

KDF LINK



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GLAD TO HAVE YOU

BY DANIEL YAO



my wife, Ah Lian. As I was not a Malaysian citizen, I was asked to leave the country. I had no choice but to return back to Singapore with Ah Lian. Back in Singapore, we rented a one-room flat on French Road which was shared with an 80 year old granny. The rental fee was \$33 every month, excluding water and utilities.

To pay for our expenses, I worked as an air-con technician, earning about \$30 daily. Unfortunately, I suffered from a stroke and was unable to work for a period of time. Even after my recovery, I was not as physically strong as before and could no longer hold repair tools properly to complete my job, so my boss had to ask me to leave.

I am a 67 year old kidney patient born in Singapore but I moved to Malaysia with my family at a young age. I was born into a big family of nine children, with myself being the fifth child. I did not graduate from primary school, hence, I started helping out at my father's bicycle shop at a very young age.

After we moved to Malaysia, I began working at my uncle's bicycle shop for a year before I ventured out to take on different kinds of jobs, such as rubber plantation worker and motorcycle technician.

My Other Half

I lived in Malaysia for about 20 years and it was there, that I met

Although the retrenchment left me in a state of despair, I was fortunate to have Ah Lian by my side during that difficult period.

Sometime later, I started working as a cleaner at a building near our flat. The pay was passable but I had to give up the job in the end as my back could not endure the long hours of physical tasks.

Editor-in-Chief:
Watson Ong

Mandarin Section Editors:
Dr Xiao Lei
Ms Yvonne Hui

Assistant Editors:
James Ong
Jemin Chua

Contributors:
Daniel Yao
Patient Services Department

KDF Link is published by:
Kidney Dialysis Foundation Limited
Blk 333 Kreta Ayer Road,
#03-33, Singapore 080333
Tel: 6559 2630 Fax: 6225 0080
Website: www.kdf.org.sg





accompanying me if I have fallen sick, as she worries about me getting there all by myself, even though she is also ridden with chronic illnesses like high blood pressure and diabetes.

It is just me and her now, as we are childless and I am no longer in contact with my siblings, so we only have each other to depend on.

pass annually in order to stay in Singapore. She worries that if there is no one to take care of me, in the event of any mishap nobody will know. Therefore, we have to find ways to fork out \$160 every September to renew her social visit pass.

An Ordinary Chinese New Year

As Chinese New Year approaches, it occurred to me that I actually do not have any memorable Chinese New Year recollections. Perhaps due to my old age, my memory is starting to fail me to the point that they are nothing but a collection of blurred images. Or maybe because for the past few years, I have been spending the festive season with Ah Lian just like any other day.

Even during Chinese New Year, the both of us will just share a simple meal at home, with no delicacies or “good food” associated with festivities, but just simple home-cooked dishes. I would be lying if I said I don’t wish for a fancier New Year and substantial meals. If only I had the means to celebrate a perfect Chinese New Year with Ah Lian, it would be a wish come true.

Ng Kim Gow@Ng King Gow

Changes and Challenges

Two years ago, I was diagnosed with end stage kidney failure, and needed to begin dialysis. At that point in time I felt very helpless as I had no idea what kidney failure was and I knew nothing about the illness. But in the end, I accepted my fate and started my dialysis journey.

I still vividly remember my first dialysis session; I felt powerless and was not comfortable with the needles poking my body. Dialysis treatment is really tough, we go through a total of three sessions every week with each session lasting for four hours! On top of it, I have to spend 30 minutes to travel from home to the dialysis centre. After each session, I often feel fatigued and find that I lack the energy to do other things. My illness seems to have become another burden on my family.

I usually make my way to the dialysis centre alone, without Ah Lian’s company, in order to save on transportation costs. However, she will insist on

Money has always been an issue and we constantly vex over our monetary issues and worry about our medical bills and daily expenses. Although we do receive donated canned food from Good Samaritans, we are still faced with financial difficulties. At times, we don’t even have enough food for ourselves. Nowadays, food is so costly, one bowl of noodles cost \$3 and a cup of coffee, \$1.20! To survive, we have no choice but to borrow money from friends, and honestly, I have lost count of how much debt we have incurred.

On the other hand, as Ah Lian is not a Singapore citizen, she needs to renew her social visit

Dialysis, without any subsidies costs about \$2,000 every month. On top of that, patients also have to worry about their daily expenses. KDF provides subsidised dialysis services to low-income kidney patients so they can have a peace of mind to seek treatment. If you would like to further our cause and help our patients to lessen their financial burden, please send in your donations via the enclosed Business Reply Envelope. For more information, please visit www.kdf.org.sg or call 6559 2630.



HEALTHY MINDS, HAPPY LIVES

BY DANIEL YAO

On 15th November, residents of Jurong Spring spent their Sunday morning at the Healthy Minds, Happy Lives Carnival organised by Singapore Anglican Community Services (SACS) and Jurong Spring Community Centre. The carnival aimed to promote mental wellness and the importance of mental resilience.

KDF was privileged to be invited as one of the community partners for the event. We had the opportunity to engage the enthusiastic crowd by imparting important health messages and also through the sharing of our organisation’s charitable cause. Residents who visited our booth were offered complimentary

blood pressure checks by our staff and while they were waiting for their turn, we were able to share more about the risks of hypertension and ways to prevent and control the illness.

Gracing the event as the Guest-of-Honour was Mr Desmond Lee, Member of Parliament for Jurong GRC. He first presented a welcome address to the audience before touring the booths set up by various invited community partners whilst interacting with his residents.

Booths were divided into three different categories, namely ‘Quality of Life’, ‘Kampung Spirit’ and ‘Going Forward’. Visitors

to the carnival were required to collect stamps from each of the categories to take part in a “Scavenger hunt”, where upon collection of all three stamps, they would get to redeem a goodie bag.

Despite a sudden downpour halfway through the event, it did not dampen the mood of the visitors as they were able to enjoy stage performances put up by various community interest groups while they sought shelter under the tentage.

KDF would like to thank the organising committee for inviting us to this fun-filled carnival and for the valuable opportunity to engage the residents of Jurong Spring. Thank You.



In celebration of Singapore's Golden Jubilee, staff from KDF put together a nostalgia-inducing 'SG50 Patient Party' for our patients and their caregivers on 20th September 2015, bringing together close to 100 participants from the extended KDF family.

Held at the Cheng Hong Senior Activity Centre located within the Chai Chee Community Hub, the event is a revival of KDF's much celebrated annual party for our beneficiaries; an affair which had been on hiatus since December 2011.

Patients and their caregivers were treated to an extensive line-up of programmes, including traditional Chinese opera, Malay dance, roving magicians, classic oldies, and a special guest appearance from veteran artistes - Ye Shi Pin and Lin You Fa, who enlivened the crowd with their song performances.

In the true spirit of SG50, we also looked back at the various developments and changes in Singapore over this half a century, followed by a symbolic cake-cutting ceremony represented by several patients.

The 'Most Compliant Patient Award' was also presented to five patients during the party, to recognise their efforts for taking exceptional care of their health over the past one year. But the crowd pleaser was none other than the lucky draw and goodie-bag - filled to the brim with items generously contributed by various sponsors.

From the bottom of our hearts, KDF would like to extend our most sincere gratitude to all the performers and volunteers for the event, as well as the following sponsors who made the event so memorable and enjoyable for our patients. Till the next time!



FUNTASTIC PATIENT ACTIVITIES

BY JEMIN CHUA

EVENT SPONSORS:



DATE: 20th September 2015
VENUE: Cheng Hong Senior Activity Centre
EVENT: Patient Party 2015

'FUNTASTIC' PATIENT ACTIVITIES

BY JEMIN CHUA

Is exercise good for you? Of course it is! Are you exercising regularly then? For most people - this writer ashamedly included - the most common excuse we have is the lack of time, and well, mostly laziness.

To encourage our patients to be slightly more active in their routine, on 15th November 2015, a seminar was organised for our patients, where they were taught simple exercises which could be done during dialysis and at home.

With the guidance of Mr Steven Lam Yiu Man, physiotherapist at Kwong Wai Shiu Hospital, our patients learnt how to do simple ankle pumps and spine stretches while in an upright sitting position - a posture easily attainable during dialysis.

Together with patient representatives from each KDF dialysis centre, Mr Steven Lam also demonstrated several basic exercises that patients can complete at home with the help of an exercise band.

In the second part of the seminar, Ms Anita Yiu Wing Yan, occupational therapist at Kwong Wai Shiu Hospital, shared some tips on how patients can keep their homes safe to avoid accidental falls, which could potentially lead to serious complications, especially in elderly patients.

Some good-to-remember home safety tips include: removing clutter, using anti-slip floor mats, cleaning spills immediately, and particularly for seniors, not reaching for items placed in a high position while standing on a stool or chair.

After a hearty lunch, participants made their way to the Peranakan Museum where they were treated to cultural feast for the eyes, through the brilliant colours and exquisite craftsmanship of Peranakan artefacts and art pieces.

Participants got a glimpse into traditional Peranakan life by visiting various galleries which showcased their customs from weddings, religion, home life, to food and fashion. They were also just in time to catch the 'Great Peranakans: Fifty Remarkable Lives' special exhibit, where amongst the many notable artefacts on display was an oil painting of the swearing-in of Singapore's founding prime minister, the late Mr Lee Kuan Yew, as well as his barrista wig.

This patient seminar cum outing was organised by Renal Friends, KDF's patient support group, and the organising committee would like to thank all participants and event volunteers for contributing to the success of the event.

DATE: 15th November 2015
VENUE: SMU and Peranakan Museum
EVENT: Patient Seminar cum Outing



URINARY TRACT INFECTION

(Part 1)

1. What is the urinary tract?

The urinary tract system consists of two kidneys, each with a draining ureter into the urinary bladder and the urethra through which urine is expelled from the body. Urine is produced by the kidneys as a filtrate from blood which has passed through the kidneys. Waste material and substances in excess is excreted into the urine by the kidney during the process of filtration and processing in the tubules and drained into the bladder through its ureter (see diagram). Urine is stored in the urinary bladder until it is passed out from the body through the urethra.

2. What is Urinary Tract Infection?

Urinary Tract Infection (UTI) refers to an infection in the urinary tract. It has been said that it is the most common infection in women after the common 'flu'. Under normal circumstances, the urinary tract is sterile or free from bacteria. Most of these infections are caused by germs (bacteria) existing in the intestinal tract and are passed out from the rectum through the anus. They stick to the skin around the genital areas. In an infection, these germs find their way up the urinary tract through the opening of the urethra. The most common bacteria is the Escherichia coli (E. Coli).

3. Some infections seem to be more severe than others. Are there different types of UTI?

Severity usually depends on which part of the urinary tract is affected and whether the urinary tract is normal in structure. Infection can be classified into two types - uncomplicated and complicated.

A. Uncomplicated UTIs occur in persons without physiologic or anatomic abnormalities of the urinary tract and in the absence of recent urinary tract surgery. They are community acquired (outside of hospital) and can be divided into 2 groups depending on the localisation of the infection.

- Acute cystitis - lower urinary tract infection affecting the bladder
- Acute pyelonephritis - upper urinary tract infection affecting the kidney itself

B. Complicated UTIs occur in persons with obstruction, structural abnormalities, or have disorders of the urinary tract that affect its function such as kidney failure.

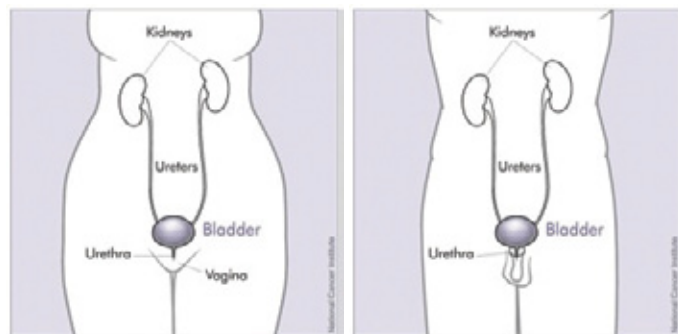


Image retrieved from the Website of the National Cancer Institute (<http://www.cancer.gov>)

Some conditions predispose one to getting an infection. These include:

- Use of a urinary catheter (tube) that drains the bladder of urine when patients are unable to pass on their own. This can be left in place or inserted intermittently 6 to 8 times a day.
- Urinary instrumentation or surgery to the urine tract
- Incomplete voiding or urine left in the bladder from obstruction which may occur in elderly men with a large prostate, uterine prolapse in elderly ladies
- Presence of kidney stones
- Vesicoureteral reflux - the passage of urine from the bladder back into a ureter due to a developmental abnormality causing a faulty valve at the junction of the ureter with the bladder
- Pregnancy - because of physical changes that occur during pregnancy
- Diabetics get more severe infections because of changes in the immune system

Having gone through the basics of what is UTI, look forward to the next issue of KDF Link where we will cover the signs and symptoms of UTI as well as how it can be diagnosed and treated.

KDF CHARITY NETBALL 2016

Does your company have a corporate netball team or a sports club? Know someone who is passionate about netball? KDF is organising our first large-scale charity netball event this year!

Play and help the underprivileged, as all registration fees will help fund dialysis treatments for low-income patients.

EVENT DETAILS

DATE: 2nd April 2016 & 3rd April 2016
TIME: 8am-6pm
VENUE: Kallang Netball Centre
CATEGORIES: Primary (Jr. & Sr.) / Secondary (Div. B & C) / Under 23 / Corporate (Competitive & Social)

Come visit our carnival stalls and charity flea market.

ADMISSION IS FREE!

Contact Jemin (6559 2651 / jemin.chua@kdf.org.sg) for more information.



KDF Flag Day 2016

KDF is recruiting volunteers for our 2016 Flag Day. All are welcomed to make a difference in the lives of low-income kidney patients.

Event Details:

Date: 23rd July 2016

Time: 10am - 5pm (various time-slots available)

Venue: Island-wide



Contact Daniel for more information (6559 2650 / daniel.yao@kdf.org.sg)

带着肾友去 ‘吃风’

译蔡永馨

日期: 2015年11月15日
地点: 新加坡管理大学 (SMU)、土生文化馆 (The Peranakan Museum)
主题活动: 2015年KDF病患讲座及郊游

运动对你的身体有益吗? 益处可多了! 那么, 你可有定期做运动? 相信很多人和笔者一样总会这么回答: 没时间。但其实大多数时候是懒虫作祟。

为鼓励KDF肾友在日常生活中多做运动, 我们于2015年11月15日特别为此举办了一场相关讲座。讲座特邀广惠肇留医院的物理治疗师Steven先生和专业治疗师Anita小姐, 现场教导大家掌握一些简单易行的健身方法与动作, 让肾友可以在家中甚至洗肾过程中也能轻松做运动。

在Steven先生的现场指导下, 参与讲座的来自KDF各透析中心的肾友代表不仅学会了如何在家运用健身弹力带做一些基本健身动作, 还当场练习一套即使处于洗肾体位也能轻松完成的背部拉伸及踝关节舒展操。

讲座的第二环节交由Anita小姐讲解如何保障居家安全, 如何避免可导致严重并发症的意外摔倒, 尤其针对年长患者。一些简单易记的居家安全守则包括: 家中通道畅行避免囤积杂物、使用防滑垫、及时清理地板上的水渍、特别是年长者不要站在凳子或椅子上从高处取物。

丰盛的午餐之后, 大家一同前往参观新加坡土生文化馆。馆内的展品着色五彩缤纷、制作工艺精良细腻, 让大家再次享受了一场视觉盛宴。

通过不同主题展厅的游览, 参与此行的肾友及其家人对新加坡土著华人的传统习俗、饮食文化和服饰装扮有了更深层的了解。此外, 此行也非常幸运的赶上了为新加坡金禧庆典特别举办的专题展览“高山仰止 - 50位土著社群先驱的非凡人生”。众多展示品当中更有已故开国总理李光耀宣誓就职典礼的油画以及其任律师期间所戴的假发。

此次讲座及郊游由KDF肾友会 (Renal Friends) 主办。在此, 主办方向所有的参与者和义工朋友表达诚挚谢意。



带着肾友去 ‘吃风’

译鲁旭

适逢新加坡金禧庆典，KDF众员工们为我们的病患及其护理者筹备组织了一场以怀旧为主题的“SG50病友联欢会”。2015年9月20日这天，近100名KDF大家庭成员欢聚一堂。

最近的一次KDF年度病友联欢会还是2011年12月举办的，此后数年中断。这次我们在位于菜市社区中心内的众弘福利协会乐龄活动中心再次启动此项活动，为所有来宾奉上精彩纷呈的娱乐节目。传统戏曲、马来舞蹈、魔术表演、经典老歌好戏连台，更有特别嘉宾——资深艺人叶世品和林尤发到场助兴为观众献歌。

切合联欢会主题、领会真正的SG50精神，来宾们还一同回顾了新加坡近半个世纪的发展历程和巨大变化。随后几位病患代表被邀请上台，切开特制的蛋糕以示庆祝。

活动过程中，还颁发了年度“最佳病患奖”给五位病患，表彰他们在过去一年中认真照顾自己健康而作出的努力。当然，最让大家兴奋不已的是联欢会上的幸运抽奖，还有人手一份的礼品包一里面满满装着由多家赞助商慷慨提供的各色礼物。

KDF诚挚感谢所有参与本次活动的表演嘉宾、义工以及赞助商们。你们的参与和付出让我们的病患拥有了一个难忘而愉快的欢聚。我们期待下次再见！

注：‘吃风’为新加坡独创词汇，源自于方言。意指出游、旅行、四处逛逛等。



活动赞助方：



日期：2015年9月20日
地点：众弘福利协会乐龄活动中心
主题活动：2015年KDF病友联欢会



健全心境 快乐人生

译鲁旭

2015年11月5日，由新加坡圣公会社区服务（SACS）与及裕泉区（Jurong Spring）民众俱乐部合办的“健全心境 快乐人生”嘉年华在裕泉区正式展开，众多该社区居民参与此次活动，度过了一个愉快的周日上午。

这次嘉年华活动，旨在促进及推广心理健康，和拥有良好心理承受力的重要性。活动主礼嘉宾，裕廊集选区议员李智陞先生，为大会致欢迎词，并和社区居民们一同参观了由各合作伙伴们设立的展台。

嘉年华共设“品质生活”、“甘榜精神”和“迈向未来”三大展区，KDF很荣幸被邀作为合作伙伴之一，并设立了我们的展台，向热情的居民们宣传肾脏健康讯息，跟他们分享了KDF的慈善工作。我们的职员还为每位到访展台的



居民义务测量血压，并利用居民们等候测试的时间，为他们讲解高血压的风险，以及它的预防和控制途径。

尽管活动在进行中途遭遇瓢泼大雨，但这并未有丝毫影响参观者的心情。他们反而利用在帐篷避雨的时间欣赏由各社区兴趣小组为大会所准备的精彩舞台表演。

KDF非常感谢活动主办单位邀请我们参加此次乐趣缤纷的嘉年华活动，让我们有机会跟裕泉区居民互动交流。



啡要\$1.20! 为了能够维持生活，我们只好向朋友借钱，已经欠了不知多少债了。Ah Lian又不是永久居民，每年需要更新她的社交访问准证，她才可以继续住在新加坡。她担心没人照顾我，如果发生什么事，恐怕没有人会知道，所以每年九月必须花\$160帮她更新准证。

平平淡淡的农历新年

农历新年即将来临，我却突然发现，记忆中并没有一个让我值得怀念的新年。可能是我老了，记忆开始衰退了，对以往的事情都感到模糊。又或者是这几年来，我和Ah Lian都过着平平淡淡的农历新年吧。逢年过节，我们俩都是在家里简简单单的吃顿团圆饭，没大鱼，没大肉，就只是粗茶淡饭。

如果我说我不渴望可以和Ah Lian过个好年，吃一顿好的，那都是骗人的。每年的新年，我和她都会到附近的咖啡店度过。每看到路上大大小小的家庭，穿着新衣服准备去拜年，我都会感慨，如果我能和Ah Lian过一个完美的新年，那有多好啊。

没有受任何津贴的洗肾疗程每月需要大概\$2,000，加上生活杂费的开销，很多肾脏病患者都无法负担。KDF为贫困肾脏病患者，特别提供了洗肾费津贴服务，如果您愿意贡献一己之力，帮助有需要之病患者减轻医疗负担，请用随本刊物所附的捐款回执信封，寄回您的一片心意。如需更多资讯及详情，请浏览KDF网站www.kdf.org.sg或致电6559 2630。

泌尿系统感染

1. 什么是泌尿系统？

泌尿系统包括有两个肾脏、两条输尿管、膀胱及尿道。全身的血液通过肾脏清洗身体上多余的废物。

体内代谢后产生的废物经肾脏内的肾小管过滤、处理后转变成尿液，流经输尿管，到达膀胱，并暂时储存在其中。当膀胱满了，尿液再通过尿道排到体外。

2. 什么是泌尿系统感染？

泌尿系统感染（也称为尿路感染）是指尿路受感染。这是女性常见的感染问题，发生率仅次于普通感冒。大多数的泌尿系统感染都是因为肠胃道的细菌所引起的。

尿路通常是无细菌存在的。然而，当存在直肠内的细菌由肛门排泄后而粘贴在外阴周围时，便可以从尿道侵入尿路，引发感染。最常见的细菌是埃希杆菌(Escherichia coli)。

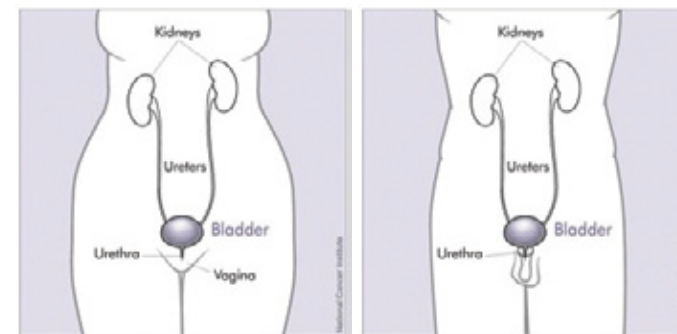
3. 泌尿系统感染共分为几种类型？

泌尿系统感染可分成两类：单纯性及复杂性。感染的严重性取决于受感染的尿路部位以及它的结构是否正常。

A. 单纯性泌尿系统感染常发生在尿路结构正常以及未在近期接受尿路手术的人士身上。他们在社区环境（即医院范围外）受感染的。这类感染又可根据受感染位置分为两种：

- 急性膀胱炎：影响膀胱（即下泌尿系统感染）
- 急性肾盂肾炎：影响肾脏（即上泌尿系统感染）

B. 复杂性泌尿系统感染常发生在尿路有异常或阻塞的患者身上，如肾衰竭病患者。



下述状况较容易引发泌尿系统感染：

- 使用导尿管排去膀胱里的尿液。这方法常应用在无法自行排尿的病人身上。导尿管可长期留在病人体内或每天间歇性地插入、取出六至八次。
- 曾进行泌尿外科手术。
- 排尿不完全或尿液因尿路受阻而滞留在膀胱里。这可发生在前列腺肥大的男性长者和子宫下垂的女性长者身上。
- 肾结石。
- 膀胱输尿管反流：尿路结构发育异常而导致尿液从膀胱往输尿管反流。
- 怀孕：怀孕期间产生的生理变化。
- 糖尿病：病人免疫系统内的变化或会造成较一般严重的泌尿系统感染。

在了解了什么是泌尿系统感染及其类别之后，下期《肾析简报》我们将会介绍患上泌尿系统感染的危险群，如何知道自己是否患上泌尿系统感染以及如何预防。敬请期待。

肾析简报



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本期内容

艰苦旅程，幸好有她

文姚凯杰



日子里有Ah Lian的陪伴。过后，我在家附近的大厦做清洁工，收入还算过得去，却因为背部不能忍受长时间劳动和弯曲所带来的负担，最后只好放弃这份工作。

变化与挑战

屋漏偏逢连夜雨。两年前，我被诊断出肾衰竭，需要开始洗肾。当时的我感到十分无助，对这种病既陌生又不了解。最后也只能认命，开始我的洗肾旅程。还记得第一次的疗程，真的感到非常无助，不习惯那些针刺进我身体。

我是一位67岁的肾脏病患者。在新加坡出身的我，年幼时就跟随家人到马来西亚居住。我在家排行第五，一共有八个兄弟妹，可以算是出身于一个大家庭。我小学还没毕业就到父亲的脚车店帮忙。跟家人移居到马来西亚后，我在姨丈的脚车店工作了大概一年多。之后，断断续续从事众多的行业，例如橡胶种植园工人，摩托车技术人员等。

我的另一半

我在马来西亚住了二十多年，也在那认识了我的太太Ah Lian。因为我不是马来西亚公民，最后必须回到新加坡。搬回新加坡后，我跟Ah Lian和一位八十多岁的阿婆在法兰西路一带租了一间一房式租屋。每月的租金33元，不包括水电费。为了应付开销，我在一家冷气维修公司当维修员，每天仅挣得30元。

好景不长，有一天我突然中风，导致好一段时间不能继续工作。即使康复之后，手也变得无力，没法再拿工具修理冷气，老板只好叫我离开。虽然被辞退让我感到很无奈，但幸好在这段艰难的

洗肾真的很辛苦，一个星期需洗肾三次，一次疗程就要四小时！加上从家里到洗肾中心，车程就需要30分钟。很多时候我洗完肾回到家，已感到非常疲累，根本没法做别的东西。哎，这个病，让家里又多了一个负担。

为了要节省昂贵的巴士车费，Ah Lian不会陪我到洗肾中心。不过，如果我生病了，她会不放心，坚持陪我到中心。其实，Ah Lian本身的身体也不太好，她患有高血压与糖尿病。我和Ah Lian没儿女，自己也跟兄弟妹没联系，无依无靠，只能相依为命。

而最沉重的担子莫过于钱不够用。我们俩总苦恼着金钱的问题，担心医药费，生活杂费。虽然偶尔会有善心人士给我们罐头之类的救济品，但钱还是不够用，有时甚至不能三餐温饱。现在的物价真不如当年，一碗面就要\$3，一杯咖



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泌尿系统感染



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健全心境快乐人生



04
带着肾友去‘吃风’

主编：
Watson Ong (王春发)

特邀华文编辑：
Dr Xiao Lei (肖磊)
Ms Yvonne Hui (许婉芬)

助理编辑：
James Ong (王历祥)
Jemin Chua (蔡永馨)

文章提供：
Shelley Lu (鲁旭)
Daniel Yao (姚凯杰)
透析服务及教育部

肾析简报出版方：
肾脏透析基金
Blk 333 Kreta Ayer Road,
#03-33, Singapore 080333
Tel: 6559 2630 Fax: 6225 0080
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