

# KDF LINK



MICA (P) 099/04/2014

**JAN - MAR 2015  
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## TWO IN A ROW

BY PERRY CHAN

There's a saying that it takes two hands to clap. When it's just one hand, it's hard to make an impact, but when both hands are tied, it can become a despairing situation.

The above metaphor is an apt description of the challenging circumstances of the Chia brothers as the unpredictability of life has been less than kind to them for a very long time, 'tying' them down, physically and financially because of ill-health, and things just got worse in 2014 - both are now put on dialysis treatment.

### The Bad News

Many of us believe that lightning doesn't usually strike twice at the same place, but unfortunately, it did for the Chia brothers.

Initially, it was just Mr Chia Hoi Heng, the elder brother, age 66, who had kidney failure a few years back, but earlier this year, it was the turn of his younger sibling Mr Chia Hoi Mun, age 62, to be given the same dose of bad news.

Consequently, both brothers who had been living with and dependent on each other have now become dialysis patients with the Kidney Dialysis Foundation (KDF) at our Ghim Moh Dialysis Centre.

### Tough Road Ahead

For Hoi Heng, his renal failure diagnosis came in 2010. An affable and soft-spoken gentleman, his last job was as a hotel technician in 2005. The unexpected diagnosis was a horrendous blow to him, not just because of what dialysis will entail for him in his retirement years, but also, his already weak health and limited savings were suggestive of a turbulent road ahead.

"I was stunned, depressed and felt totally lost to be honest. On one hand, I don't want dialysis because of what it entails, but on the other hand, I had no better options as the doctor said that I can't opt for transplant due to my age and diabetes which regrettably puts me in the high-risk group," Hoi Heng recounted with a hint of resignation.

On top of it, he had no income for nearly five years as he had to leave his job partly due to his diabetic condition of more than 10 years which had cumulatively rendered him physically weaker than most people his age.

### Struck by Stroke

"Every day was a struggle between the physical demands of my job as


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Thank You

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Website: www.kdf.org.sg



a technician and my poor health condition. In the end, my health got the better of me and I had no choice but to quit my job with an employer whom I had worked for over 10 years," said Hoi Heng retrospectively.

Added to this, he was in constant battle with some pre-existing kidney problems for some years before his end-stage kidney failure diagnosis in 2010.

Since leaving his last job, Hoi Heng had been living on his savings and CPF funds. His younger brother, Hoi Mun, was originally someone whom he could depend on to help out with daily expenses as he still had a job.

However, the script of their lives took a cruel change when a sudden stroke struck Hoi Mun this year which left him half-paralysed, wheelchair-bound and unable to work. Shortly afterwards, Hoi Mun too, was diagnosed with kidney failure, putting him in the same plight as his brother. It was a painful double blow for them.

#### Genuine Brotherly Support

As Hoi Heng put it in a pained voice: "My brother's dialysis only started this year and he is having a tough time managing it, physically and emotionally. Now, it's not possible for him to work again and I have no other sources of income, this will compound our problems further. Despite this, I am doing my best to encourage him during this darkest period of his life."

Hoi Heng quietly confided that Hoi Mun had started to keep to himself after the stroke and became less chatty than before with some occasional outbursts of emotions from time to time. Coupled with his kidney failure,

he is now even more withdrawn which Hoi Heng understands, given the pain and sufferings of his younger brother.

"I believe he needs more time and encouragement to move on from here. We both need that and right now, we need each other more than ever. Nobody wants this to happen, and since it did, we must somehow summon forth some hope and strength to go through our lives from here on," said a teary-eyed Hoi Heng.

#### Giving Real Hope

Both the Chia brothers are single, unemployed and currently undergoing thrice weekly dialysis treatment at KDF. They are dependent upon their fast-dwindling CPF funds and whatever amount of savings they are left with for their daily and medical expenses.

Unsubsidised dialysis treatment typically costs about \$2000 per month. For the Chia brothers, their treatments are heavily subsidised by KDF, which in turn, depends entirely on the compassion and generosity

of donors to bring hope and meaning to the lives of our needy patients who are from the lowest 10% income group in Singapore.

Many patients at KDF are like the Chia brothers, having little or no income, while dialysis fees add on to their daily expenses. You can lend a helping hand and give them the much needed support by making a donation via the enclosed business reply envelope.

Your contribution will help to subsidise their treatment costs while lightening their financial challenges. For more information on how you can help, visit [www.kdf.org.sg](http://www.kdf.org.sg) or call 6559 2630.



(Upper image) Mr Chia Hoi Mun (62), younger brother; (Lower image) Mr Chia Hoi Heng (66), older brother.

## PATIENT EDUCATION SEMINAR – “MY VASCULAR ACCESS, MY LIFELINE”

BY HO KIAN WAN

Renal Friends, KDF's patient support group organised a patient education seminar on the 19<sup>th</sup> October 2014 at the Singapore Botanic Gardens. The health talk focused on vascular access care and was conducted by Dr Tan Chieh Suai, a consultant at the department of renal medicine, Singapore General Hospital.

Vascular access also means blood vessel access. Kidney patients who are on haemodialysis rely on this access to remove waste products from the blood, hence it is considered the lifeline for kidney patients and it is important that they learn how to take care of it.

Dr. Tan shared several useful tips on how patients can protect their vascular access. One tip that drew the most attention was whether patients can carry heavy items with the arm that has the access. The answer is yes, but the handle of the bag should not go across the access, blocking blood flow.

After the talk, KDF's centre nurses collaborated with patient, Ms Tan, to perform a skit about vascular access care. The skit touched on the importance of hand hygiene, vascular access infection and discouraged patients using tourniquet to arrest bleeding from the cannulation site. The skit's dialogue was humorous but at the same time brought attention to important issues about vascular access care. Patients then



participated in a quiz and a game called "Do's & Don'ts of Vascular Access Care", where they were tasked to identify which activities were appropriate and which were not.

KDF's nurses also entertained our patients with their lively hand washing dance. They dazzled the crowd with their hip twisting dance moves and the atmosphere in the seminar room erupted. Everybody was laughing loudly.

The day concluded with a wholesome lunch and participants were encouraged to take a stroll through the garden. Some patients even took the chance to visit the heritage museum close by.

KDF would like to take this chance to thank all participants and volunteers for making this event a success. Without their support and assistance, it would not have been so enjoyable.



# KDF FLAG DAY 2014

BY ERICIA LAU

The date 13<sup>th</sup> September 2014 marked yet another accomplishment for the Kidney Dialysis Foundation (KDF). It was the date of our annual Flag Day collection where 219 volunteers from all walks of life gathered together to help raise funds for the needy kidney patients of KDF.

Together as one, student volunteers from Marsiling Secondary School, Raffles Institution, Guangyang Secondary and East Spring Secondary School joined forces with adult volunteers from the corporate sector, as well as members of the public in their earnest appeal for donations. Our volunteers maintained high spirits throughout the day and we were especially touched by their enthusiasm and service spirit.



This year, we received encouraging response from corporate supporters such as Roche Pharma Singapore and Fresenius Medical Care. A total of 39 volunteers from Roche were mobilised for the day, including staff and family members.

With their own customised KDF Flag Day T-shirts, they were most prominent along the streets of Singapore. Did I neglect to mention that Roche would also be matching dollar to dollar based on the total amount of donations garnered by their volunteers during the street collection? Thank you for your strong support towards our cause.

A total of \$28,578.22 was raised from this Flag Day through street collection, internal collections and donation pledge cards. This was only made possible with the support from our volunteers and generous contributions from the public.

With that, KDF would like to make a special mention of the girls from the netball team at Pasir Ris Crest Secondary School whom helped to raise a total of \$1,627.80, the highest amount in donations raised through donation pledge



cards among all participating schools. We are also pleased to acknowledge East Spring Secondary School with the 'Highest number of volunteer participation' for sending 55 students as street collection volunteers.

Lastly, on behalf of all the patients at KDF, I would like to say a BIG 'Thank You' to all our donors and volunteers.





# CYCLE FOR GOOD

BY JEMIN CHUA

With his outgoing disposition and boyish charm, Peter Sng easily stands out in our group of EPIC cyclists. This 63 year-old also holds the title of 'oldest cyclist' in the group, but this did not stop him from completing the 1000km KDF Millennium Ride in February this year.

Semi-retired and a father of two teenage daughters, Peter is extremely fit and active for his age. He tries to cycle at least five times a week, clocking about 400km in total.

Last year, he completed his first long distance ride - the *TTSH Charity Ride* in Bintan - and

that accomplishment spurred him to participate in more long distance rides, mostly charity rides with a fundraising purpose.

"I now cycle not only for myself but also with the added bonus of doing something for the community. It is extremely affirming to know that at my age I can still cycle long distances and help the less fortunate at the same time," he mused.

The 1000km KDF Millennium Ride remains the longest ride Peter has accomplished. Despite being the oldest cyclist on the team, Peter managed to keep up with the younger cyclists and successfully completed the ride in 4 days.

Peter had also prepared for the ride by maintaining a strict training regime and a proper diet. He also tried to include rest periods in between training rides to condition his body to perform at peak levels as and when needed. "Keeping a positive mindset is also crucial to overcoming mental and psychological barriers," he added.

On his secret to living well, he left us with this: "Being happy and content with what life gives you is the best plan for living a good and healthy life".



On how it felt to complete this feat, Peter shared the following: "(On the road) it is more mind over body... So I constantly push myself to keep trying and not to give up. It is easier said than done, but along the way the whole group of EPIC cyclists will encourage and motivate each other to press on till the end".

## KDF MILLENNIUM RIDE 2015

WE'RE BACK! Following the success of our inaugural ride in 2014, KDF is honoured to partner *EPIC Cyclist* for a second year to organise the KDF Millennium Ride 2015.

This time, our cyclists will be cycling from Thailand to Singapore, covering 1000km over 4 days.

**Be involved in this epic ride today!** Support this event and contribute to our cause here:



You may also mail us your donation using the enclosed Business Reply Envelope. Please write the code "MRIDE" clearly on the form.

# 15 YEARS OF HARDSHIP, SWEAT AND SERVICE

TRANSLATED BY JEMIN CHUA



KDF Chinese Community Committee of 2014 with Member of Parliament, Ms Tin Pei Ling (centre), Mr Ong Liang Kwang, Mr Lawrence Lim (on her left) and KDF Chairman and Directors, Dr Gordon Ku, Mr Watson Ong and Mr Peter Tan (on her right).

The reality of fundraising during the Lunar Seventh Month is this: you are sometimes ignored by a whole table of guests while you make your way from table to table with a donation box; at other times, you face a sea of awkward silence despite your charity ambassador screaming his or her lungs out trying to auction your charity icon.

Nevertheless, when the auction is intense or when a dinner guest drops money into your donation box and tells you what a meaningful job you are doing, all sense of dejection is immediately overcome by joy and feelings of being appreciated.

Volunteers and staff who have been involved in our Lunar Seventh Month fundraising events would agree that this yearly activity is an arduous one. Yet KDF has been unabated in our efforts for the past 15

years, with the support from our Chinese Community Committee (CCC) and many others who have helped us along the way.

Looking back on these 15 years, Mr Lawrence Lim, founder and advisor to the committee recounted: "15 years ago, I attended a dinner where KDF was present to raise funds. During the charity auction the response from the audience was very bad...that was when I decided to help".

With the help from Mr Lim, we started by working with other charitable organizations, and in year 2003, he rallied his friends - grassroots leaders from the Chinese Community - to form the KDF CCC.

That year, we had our first independently organised 'Charity Icon Launching Ceremony', which set the pace for our annual icon launching

and appreciation dinner, as well as KDF's Lunar Seventh Month fundraising efforts.

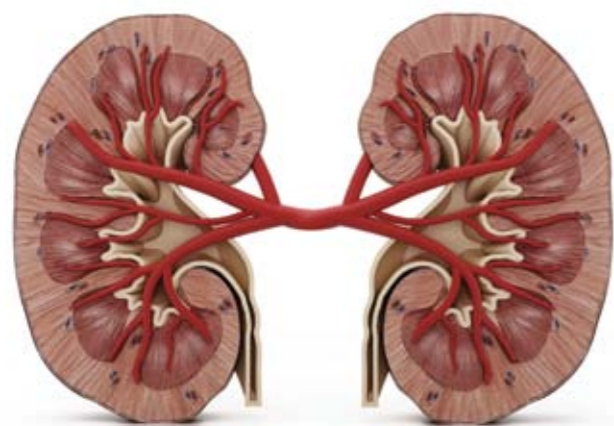
Throughout the years, many altruistic individuals have come forward to join the committee in support of our cause. Among these charitable men, Mr Lim is most inspired by the unwavering support from the Committee's current Chairman, Mr Ong Liang Kwang.

"Mr Ong has been the Chairman for five years and has never complained about it. He not only volunteers his time and donates to the cause; he also ropes in his friends to support KDF and also assists to connect KDF with temples, societies, organisations and clans. It is very difficult to find another person as dedicated as him," declared Mr Lim.

Even into the 15<sup>th</sup> year, our Lunar Seventh Month fundraising efforts are still going strong. This year we attended close to 60 auction and temple celebration sites, raising a total of \$292,000.

If your business association, industrial estate or neighbourhood has any celebrations in the coming year, we hope that you can consider inviting KDF to your event to do fundraising or to auction our charity icon. You can contact Ms Shelley at **6559 2653** or email to [luxu@kdf.org.sg](mailto:luxu@kdf.org.sg) to find out more.

For individuals interested in our 2014 charity icon 'Auspicious Beginnings', you may make a donation on our website or send a cheque to KDF, stating that the donation is for 'Auspicious Beginnings'. A minimum donation of \$688 will entitle you to the charity icon, while stocks last.



# RENAL BIOPSY

## (Part 1)

### What is a Renal Biopsy?

Renal or kidney biopsy is a medical procedure in which a very small sample piece of tissue is removed from the kidney for microscopic examination using a biopsy needle. The thickness of the piece removed is approximately that of the thin "bee hoon". Usually 2 pieces each slightly less than 1cm in length is taken.

### Why would I need a Renal Biopsy?

There are several reasons why kidney biopsy may be required. One or more of the following reasons may apply to you:

- To identify a specific disease process in the kidney. This will then allow us to use the most appropriate medication. It also gives the doctors a better idea of what your response to treatment will be and assist in planning for an alternative course of action should you not respond to first line medication.
- To evaluate the extent of damage that has occurred in the kidney.

The doctor would recommend for a kidney biopsy only after a series of blood and urine tests done with abnormal results, or when ultrasound and CT scans have failed to diagnose a kidney problem or define its severity.

The biopsy may be performed on native (original) kidneys or a transplanted kidney.

### Will I have to stay in the hospital?

Yes. You will be required to stay in the hospital overnight after the procedure. You will be able to go home the next day if there are no complications.

### What preparation is needed before biopsy?

Before a biopsy, the doctor will explain why the procedure is required, how it is performed and the risks involved. Much of this discussion is usually held several days in advance unless the kidney disease is a sudden one. You will need to sign a consent form just before the procedure is carried out confirming that you have understood and agreed for the procedure to be performed.

Within a week of the planned biopsy, you will be asked to undergo some tests to assess your clotting capability. This is important as the kidney has a lot of blood and you must be able to clot normally to minimise complications from bleeding.

We usually do not perform this procedure on patients in advanced state of pregnancy.

Other precautionary measures taken to prevent complications especially post-biopsy bleeding include:

1. Your blood pressure must be below 140/90 before biopsy. This is important because uncontrolled blood pressure may increase the chance of bleeding.
2. Medicines that thin the blood, e.g. aspirin, warfarin has to be stopped at least 2 weeks prior to the biopsy to reduce chances of post-biopsy bleeding. You must therefore inform the doctor of all medications that you are taking regularly as you may not be aware if any of the drugs can affect the clotting capability of blood.

You will be given a week's medical leave to recuperate at home after the biopsy. This is to reduce the intensity of daily activities so as to prevent a state of high flow through the kidneys. Exercise should therefore be avoided during this period. So before admission, please plan to be away from work for at least a week.

In the next issue of KDF Link, you will learn how kidney biopsy is performed, the risks involved, as well as post biopsy care.

# BITS OF LOVE, GIFTS OF LIFE

BY JEMIN CHUA



(From Left) MediaCorp Artiste Pornsak, Choo Peck See's Mother, Choo Peck See, MediaCorp Artiste Bryan Wong

In the last issue of KDF link, we shared with you the story of our patient Ms Choo Peck See, recounting her kidney failure diagnosis when she was in her teens, her kidney transplant and subsequently the failure of her new kidney, as well as the strong bond between her and her mother.

It was an unforgettable story that moved both you and me alike, and also one of the most memorable and emotional interviews that I had conducted.

Through her story, I had hoped to highlight that while kidney patients are often on the receiving end of encouragement and support from others, they themselves can also be the pillar of support for another – in Peck See's case, her mother.

It is tempting to see kidney patients as a solitary presence; however, we should not forget that in spite of their illness, they are also someone's parent, child, spouse, or friend.

After Peck See's story was published, we received several cheques directed to her and many enquiries from the public on how they can help. We are pleased to report that all the cheques have been passed to Peck See and all your well-wishes have been conveyed.


Peck See's story was also picked up by the Mediacorp Channel 8 programme, The Joy Truck, where she was featured together with her mother on the

2<sup>nd</sup> December 2014 episode which showed their visit to Gardens by the Bay for the first time.

On behalf of Peck See and all our other patients, KDF would like to thank all of you for your continuous support and we hope that our patients' stories will continue to touch your hearts and bring to light the many facets of kidney patients.

Last but not least, Peck See has this to say,






**Calling all fans of Zumba Fitness™! In conjunction with World Kidney Day 2015, KDF is organising a charity Zumba Party, with instructors from 1Fiesta leading the workout. Participants can look forward to one and a half hours of sweat inducing fun and adorable event merchandise for sale.**

All are welcomed to join us! Tickets will go on sale in January 2015, with all proceeds going towards the KDF-NUS Research fund, where we are currently seeking a cure and alternative treatment for diabetes.


**Date:** 7<sup>th</sup> March 2015, Saturday
**Time:** 1pm – 5pm

**Venue:** \*SCAPE Auditorium

Organised by



Official Fitness Partner



Keep a lookout for event updates via our website [www.kdf.org.sg](http://www.kdf.org.sg) and Facebook page. More details to be unveiled soon!

# 点点爱心赠与生命

译蔡永馨

在上期的《肾析简报》里，我们与读者分享了朱碧茜与她母亲相依为命的感人故事。我们讲述了碧茜从少年时代得知自己患上肾衰竭，虽然换肾成功却最终难逃洗肾的命运。

碧茜的故事和她命运的坎坷不仅触动了许多读者的心弦，也是笔者最难忘的一次采访。通过碧茜的故事，我们

真正想告诉大家的是，肾病患者虽然处在接受别人帮助和照顾的立场，却也同时能够成为另一个人的支柱。他们和我们一样，并非独自活在这个世界上，他们是病人，却同时是别人的父母、儿女、伴侣或朋友。

在碧茜的故事刊登之后，我们接到了不少善心人士的询问电话，也代为接收了一些指名要给碧茜的捐款。在此，KDF想特别向这群爱心人士汇报，你们的捐款和祝福我们已经全部交到碧茜的手上了。

除此之外，碧茜与她的母亲也被新传媒8频道的节目《快乐速递》相中，参与了2014

年12月2日播出的那一集节目，在节目中完成了母女一起出游的心愿。

借此，KDF谨代表碧茜以及我们所有的肾脏病患者感谢各位善翁和爱心人士长久以来的支持。希望我们的封面故事能继续带给你们感动也让你们更了解肾脏病患的各个面貌。

最后，碧茜想对大家说……谢谢！



# 肾脏活组织检查

## 什么是肾脏活组织检查？

这是一项医学程序，利用活组织检查专用的针从肾脏取出一小部分的活组织进行显微镜检验。通常会取出两块活组织，每块稍微少过1厘米长，厚度大约与细条‘米粉’相似。

## 为什么需要进行肾脏活组织检查？

这可能有几种原因，而您可能因一个或多个以下的原因而需要进行肾脏活组织检查：

- 辨别肾脏的具体病因。这将有助于医生使用最适当的药物，并更好的判断您对药物治疗的反应。同时，如果您对第一线药物没有反应，医生也能协助策划替代的治疗方法。
- 评估肾脏损坏的程度。

一般上，病人会先通过一系列的血液、尿液检验。如果报告结果不正常，或是超声波扫描与电脑断层扫描都不能诊断肾病问题或损坏程度，医生就会推荐病人进行肾脏活组织检查。

这项活检可以在自身的肾脏或移植的肾脏进行。

## 需要住院吗？

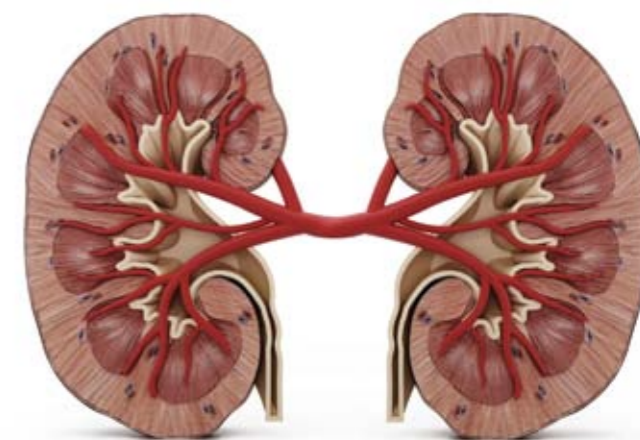
需要。当肾脏活组织检查程序结束后，您必须留医观察。如果没有并发症，隔天就能够出院。

## 肾脏活组织检查前，需要什么准备？

在进行活检之前，医生会向您解释活检的需要、过程和有关的风险。医生一般会事先与您讨论，除非您的肾病是突发性的。您必须在活检前签署同意书，以证实您了解及同意进行这项活检。

确定进行活检的一星期内，您必须进行一系列的血液检验来评估您的血液凝结功能。这些检验是非常重要的。由于肾脏含有大量血液，您必须有正常的血液凝结功能以减低出血过多引起的并发症。

我们通常不会为接近生产期的怀孕女性进行这项活检。



其他有助于避免活检后流血引起并发症的预防措施包括：

1. 在进行活检前，您的血压必须控制在140/90以下。这是非常重要，因为血压失控可能导致流血。
2. 降低血液浓度的药物例如Aspirin, Warfarin, 必须在活检前的两个星期停止服用，以减低活检后的流血。您必须通知医生有关您所有定时服用的药物，因为您可能不清楚哪些药物会影响血液凝结的功能性。

进行活检后，您将获得一个星期的病假在家修养。这是为了减少剧烈的日常活动以避免肾脏内的高度血液流动。这期间，您必须避免运动。因此在入院前，请计划离开工作岗位至少一个星期。

希望通过这一期《肾析简报》的介绍您对肾脏活组织检查有了基本的认识。下一期我们将具体介绍肾脏活组织检查的步骤、风险及后续护理。

## 尊巴健身(Zumba Fitness™)召集令来了！

这个三月肾脏透析基金将举办盛大尊巴派对庆祝2015全球肾脏日。跟随Fiesta的健身老师们一起尽情地热舞90分钟，尊巴爱好者们还不快来加入我们的派对。活动现场还将有超Q的限量纪念品出售，绝对不容错过哦！

派对入场券现已开始出售！本次活动收入将捐赠给KDF-NUS医疗研究基金用于糖尿病治疗和治愈的研究。

任何有关本次活动的最新报道，请关注KDF网站www.kdf.org.sg以及KDF Facebook主页。更多详情敬请期待！

派对日期：2015年3月7日，星期六  
时间：下午1点至5点  
地点：乌节路 \*SCAPE 大礼堂 (\*SCAPE Auditorium)

活动主办方



官方健身合作伙伴



# 为爱远行

译蔡永馨

凭着外向的性格和老顽童般的魅力，Peter Sng在一众年轻的EPIC骑士里显得格外突出。今年63岁的Peter虽顶着‘最年长骑士’的头衔，却成功征服了今年2月KDF举办的首届1000公里慈善单车马拉松。

已半退休的Peter每周骑单车至少5次共400公里，过着非常活跃健康的生活。去年他还参加了生平第一次单车长途骑行活动，而完成那趟旅程的成就感促使Peter更踊跃参与慈善性质的单车长途骑行活动。

“现在我骑车不单为了自己，也在为社会做一点贡献。到了我这种年纪还能参与长途骑行，为较不幸的社群出一点勉力其实我也相当受鼓舞” Peter这么说道。

由KDF举办的1000公里慈善单车马拉松是Peter至今所参与过路程最长的骑单车活动。虽然是队伍中最年长的骑士，Peter仍与一众年轻的骑士并驾齐驱，成功在4天内完成1000公里的路程。

对于成功征服这1000公里，Peter说：“其实就是要用毅力战胜体力… 路途中我反复督促自己前进，绝不能放弃。



事实上说的比做的容易，还好EPIC骑士一路上都互相鼓励，彼此扶持直到终点。”

Peter本身也为这项长途骑行做了万全的准备。他不但严格锻炼身体和控制饮食，同时还特意在锻炼的时候加入短暂的休息时间，为的就是要调节自己的身体只在需要的时候才发出最大限度的潜力。“拥有正面积极的态度也有助于克服精神极限” Peter 补充道。

最后Peter与我们分享了他‘乐活’的秘诀：“要活得健康、活得好，就一定要对生命抱持乐观和知足的态度！”



## KDF 2015 慈善单车马拉松

KDF慈善单车马拉松回来啦！迈入第二个年头，KDF将在2015年1月与EPIC骑士团携办《KDF 2015慈善单车马拉松》。这次我们的爱心骑士将远征泰国，从泰国南部骑回新加坡，途经马来西亚各省，继续挑战4天1000公里的路程。



今天就支持爱心骑士的善举吧！您可以扫描旁边的QR码贡献爱心，或用随附的回执信封寄回捐款（请在信封上注明‘MRIDE’）。

# KDF 2014 售旗日

译蔡永馨



2014年9月13日KDF 动员219名来自各行各业的义工和学生再次成功举办我们一年一度的售旗日，为贫困肾脏病患者筹募善款。

当天，来自马西岭中学、莱佛士书院、光洋中学及东源中学的学生义工连同其他来自各阶层的义工齐心向公众募捐。义工们一整天都保持情绪高昂，而我们也被他们的热情及奉献精神所感动。

值得一提的是，今年我们得到许多企业义工队的支持，如新加坡罗氏制药公司(Roche Pharma Singapore)和费森尤斯医疗公司(Fresenius Medical Care)。前者总共派出39名由职员和家属组成的义工队参加售旗。罗氏制药甚至为KDF售旗日特别制作了专属的T恤，格外吸引人。此外，针对罗氏义工们所募得的款项，公司还以1元对1元的方式追加捐款。谢谢新加坡罗氏制药公司的鼎力支持！

通过义工们不辞劳苦的努力，以及KDF多管齐下以街头募款、组织内部筹款和筹款卡等多种渠道募款，今年的售旗日总共筹得 \$28,578.22 善款。这当中最功不可没的是我们的义工和每一位热心乐捐的善心人士。

借此机会KDF想特别感谢励志中学女篮社的社员，她们为KDF筹得\$1,627.80善款，是参与筹款卡计划的学校当中最高的。派出55名学生参与售旗日的东源中学则获得‘最多志愿者’的头衔。最后，我们想对所有参与售旗日的义工和善翁发声：“谢谢您！”





## 中元慈善行 风雨十五载

文鲁旭

2014年福物推展晚宴，华社筹委会主要成员和KDF董事会成员合影。（左六）KDF主席古国泰医生（左五）KDF董事王春发（左四）KDF董事陈森正。

抱着捐款箱穿梭在酒席间请宾客们捐款，有时会遭遇整桌食客的无言忽视；在台上呼吁宾客支持KDF福物喊标，也曾有喊破喉咙都没人举手的尴尬场景。但是当善翁将钱塞进捐款箱并对你说“功德无量”时，当现场福物竞标声此起彼伏时，那份欣慰和激动让所有的心酸都变得云淡风轻。

这就是KDF农历七月中元节筹款项目。参与过的义工和职员没有人不认同这是个辛苦差事，却因为有着KDF华社筹款委员会所有成员的坚持和许许多多善心人士的支持，转眼间已走过15个年头。

回想15年的历程，KDF华社筹款委员会的发起人兼顾问林胜来先生感触颇深。他说“15年前在一个中元会场看到KDF职员在筹款，喊标时现场反应很差…于是想到帮他们一把”。

在林先生的帮助下，KDF开始与其他慈善团体一起合作筹款。在2003年林胜来先生联络自己在华社基层的朋友一起成立KDF华社筹款委员会，并第一次独立举办慈善福物推



2003年KDF华社筹委会正式成立，并第一次独立举办福物推展慈善晚宴。大会贵宾为中区市长王志豪先生（左起第三位），第一任筹委会主席林胜来（右起第三位），副主席贾治忠先生（右起第二位）。

展仪式。从此每年举办慈善晚宴、中元节通过福物喊标筹款的传统一直保持。

在这15年的筹款之路上，有许多爱心人士加入筹委会帮助筹款。这其中最让林先生感动的是委员会现任主席翁两光先生的鼎力支持。他说“翁先生连续担任五年主席，他没有任何怨言，出钱出力，找朋友、社团、庙宇、给KDF支持，真的很难再找到一位这样的主席。”

在中元筹款的第15年，我们继续保持过往的良好势头。今年共筹善款达\$292,000元，得到了近60个中元会、庙宇神会的支持。今年的慈善福物“三阳开泰”也获得善翁的热捧，大家都希望早早捧回家为来年年年添好运。善心人士杨太太在淡滨尼四十一巷快乐中元会现场捐款\$20,000元捧回一尊“三阳开泰”，也成为今年KDF慈善福物义标当之无愧的竞标王。

如今中元会的热闹虽不如当年，但林胜来先生肯定地说“在本地中元节这节日还是会继续下去，虽然近年来组屋区的中元节组织越来越少，主要原因是年轻人没有兴趣，但是商会机构的中元会组织有增加趋势，我们希望能得到更多中元会组织支持。”

如果您所在的商会、工业区或社区将在新的一年举办庆典宴会，我们真诚倡议您能帮助联络让KDF前往义标福物或现场筹款。KDF联络人：Shelley鲁小姐，电话6559 2653 电邮 [luxu@kdf.org.sg](mailto:luxu@kdf.org.sg)。

有意拥有慈善福物“三阳开泰”的善翁，可到KDF网站在线捐款获得。也可邮寄支票捐款并在支票背面注明“福物三阳开泰”。捐款最低金额为\$688元，福物数量有限，欢迎来电咨询。捐款成功后，我们将把福物送至您的住家或公司。

### 手足情深

面对这新的噩耗海庆无比痛苦，他说：“我弟弟今年才开始洗肾，在身心上都还处在艰难时期。现在他没法再工作了，我也没有其他收入，我们的问题变得更加棘手。不过，我还是尽我最大努力去鼓励他，帮他度过人生最黑暗的时期。”

海庆透露说海文自从中风后开始变得孤僻，也没以前健谈了，还时不时地发脾气。对于弟弟所承受的痛苦和煎熬，哥哥海庆很能理解。

“我相信他需要多点时间和勇气从这阴影里走出去。我们俩都需要毅力和勇

气，眼前我们比从前更需要对方。没有人希望这种事发生，但既然已经这样了，我们就要抱着希望活下去。”说这话时海庆双眼饱含泪水。

### 绝处逢生

谢家兄弟俩都单身、无业，目前每星期在KDF洗肾三次。二人依靠已大幅

缩水的公积金和所剩不多的储蓄支付洗肾费和医药费。

如果没有补贴，洗肾每人一个月大约需要花费\$2000元。谢氏兄弟的洗肾费很大程度由KDF津贴，而这完全是由充满爱心和慷慨的善翁带给他们希望，为社会中生活在最低层的贫困病患创造新生机。

在KDF有许多像谢氏兄弟这样的病患，他们收入甚微甚至没有收入，却每月需要为昂贵的洗肾费发愁。您的捐款和帮助可以给他们带来希望。敬请以杂志随附的回执信封寄回捐款。如需更多了解，请访问 [www.kdf.org.sg](http://www.kdf.org.sg) 或致电65592630。

讯息

## “痠管—我的生命线” 肾友教育讲座

译鲁旭



2014年10月19日KDF肾友会在新加坡植物园为肾脏病患们举办了一场有关痠管护理的肾友教育讲座。此次讲座由新加坡中央医院肾脏科咨询师Dr Tan Chieh Suai主讲。

关心的有关血管通路护理的重要问题。之后，病患们一起参与快速问答和一个名为“痠管护理之对与错”的游戏，在游戏中他们需要分辨哪些行为是可以做的，哪些是不正确的。

KDF的护士还为大家现场表演洗手舞，动感的舞蹈引爆全场，逗得众人笑得合不拢嘴。丰盛的午餐后，病患们在美丽的花园中闲庭信步，更有病患还乘机参观了附近的文化博物馆。

KDF希望借此机会感谢所有肾友和义工们的参与，让这次活动取得圆满成功。



痠管也称血管通路，它帮助血液透析病患排出血液中的废弃物，被视为肾脏病人的生命线，所以学习如何照护血管通路非常重要。

在讲座中，Dr Tan和病患们分享了一些如何保护血管通路的小贴士。其中一个广受关注的问题是装有痠管的手臂是否可以提重物？答案是肯定的，但重物不可以压在痠管上阻碍血液流动。

讲座结束后，KDF洗肾中心的护士们和病患Ms Tan一同为大家示范血管通路护理的小短剧。在短剧中向大家介绍手部卫生的重要性、血管通路感染及防止病患使用止血带阻止插管部位出血。短剧对话风趣生动，同时又涉及大家所



# 肾析简报



MICA (P) 099/04/2014

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中元慈善行,  
风雨十五载



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为爱远行



**07**  
谢谢您!

## 祸不单行

译鲁旭

屋漏偏逢连夜雨，这个谚语用来形容谢氏兄弟的遭遇是再贴切不过了。起初是66岁的哥哥谢海庆 (Chia Hoi Heng) 在几年前患上肾衰竭，而在今年初62岁的弟弟谢海文 (Chia Hoi Mun) 也遭遇同样的恶梦。于是相依为命的兄弟俩一同成为肾脏透析基金 (KDF) 锦茂洗肾中心的病患。

### 前途坎坷

海庆是在2010年被诊断为肾衰竭。和蔼可亲话语温和的他，在2005年前曾是一名酒店技工。突如其来的诊断结果对他

是沉重的打击，将以洗肾度日的退休生活，自己原本就虚弱的身体以及有限的积蓄，这一切都意味着前方的道路将是一片坎坷。

“说实话我当时非常震惊难过，整个人不知所措。我不想洗肾，但又没有别的选择。因为医生说我这个年龄不适合换肾，而且我有糖尿病属于高危人群。”海庆无奈地说道。

加之在那时他已经有5年没有收入了。因为被糖尿病纠缠了10多年后，他不得不辞去工作，长期患病也使他比同龄人都虚弱很多。

### 双重打击

“当技工有很多体力工作，而我的身体又不好，每天都在这两者间挣扎。到最后我的身体越来越差，迫不得已只好辞掉已经做了10多年的工作。”海庆回忆道。

而且在2010年确诊为肾衰竭之前，他已经与一些潜伏的肾脏问题搏斗多年。

在结束最后一份工作后，海庆就一直依靠储蓄和公积金生活。那时弟弟海文还有做工可以帮助海庆承担些生活费，让他有所依靠。

然而生活轨迹因海文突然中风而无情地改变。中风导致海文半身瘫痪，与轮椅为伴也无法工作。这之后不久，海文又被诊断为肾衰竭，陷入和哥哥一样的困境。这接二连三的不幸带给他们的无疑是残酷的打击。



上图弟弟谢海文，下图哥哥谢海庆。

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Tel: 6599 2630 Fax: 6225 0080  
网址: www.kdf.org.sg

