY SHERILYNN LOH



On Sunday, 5th August 2018, Toa Payoh South Community Club's multi-purpose hall opened its doors to many Overseas Filipino Workers (OFW) for the FW (Foreign Workers) Kindness Movement Volleyball League. The event was jointly organised by the Community Sports Club and U Cares volunteers in conjunction with Singapore's 53rd National Day, and supported by the Singapore Kindness Movement (SKM) and KDF.

Clad in their team's uniforms, many of our OFW friends were eager to groove to the energetic music of Zumba, which was part of the line-up for the day. The line-up also included an inspirational talk on kindness by guest-of-honour, Mr Cesar Balota, the Associate General Secretary of SKM, a presentation of muses, and an award ceremony for the "Best Uniforms," "Best Teams," and "Best Muses" by guests-of-honour Mr Balota, and Mr Jeffrey Koh from the Community Sports Club.

In line with the theme of keeping active, KDF set up an education outreach booth at the event venue, and invited the volleyball players, their supporters and members of the public to keep an active mind with our games. Our booth was set up to educate both locals and OFW alike about chronic kidney disease through simple games.

Participants were encouraged to play memory and puzzle games, and were tested on their knowledge about the common misconceptions of chronic kidney disease. Some of our lucky participants cleared all three games, and walked away with a special goodie bag.

Besides the games, participants could also pick up an educational brochure or two on kidney health, and kidney-related diseases, such as diabetes and hypertension. We also provided free blood pressure checks for the volleyball players, as well as members of the public.

As KDF is committed to educating and raising public awareness on kidney and kidney-related diseases, it was most encouraging for us to see many members of the public and our OFW friends having fun while actively learning more about these topics through our games. We hope that participants will put their new-found knowledge to good use, and do their part to prevent kidney disease.

If your organisation would like to invite KDF to set up an education outreach booth at your event, you can contact us at events@kdf.org.sg for further discussion.

Proteinuria

In the last issue, we discussed what proteinuria is and the signs and symptoms to look out for. In this issue, we will continue to discuss more about proteinuria such as how to test for it, and the treatments available.

How can I test for proteinuria?

Urine dipstick: This is a simple method using a test strip immersed into a urine sample to detect presence of protein in the urine. However, it only measures the concentration in that specific specimen. The concentration of urine passed throughout the day actually varies so this is not very accurate.

24-hour urine collection for protein or microalbumin is used to assess how much protein or microalbumin is passed into the urine over 24 hours.

We can grade proteinuria as follows:

	mg/day
Microalbuminuria	30-150mg
Mild proteinuria	150- 500mg
Moderate proteinuria	500-1000mg
Heavy proteinuria	>1000mg

Because the methods used for albumin and protein are different, there will be some difference in the amounts when albumin and protein are tested on the same sample.

The amount of proteinuria may also be reported as a ratio of protein to creatinine in the urine – urine protein/creatinine ratio. If both are measured in grams, it will parallel the 24 hour results. The urine microalbumin/creatinine ratio (both measured in mg) will also be closely related to the 24 hour urine microalbumin result.

Investigating proteinuria

There are many reasons for having protein in the urine and the treatment will depend on the cause and amount of protein leakage. The doctor will perform a series of investigations which include:

- Blood test to check kidney function
- Urine test to determine amount of protein present in the urine
- Ultrasound of the kidney and bladder to determine cause of proteinuria
- Kidney biopsy may be ordered in some cases for more specific diagnosis and prognosis

Natural course and prognosis of proteinuria?

If left untreated, proteinuria on occasion could disappear or could remain stable for many months and years. It could also get worse and cause kidney failure. This is especially so when:

- It is associated with high blood pressure
- The proteinuria is heavy (more than 1 gm/day). The higher the proteinuria is the greater the risk of kidney failure
- Medications that are not 'kidney friendly' are used indiscriminately

Treating proteinuria

Other than treatment for specific kidney diseases, the following needs to be observed to prevent kidney failure

- Good blood pressure control with any class of antihypertensive suited to the patient. In cases of heavy proteinuria, the target blood pressure is 125/75.
- Use of medications to specifically reduce proteinuria and stabilize the kidney function such as the Angiotensin Converting Enzyme (ACE)inhibitors or Angiotensin Receptor Blockers (ARBs).
- Diet modifications for a low salt diet as recommended by the dietitian and if appropriate, a low protein diet for renal failure.

Some Useful Hints

- Proteinuria may be a sign that your kidneys are damaged and that you are at risk of kidney failure
- It is recommended that people in the high risk group be regularly checked for proteinuria so that kidney disease can be detected and prevented from progressing
- Those at risk of proteinuria and kidney failure include people who have diabetes or hypertension and who have a family history of kidney disease
- If you have diabetes or high blood pressure or both, the first goal of treatment will be to control your blood glucose and blood pressure.

蛋白尿 (下)

在上一期的《肾析简报》中，我们讨论了什么是蛋白尿以及蛋白尿有哪些征兆与症状。这期，我们将深入了解蛋白尿，例如怎么检验蛋白尿以及如何鉴定其严重性。

如何检验蛋白尿？

验尿棒：这是简单的检测方式，只须将检测条浸入尿液样本就能测知尿液中是否含有蛋白。但是，它只能测量该样本的蛋白质浓度。一天里，不同时段所排出的尿液的浓度是不一样的，所以这类检测方式还不够准确。收集24小时内所排放的尿液，可检测出24小时中蛋白或微量白蛋白渗漏的总量。

我们可将蛋白尿分为以下级别：

	毫克/日
1. 微量白蛋白尿	30-150毫克
2. 少量蛋白尿	150-500毫克
3. 中量蛋白尿	500-1000毫克
4. 重度蛋白尿	>1000毫克

由于白蛋白和蛋白质的检验方式有所不同，同样一个尿液样本所得的白蛋白和蛋白质数量会有所差别。

蛋白尿的量也能够根据尿液中蛋白质与肌酐的含量比值来表示：尿蛋白 / 肌酐。若是以“克”为计算单位，两者比值可与24小时尿液检验结果相对应。微量白蛋白对肌酐（以“毫克”为计算单位），其比值也与24小时尿液的微量白蛋白检验结果有较密切的关系。

如何鉴定其严重性？

造成蛋白尿的因素很多，严重性是根据其因素及蛋白渗漏的数量而定。医生通常会进行以下一系列的检验：

- 血液检验 — 检测肾脏的功能
- 尿液检测 — 确定蛋白质的渗漏量
- 超声波扫描肾脏和膀胱 — 确定蛋白尿的起因
- 肾脏活组织检查 — 对某些病历可更精确的诊断和判断预后

蛋白尿的自然进程和预后

如果不接受治疗，蛋白尿的症状可能会消失或持续几个月甚至几年保持稳定。它也可能恶化，并导致肾衰竭，尤其是当患者：

- 患有高血压
- 有大量蛋白尿（一天超过一克）渗漏率越高，患肾衰竭的风险就越大
- 任意服用一些对肾脏有害的药物

蛋白尿的治疗

为了预防或延缓肾衰竭的进度，除了接受肾脏疾病的治疗，还需要注意以下的措施：

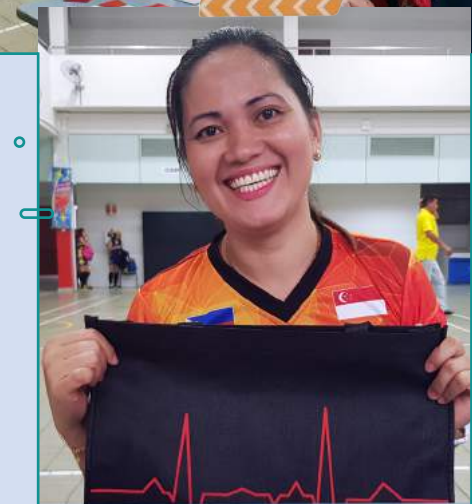
- 使用适合病患的抗压药物，有效的控制血压。除非是严重蛋白尿，病患理想的血压标准是125/75。
- 使用特定药物，降低蛋白渗漏的数量和稳定肾功能。例如血管紧张素转换酶抑制剂（ACE抑制剂）或血管紧张素II受体拮抗剂（ARBs）。
- 根据营养师的建议改善饮食习惯，限制钠（盐）的摄取。肾衰竭病患最好也能适量地减少蛋白质的摄取。

忠告

- 蛋白尿可能是显示肾脏已受损的征兆，病患会有肾衰竭的风险。
- 属于高风险者需定期作蛋白尿检验，以及及时检定肾疾病并预防及延缓其发展进度。
- 那些患有糖尿病、高血压或有肾脏疾病家族史的人士，都是蛋白尿及肾衰竭高风险发病人群。
- 若患有糖尿病或高血压或两者兼有的病患，治疗的首要目标是良好地控制血糖和血压水平。

KDF社区外展进驻大巴窑

译/盧珏德 (Sherilynn Loh)



2018年8月5日，星期天，大巴窑南民众俱乐部礼堂迎来了一群在本地工作的菲律宾籍朋友，参与由社区体育俱乐部和U Cares义工团联合主办的FW Kindness Movement 排球联赛。该活动配合我国欢庆建国53周年，由新加坡行善运动(Singapore Kindness Movement) 和KDF鼎力支持。

随着节奏强劲的尊巴音乐响起，身着各自队服的参赛者不分你我，兴奋地热情狂舞，为活动拉开序幕。除了尊巴舞蹈，主办方还特别邀请了新加坡行善运动的副秘书长Cesar Balota 先生，就行善发表了激励人心的演讲。他同时也和社区体育俱乐部代表Jeffrey Koh 先生，以特别嘉宾的身份参与了缪斯女神秀和颁奖仪式，分别颁出“最佳队服”、“最佳团队”以及“最佳缪斯女神”三个特别奖项。

为了提高附近居民、参赛者和观赛者对慢性肾衰竭以及肾相关疾病了解，KDF在场边设立了一个教育外展区，通过简单的游戏，考验参与者的记忆、智力和他们对慢性肾衰竭的了解。成功通过三项游戏的参与者还获得了KDF特别准备的限量礼包。

除此之外，大家也可以在KDF的展上索取关于肾脏疾病和肾相关疾病（例：糖尿病和高血压）的小册子。我们在现场也为居民和参赛者提供免费的血压测试。

KDF一向致力于提高国人对肾脏病和肾相关疾病的认识，所以当看到在场的居民和参赛者在玩游戏的过程中对肾病有了更深一层了解，我们感到非常鼓舞。当然，我们也期许他们能够牢记并利用新获取的知识来预防肾脏疾病。

如果您的机构有意邀请KDF到活动现场设立教育展台，请电邮至 events@kdf.org.sg 与我们联系。谢谢。



国防科技局

的爱心拜访

译/姚凯杰 (Daniel Yao)



今年8月7日，为欢庆我国53岁生日，来自国防科技局（DSTA）的22名员工风尘仆仆来到了KDF旗下的三间洗肾中心，探访我们的患者并与他们共度了一个有意义的早晨。

大部分到访的DSTA员工是初次踏进洗肾中心。因此在访问期间，他们借机会加深了自己对肾病和肾衰竭的了解，并通过与洗肾病人的互动，更深入地了解肾友所面临的挑战和在生活上需要做出的调整和改变。

“这次的拜访让我们更了解透析治疗及其对患者日常生活的影响。通过与患者的互动和聆听他们所分享的故事，也让我们领悟到不应该把家人和自身的健康视为理所当然，”国防工程师Tan Pei Ying女士与我们分享道。

这群来自DSTA的访客不仅为我们的患者带来了欢笑，他们还为患者准备了小礼包，以表他们的心意。小礼包内的所有物品，包括饼干和干粮，都是通过公司内部募捐活动所辛苦筹集来的。

借此机会，我们想代表KDF同仁衷心感谢来自DSTA的访客。感谢你们抽出宝贵的时间来到我们的洗肾中心陪伴我们的病人，给他们带来关怀和温暖。我们期待再次与你们相会。

艺术， 是灵魂的语言

译/蔡永馨 (Jemin Chua)



纵观所有的作品，不难发现一些相似的情绪和感受。像是艳丽的向日葵和一缕破云而出的曙光，两幅看似不同的画作却同时象征着‘希望’。各式的风景、夕阳和山水画则表达了‘安逸’、‘知足’和‘释怀’等积极正面的心态。

肾友的创作当中也不乏深奥之作。例如身躯灰暗但头尾颜色鲜艳的龙，在空中傲视天下，却被鲜红的缎带缠绕，表达了肾友冲突的内心。灰色的身躯隐喻着疾病，鲜艳的头顶部暗喻病人与常人无异的外表，红色的缎带则代表透析导管，维系着洗肾患者的生命，却也束缚了他们的自由。

每一幅画作的背后都蕴含了一段感人的心路历程，诉说着肾友们的坚韧和患病后所经历的挣扎、体悟和释怀。无论是风格、技巧或背后的含义，每一幅作品都独具一格。也唯有通过他们的画作方能一探洗肾病人的真实心声。

曾有人说过，艺术是灵魂的语言，它跨越了言语、年龄和人生历练的界限。KDF的肾友通过艺术这个共通的语言，在油画板上阐述他们的内心，让看画的人感受到他们的坚忍不拔，同时对他们的奋斗精神由然起敬。

一说到‘洗肾’我们往往最先联想到的是：痛苦、受罪、无助等贬义词。但面对同样的词汇，我们的肾友却有着非常不同的联想和感触。

今年8月30和31日，拉萨尔艺术学院 (LASALLE College of the Arts) 艺术理疗硕士课程的一年级新生在校园里开办了一场别具意义的绘画班，邀请我们的肾友和他们一起创作艺术。

绘画班以‘洗肾患者的心声’为主题展开。过程中，学生们努力引导我们的肾友把原本抽象的感受具体化，以油画的方式展现。KDF的肾友虽然大部分都没有任何艺术背景，但在学生们的细心指导和鼓励之下，一幅幅空白的油画板逐渐填满色彩。



配合本地 Giving Week 乐捐周，KDF 将举办一场慈善画展，展出肾友及他们的看护者所亲手创作的画作。



到访的朋友不仅可以购买我们慈善商品，也可以当场义购画作，以实际行动支持我们的肾友。

展出详情：

慈善画展
(The Centrepoint 购物中心)

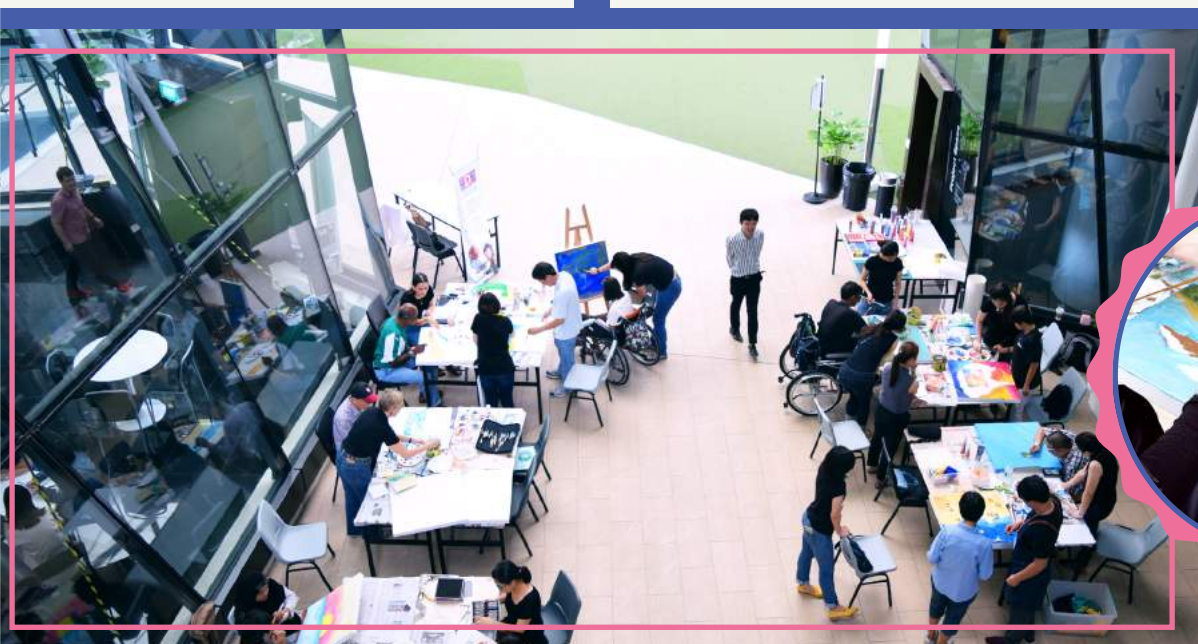
2018年 12月1日 ~ 12月2日

11am to 8pm
上午11时至傍晚8时

地下2楼
(靠近通往 Orchard Central 的通道)

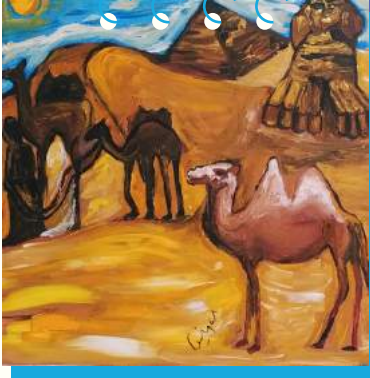
我们热切欢迎大家前来参观画展，
更了解洗肾患者的心声。

如有疑问请电邮至 events@kdf.org.sg 或致电
6559 2650 (姚凯杰先生) / 6559 2651 (蔡永馨小姐)
咨询。我们到时候见！



慈善月历， 历阅人生

译/蔡永馨 (Jemin Chua)



岁末年终，新年将近，KDF想借此机会向大家推荐我们2019年的慈善台历。此台历由KDF肾友参与制作，以‘洗肾患者的心声’为主题展开。

购买过我们2018慈善台历的朋友大概还记得，去年的台历是KDF和拉萨尔艺术学院艺术理疗硕士班初次合作的作品，台历中呈现的全部画作都出自KDF肾友之手。承接去年的成功，今年我们再次与拉萨尔艺术学院艺术理疗硕士班取得合作，与肾友一同打造KDF 2019年慈善台历。

以洗肾患者的心路历程和心境为核心思考点，参与企划的肾友通过画作袒露心声，分享洗肾过程的酸甜苦辣。无论是刚开始洗肾的心情，一周三次持续治疗的感受，还是洗肾多年的心情转变，您能够通过每一幅画作窥探画家的心境和经历。

台历内页所呈现的每一幅画作都独一无二。为呈现情绪和刻画氛围，肾友通过颜色的运用和美术技，精雕细琢，才完成最能体现心声的作品。通过此企划，肾友们除了有机会一展艺术才华，也能尽一己之力，为其他肾友筹募医药基金，一举两得。

欲支持我们的肾友和他们的善举，请考虑购买我们的慈善台历。每本售价10元，购买30本或以上可享有特别优惠。另外，我们也欢迎企业和公司订制印有您企业商标的台历，欲知更多详情请联系我们洽谈。



如何订购：

- 填写以下订购单并连同支票邮寄至KDF。支票受益人请写‘KDF’
- 通过KDF 官方网站线上购买 (www.kdf.org.sg)
- 如需更多了解，请联系Daniel 姚先生，电话：6559 2650、电邮：Daniel.yao@kdf.org.sg

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幸运降临

那是在开斋节的前两天。凌晨三点，Noor Faezah觉得头晕，她想可能是低血糖的原因，于是打算起床去厨房。她刚离开卧室便滑了一跤，摔倒在地上。

Faezah的丈夫被她的呼叫声惊醒，立马把她扶到客厅，并给了她一些糖水喝。休息一阵子后，她感觉好多了，准备和往常一样去洗肾。然而毫无先兆地，她的羊水突然破了。

幸好，丈夫才刚出门去工作不久，他迅速返回叫救护车把Faezah送去医院。

或许是太想和妈妈见面，Zara宝宝在28周还差一天的时间早产来到这个世界。为了救护这个早早到来的新生命，医生们竭尽所能。在刚出生的前半个小时里，医护团队争分夺秒抢救新生儿，唯有在听到小Zara的心跳正常后才敢松了一口气。

“我想她是希望早点出来和我们一起过开斋节”，Faezah开玩笑地说道。

孩子出生的头几天里，Faezah发现她不哭，真是旧虑刚过又添新愁。“这孩子就是不哭，我好担心她是聋子”，Faezah回忆道。

还好医生告诉她这在早产儿中是很普遍的现象，才算给她吃了颗定心丸。终于有一天小Zara哭了，哇哇的啼哭声对Faezah来说是听过最美好动听的旋律。

第一眼见到女儿是什么样的情，Faezah无法用言语来形容。这一切就像一场梦，至今她还不相信自己生了个健康的宝宝。



非常决定

“妈妈，宝宝还活着吗？”当听说她怀孕时，这是Faezah八岁大的儿子问的第一个问题。这个突如其来的问题把她震住了，过去经历的四次流产是她不愿触及的伤痛回忆，每次想起都会黯然落泪。

发现自己有喜是件多么开心的事，可由喜而悲带给Faezah的打击不只一次，而是连续四次。多次经历流产的她，知道怀孕十月要走的路困难重重。

再者，鉴于她的身体情况，流产和并发症的机率非常高，她的产科医生也不赞同她怀这个孩子。令人惊讶的是，给以她最坚定支持的是她的肾脏科医生，医生鼓励她照常怀孕并保证会一路支持她。

“医生说洗肾病人怀孕非常罕见，所以为什么我们不试试呢？”Faezah回忆道，“听了医生的建议后，我的先生也赞成并鼓励我生下这个孩子。”

很多时候我们刻意避免做自己害怕的事情，特别当知道某些事的结局可能并不乐观。对风险的谨慎小心很平常，恐惧易是人之常情。但有时候，我们需要放手一搏。

伴随着丈夫和医生的鼓励，Faezah决定跨过心中的恐惧，迎接生命中这一不寻常的机遇。

怀抱未来

怀孕过程中，Faezah不得不面对一系列新挑战，还要适应生活规律的新改变。首要的一大改变是洗肾次数从每周三次增加到每周五次。而洗肾时长期坐在椅子上的各种不舒适，在她的肚子变的越来越大后越发变得辛苦。

“洗肾的时候真的很辛苦，”Faezah讲道，“宝宝在肚子里一直动，还不停的踢我，弄得我很紧张。”

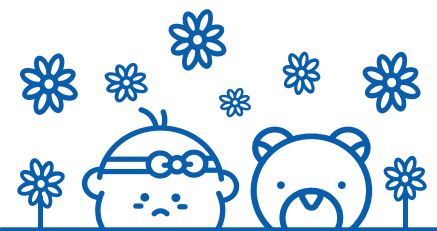
为了调整这些不适，Faezah逼自己在洗肾时睡觉。这对于经常疲劳的她来说，也不是很难的事。

为确保胎儿的健康发育，医生特许Faezah吃她想要的东西，包括那些洗肾病人应该避免的食物。不过医生强调：“只有在怀孕这段时间可以吃。”

医生还鼓励她多喝水，这在平时是万万不能的，洗肾病人的液体摄入必须严格管控。

情绪上的激烈波动也是她始料未及，却又无能为力的改变。和前几次怀孕不同的是，Faezah这回变的很敏感又情绪化。“大部分时候我都很开心，但只要有人对我说话大声些，哪怕只是大声一点点，我都会大哭，根本没法控制。不过如果高兴，我就会立马哈哈大笑。”Faezah说道，“我总是喜怒无常，真的是个很有趣的经历。”她补充道。

虽然充满挑战，但Faezah还是坚持到了终点，把小Zara安全带来这个世界。在她们开始生命的新旅程时，我们在KDF的每一位同仁为能见证这生命的奇迹满怀感恩和喜悦。



洗肾病人诞子是件非比寻常，却又美好动人的事。因为您的支持，Faedah才可以增加洗肾次数而不需要多花一分钱，而得以顺利产下小女。希望您能继续支持我们的慈善事业，帮助像Faedah这样各自经历不同的病人。您可以用随信所附的商业回执信封寄回捐款，或输入以下链接在线乐捐：
<http://kdf.give.asia/campaign/kdf-link>



肾析简报



生命的画师

译/鲁旭 (Shelley Lu)



“你怀孕了。”

当这句话从医生的口中说出时，惊慌和恐惧瞬间涌上我的心头。

当他继续说需要进一步检查以确认胎儿是否平安无事时，万千思绪吞噬着我的意识，如雷雨般猛烈敲打着我的身体。突然，一个可怕的念头从我的脑中一闪而过。我在不久前才刚照过X光，X光的辐射对胎儿影响极大而且可能引起综合症，但那个时候我浑然不知我已经怀孕了。

第二天，医生安排我去做了超声波检查。坦白讲，我已经做好了听坏消息的准备，毕竟这也不是第一次了。不可思议的是，我的孩子安好无事。我的先生都高兴坏了。

时间在紧张和忧虑中飞快地滑过。一眨眼的功夫，我的小公主降临到人间，这一天是2018年6月13日。



本期看点

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艺术，是灵魂的语言



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