

KIDNEY



# UNBREAKABLE

BY JEMIN CHUA



**C**ancer. The one disease that we've all heard of, or know someone who has a personal story to share. Mdm Kamsiah, 64, is one of them, having lost her son to cancer, and having had to support her husband through chemotherapy. She herself had her womb removed due to endometrial cancer in 2016.

But it was the year 2013 that brought the most painful memories for Mdm Kamsiah. Still grieving over the loss of her son in February, life dealt another cruel hand in June, when she was told by her doctor that she needed to start dialysis as her kidneys had failed. At that time, Mdm Kamsiah was almost blind due to severe cataracts and was heavily dependent on her husband, Sulaiman, for daily tasks.

"I was very depressed because of my life. I had kidney problems, I cannot see... it was really, really hard at that time," shared Mdm Kamsiah.

### Turning Point

"Only after I did the eye operation and regained my sight that I started to become happier. I began talking to other patients, asking them how dialysis goes, how to take care and so on. It was during that time that I met a Chinese lady who had been on dialysis for 30 years," she elaborated.

"My first reaction when she told me was 'Huh? 30 years?' I got a shock. But then she shared

that she took great care of her nutrition and was strict on her fluid control, so I listened and kept it in mind. It gave me strength and more importantly, it gave me hope."

With guidance from the dietician, sharing from fellow patients and much self-discipline, Mdm Kamsiah made drastic changes to her diet and started paying more attention to the changes in her body.

"My belief is that we as a patient must take care of ourselves properly. We cannot always be blur, (we) must learn and don't always depend on the nurses. I am targeting to be like the Auntie, to be here for 30 years," Mdm Kamsiah shared with a chuckle.

### IN THIS ISSUE

04



PATIENT OUTING & SEMINAR



05

CHARITY ART EXHIBITION

Editor-in-chief:  
**Watson Ong**

Assistant Editors:  
**George Lee**  
**Jemin Chua**

KDF Link is published by:  
**Kidney Dialysis Foundation**  
Blk 333 Kreta Ayer Road,  
#03-33, Singapore 080333

Contributors  
**Daniel Yao**  
**Dickson Loi**  
**Jemin Chua**  
**Sherilynn Loh**

Mandarin Section  
Editor:  
**Chan Soo Sen**

**Tel: 6559 2630**  
**Fax: 6225 0080**  
**Website: [www.kdf.org.sg](http://www.kdf.org.sg)**  
**Email: [events@kdf.org.sg](mailto:events@kdf.org.sg)**



MCI (P) 059/03/2018  
© 2019 Kidney Dialysis Foundation Limited.  
All Rights Reserved.

## FIGHTING CANCER

Having finally found her bearings, Mdm Kamsiah's life tumbled into abyss once again in 2016, when she and her husband were struck with cancer. Just fourteen days after a surgery to remove her womb, her husband was diagnosed with lymphoma and had to be started on chemotherapy.

While Mdm Kamsiah's husband – Uncle Sulaiman – was undergoing chemotherapy, the hospital social worker had to arrange for an ambulance to send her to and fro dialysis, as she is wheelchair-bound and Uncle Sulaiman was her primary caregiver; she had no means of getting to dialysis without assistance.

Despite being a patient herself, Mdm Kamsiah had to double up as Uncle Sulaiman's caregiver, cooking and caring for him through the tormenting side effects of chemotherapy. "He then became the one to sit in this chair," she recounted, pointing to her wheelchair, "it was a very bad time", she added.

It was their unyielding love for each other and their fervent hope to see more of their children and grandchildren that helped them pull through the difficult period and overcome cancer.

In her words, "My thinking is like this, I want him to be here because I want him to take care of me, that's why I have to be strong for him. He always worries about me, thinking who will take care of me if he is not here, so I talked to him. I told him, if you want somebody to take care of me, (it is) you la, so you have to be stronger. You look after me, I look after you."

Perhaps born from the regret of losing her child to cancer – Mdm Kamsiah's son gave up after just two treatments – another reason for her strength and proactive attitude towards treatment was to demonstrate to her children the way forward in adversity, so that they know to do the same in the future.

## PAYING IT FORWARD

Today, both Mdm Kamsiah and Uncle Sulaiman no longer have to undergo aggressive treatment for their cancers but are still under close observation by their oncologists. With her experience fighting cancer, Mdm Kamsiah now volunteers for the cancer support group at AIN society, extending support to fellow patients.



"When they have problems, they come to me. They respect me so they ask me what to do. What they have, I have too. So when we talk, I share from my experience and encourage them. I share and give support, and that's what makes people strong," she explained.

Having been on the receiving end of charity from various social organisations like KDF, Mdm Kamsiah is not afraid to share resources and connect those who approach her with the relevant organisations that have helped her before. "I don't have money, but I can share. They help me, I help others," she shared earnestly.

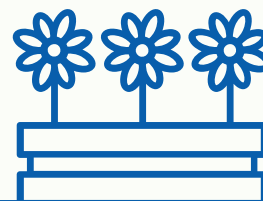
It is this sense of selflessness and remarkably sincere attitude in offering advice and help that won her the 'Mother of the Year' award by AIN society – an accomplishment she is extremely proud of.

Before we parted, I asked her what would be the one life lesson she hoped to impart to her children and the younger generation.

She left me with this message, "Live to be strong. If you want to live a good life, you have to push yourself to be strong. So whatever problem you have, whether you are sick or down, you have to fight it. Find it in yourself. Ask yourself, what do you want the most – if you want to live and to see your loved ones, then you must be strong. It needs to come from you."



In spite of all that life has thrown onto her, Mdm Kamsiah's spirit remains strong and she is determined to live a full, meaningful life. And it is with your support and generosity that has enabled her and her family to worry less about the recurring costs for dialysis and focus on what matters most – family and friends.



Continue to support patients and their families by making a donation today, via the enclosed business reply envelope or at <https://kdf.give.asia/campaign/kdf-link>.

# KDF UPDATES

BY **SHERILYNN LOH**

**W**ith the New Year, KDF brings you good tidings! We have three pieces of good news, and we hope that you will share the joy with us.

Our new year began with our newly-awarded “2018 Charity Transparency Award” by the Charity Council. The Charity Transparency Award recognises charities with good disclosure practices recommended under the Charity Transparency Framework.

KDF was also awarded the Charity Transparency Award in 2016 and 2017, and this would mark the third consecutive year that KDF has received the award. And in 2019, KDF will strive to maintain these good practices.

Secondly, starting from 3rd of January 2019, we bade goodbye to the old, and rang in a new KDF website. After months of hard work, KDF is proud to present our new, clean and modern webpage. Have you seen it? If not, visit our website: [www.kdf.org.sg](http://www.kdf.org.sg) to take a look! Let us know what you think about our new webpage by dropping us an email at [enquiries@kdf.org.sg](mailto:enquiries@kdf.org.sg)

Lastly, in line with “new year, new beginnings,” KDF has begun a new chapter in online donations with PayNow and SG QR. Besides GiveAsia and Giving.sg, donors can now make cashless donations via PayNow using KDF’s Unique Entity Number (UEN): 199600830ZK33, or by scanning KDF’s unique QR code.



Photo Credits: Charity Council

**Note:** Donors who wish to donate via PayNow can do so using any digibank, or the NETS flashpay app. Donors should fill your NRIC/FIN/UEN no. in the ‘reference no.’ field for tax deduction purposes.

PayNow is supported by these participating banks: Bank of China, Citibank, DBS/POSB, HSBC Bank, Industrial and Commercial Bank of China Limited, Maybank, OCBC Bank, Standard Chartered Bank and United Overseas Bank.



# HEALTHY FEET, HAPPY FEET

BY JEMIN CHUA

**H**ere's an alarming statistic: Singapore has one of the highest rates of toe, foot and leg amputations in the world, and more than 85% were preceded by foot ulcers.

Diabetics especially, are at higher risk of developing foot problems, and this is even more so in those who do not keep their blood glucose in check. As diabetes can cause nerve damage and poor blood circulation, this leads to a host of other issues like poor healing of wounds or a loss of sensation to the feet, which could result in sores and cuts to go unnoticed. Such complications, if worsened or infected, could then eventually result in amputation.

This is why foot care plays an integral part in diabetes management, and also why it was chosen as a topic of interest to be shared with our patients at the last KDF patient seminar and outing held on the 25<sup>th</sup> of November last year.

Podiatrists from Tan Tock Seng hospital were specially invited to the seminar to share the importance of foot care at home and provide foot care tips to our patients, majority of whom are also diabetic. During the seminar, the podiatrists also debunked many misconceptions and cautioned against some common-but-bad practices for diabetic patients, such as the popping of blisters with a needle and soaking feet to improve circulation.

After the insightful talk and a hearty lunch, our patients and their guests boarded the bus bound for S.E.A. Aquarium, where they spent some leisurely time exploring the attraction. The highlight was a massive viewing panel where our patients and guests alike were captivated by the ever-changing view of marine life swimming past right before their eyes.

A total of 139 patients and their guests participated in this patient seminar and outing organised by Renal Friends, a patient support group.

*KDF would like to thank all 25 nursing and staff volunteers for contributing to the smooth running of the event and extend our greatest appreciation to CabbyCare charity group drivers for ferrying our wheelchair-bound patients, enabling them to take part in this event.*





# ART FOR A CAUSE

BY DANIEL YAO

The works of 50 artists consisting of KDF patients, caregivers and MA Art Therapy postgraduates from LASALLE College of the Arts were showcased at two separate charity art exhibitions held by KDF late last year.

The first exhibition was held at NEX shopping mall on the 20<sup>th</sup> and 21<sup>st</sup> of October 2018. It featured more than 40 paintings surrounding the themes 'Animal Kingdom' and 'Emotions during the Dialysis Journey'. All paintings displayed were created after two successful collaborations with the college since 2017.

The second exhibition was held in conjunction with Giving Week and happened on the 1<sup>st</sup> and 2<sup>nd</sup> of December 2018 at The Centrepont. Being a relatively intimate setup, the second exhibition only featured key pieces which depicted the artists' emotions during their dialysis journey. This allowed visitors to get a glimpse into the lives and thoughts of caregivers and patients on dialysis.

At both exhibitions, members of the public were able to take a close look at these beautifully painted pieces, and could purchase selected paintings to help defray our patients' dialysis treatment costs. Through the short write-ups and descriptions, visitors were also able to gain a deeper understanding of the stories and inspirations behind each artwork.

Selected artworks were also printed onto charity merchandise such as tote bags, desk calendars, stainless steel tumblers and postcards. Proceeds from the sale of these exclusive merchandise will aid our patients with their dialysis and medication fees. A total of \$4,768 was raised through the two charity art exhibitions.

KDF would like to specially thank Goldridge Pte Ltd and Frasers Property for sponsoring the venues for the two exhibitions and for their great support towards our work in the community. We would also like to extend our gratitude to all donors and members of the public who came down to support us and donated to our cause.



If you missed the opportunity to visit our exhibitions, you can still find selected artworks for sale on our website at [www.kdf.org.sg](http://www.kdf.org.sg). Please contact Mr Daniel Yao at **6559 2650** or [daniel.yao@kdf.org.sg](mailto:daniel.yao@kdf.org.sg) for more information.



# Charity Weiqi Competition 2018

BY DICKSON LOI

The second KDF charity Weiqi competition returned over the weekend of 17 and 18 November 2018, to raise funds for needy dialysis patients served by KDF. We are pleased to once again partner with the Singapore Weiqi Association (SWA) to co-organise this meaningful event.

Over the course of two days, over 250 participants comprising mostly of students, competed in seven rounds for the top three honours in the individual and school categories respectively.

Each participant also received a goodie bag worth \$80, courtesy of our sponsors.

To lighten up the mood of the intense competition, a mini-carnival featuring carnival games, popcorn and steamed sweetcorn was set up outside the event venue to keep participants engaged in between official Weiqi games.

All carnival games were carefully selected and modified to feature a health twist, to enable our young participants to pick up simple health and kidney-related knowledge while having fun. For it is our belief that health education starts from young.

To round up the event, an awards presentation ceremony was held in the evening of 18 November, and we were most honoured to have Dr Lily Neo, MP for Jalan Besar GRC, to grace the ceremony as our eminent Guest-Of-Honour. She was joined by KDF Director, Mr Chan Soo Sen, SWA President, Mr Tan Teng Chuan, and guests from Korea and China to celebrate the successful completion of the event.



With the support from individuals and corporate donors, the event successfully raised **\$203,871** as at date of writing.

We would like to take this opportunity to thank the organising team at the Singapore Weiqi Association for their support and efforts, and the following organisations for their contribution.



UNION



Giving Hope  
Improving Lives

TOTE BOARD



LOCKER



HEALTH PROMOTION BOARD



NINETIES CANDY SOCIETY



VISION LAB



KRETA AYER  
COMMUNITY CLUB

# VOLUNTEER APPRECIATION LUNCHEON 2018

BY DICKSON LOI



On the 17<sup>th</sup> of November 2018, KDF hosted a volunteer appreciation luncheon in honour of those who have generously given their time in service of KDF and our patients. It is our humble way of thanking all our volunteers for their service and support towards our cause over the year.

Volunteerism is the heart of giving back but it is never easy to find time between our busy schedules, academic pressures and personal commitments to be in regular service of others. Which is why it is most heartening to have volunteer groups like the Anglo-Chinese School (Independent) Interact Club and UCares come regularly to our dialysis centres to visit and accompany our patients.

Students from the Anglo-Chinese School (Independent) Interact Club have been taking part in our monthly befriending program where they spend a Friday afternoon after school with the patients at our Ghim Moh dialysis centre, keeping them company through simple activities and chit-chat.

We are also fortunate to have adult volunteers from UCares who have been supporting the befriending program at our San Wang Wu Ti dialysis centre since 2016. It is because of them that our patients are able to enjoy good company and warm packed food whenever they visit.

Equally important and valued are volunteers who have contributed and supported us in one way or another throughout the year, like our event volunteers, skills-based volunteers and community and school partners who help with recruitment.

To thank and honour these amazing individuals and organisations, our board director, Mr Chan Soo Sen, presented them a certificate of appreciation during the luncheon, following a heart-warming video of our patients expressing their gratitude.

Volunteers were also given a small yet meaningful gift – *Pots of Gratitude*, a mini-potted plant filled with seeds planted by our patients.



*Our heartfelt thanks to our current and past volunteers for your dedication, time and service over the years. Thank you!*



# CELEBRATING #EVERYDAYHEROES

Come 10 March 2019, Sunday, KDF will be heading east towards Our Tampines Hub with our first-ever **Hero Carnival**, in celebration of World Kidney Day 2019.

## CARNIVAL HIGHLIGHTS

- Hero Themed Walkaton\*
- Dialysis Experiential Zone\*
- Hero Themed Exercises
- Virtual Run\*
- Free Health Screening
- Carnival Games

\* Pre-registration required

## WHEN & WHERE

10 March 2019, Sunday  
10AM – 7PM

Our Tampines Hub, Central Plaza

Free admission, except for walkathon

For registration and more information, visit [www.kdf.org.sg](http://www.kdf.org.sg) or contact  
Daniel Yao – 6559 2650/ [daniel.yao@kdf.org.sg](mailto:daniel.yao@kdf.org.sg)  
Jemin Chua – 6559 2651/ [jemin.chua@kdf.org.sg](mailto:jemin.chua@kdf.org.sg)

## TOUR DE BISHAN

BY *SHELLEY LU*



Prior to every KDF Millennium Ride, a centre visit is specially organised for EPIC cyclists taking part in the ride, for them to meet and talk to our patients, to help them understand the beneficiaries that they are riding for.

This year is no exception, and cyclists took the opportunity to understand more about KDF and our patients during the visit, and also kept our patients engaged by sharing their preparation regimen and challenges in preparing for the 1,000KM charity ride.

Through the visit, cyclists were able to deepen their understanding of dialysis and gain greater insight into the challenges that dialysis patients face in the course of their treatment. This not only brings about greater appreciation of our patients' strength in adversity, but also firms their determination to complete the ride to raise more funds for these patients in need.

Riding into its sixth year, the KDF Millennium Ride 2019 took place from 10<sup>th</sup> to 14<sup>th</sup> of January 2019. Close to 50 cyclists pedalled from Northern Malaysia back to Singapore covering 1000KM in a span of 5 days. They aim to raise \$350,000 for needy dialysis patients served by KDF.

To support our big-hearted cyclists and make a donation towards this event, please visit [www.kdf.org.sg](http://www.kdf.org.sg) or scan this SG QR code with your digibank app.





# 英雄号召令

广招各路英雄好汉! KDF将于3月10日(星期日)进驻东部 Our Tampines Hub盛大举行首届「KDF群英嘉年华」同庆世界肾脏日。  
在此诚邀各路豪杰共襄盛举。

## 群英嘉年华看点

- 英雄主题义走\*
- 透析体验区\*
- 英雄主题健身操
- 虚拟路跑(Virtual Run)\*
- 免费健康检测
- 游戏休闲区

\*活动需预先登记

## 时间和地点

时间: 2019年3月10日, 星期日,  
上午10点至晚上7点

地点: Our Tampines Hub, 中央广场  
(Central Plaza)

入场免费 (英雄主题义走除外)

欲获知更多信息, 请浏览[www.kdf.org.sg](http://www.kdf.org.sg)  
或联系

姚先生 - 6559 2650 / [daniel.yao@kdf.org.sg](mailto:daniel.yao@kdf.org.sg)

蔡小姐 - 6559 2651 / [Jemin.chua@kdf.org.sg](mailto:Jemin.chua@kdf.org.sg)

## EPIC车手 到访碧山 洗肾中心

译/姚凯杰 (Daniel Yao)



在每年的《KDF慈善脚车马拉松》之前, 来自Epic cyclist 队伍的车手们都会专门探访洗肾病患, 通过与肾友面对面交谈, 深入了解义骑活动所帮助的受益群体。

这次当然也不例外。为第六次KDF慈善义骑作准备, 车手们特地到访我们的碧山洗肾中心。该行一方面让骑手们有机会了解KDF的慈善运作, 通过与洗肾患者促膝交谈, 让他们体会到洗肾患者面对疾病的不挠精神, 更加深他们通过慈善义骑为病患筹款的决心; 另一方面藉由此此次探访, 也让我们的肾友更了解这群爱心车手为这次1000公里慈善义骑活动所做的准备和要克服的重重挑战。

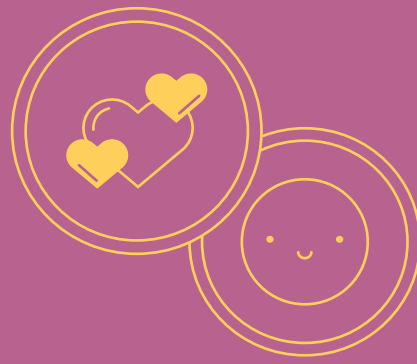
踏入第六年的《KDF慈善脚车马拉松》于今年1月10日至14日举行。近50名爱心车手从马来西亚北部一路骑回新加坡, 在5天内完成了1000公里的路程, 志在为KDF的贫困患者筹集三十五万善款。

如果您愿意支持我们的爱心车手或本次慈善义骑活动, 可扫描以下QR码或到[www.kdf.org.sg](http://www.kdf.org.sg)捐款。



# 义工 答谢餐会

译/鲁旭 (Shelley Lu)



2018年11月17日，KDF 以答谢午餐形式招待所有长期支持帮助KDF病患的义工们，以答谢他们长期以来给予的无私支持。

义务工作的核心意义是回馈社会，但在现今社会被繁忙工作、学业压力及家庭负担围绕着的人们，要抽出时间定期做义工并不容易。也因此，我们非常感恩来自英华自主中学和Ucares 义工团体的义工们长期到访我们的洗肾中心陪伴病患。

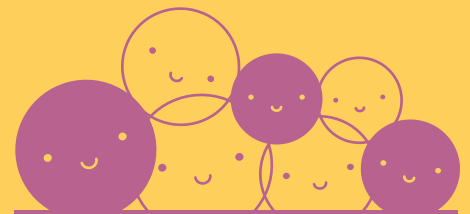
英华自主中学少年服务团的学生们每月都抽出一个星期五下午的时间拜访KDF锦茂洗肾中心，和病患们聊聊天或作些简单的游戏陪伴他们。

而UCares 的义工们自2016年就每月拜访三皇五帝洗肾中心的病患。

同样重要还有那些不定期以不同形式为我们提供帮助的活动志愿者、技能义工，以及为我们在社区和学校招募义工的合作伙伴们。

在午餐期间，董事曾士生先生代表KDF向这些劳苦功高的个人及义工团体颁发感谢状，以表达我们最真挚的感谢，各洗肾中心的病友们也通过视频短片向这群可爱的人们献上祝福和谢意。

现场的义工们还收到一份特别的小礼物—它是由我们的病患亲手播撒种子的代表“感恩之心”的小盆栽。



不管是过去还是现在，我们衷心感谢所有一直支持陪伴着我们的亲爱的义工们。





# 第二届 KDF慈善围棋赛

译/鲁旭 (Shelley Lu)

时隔一年，第二届KDF慈善围棋赛于2018年11月17日和18日再次召开，为洗肾病患筹集医药费。我们也非常荣幸能再次与新加坡围棋协会（SWA）联手合作举办这一别具意义的比赛。

在两天的比赛中，超过250名来自各中小学及学前班的小棋手在七轮对决中过关斩将，角逐个人单项和团体的冠亚季军。

此次参加比赛的选手们每人还获得一个由赞助商特别提供的价值八十元的大礼包。

为缓解紧张的比赛，KDF专门在赛场外举办一个迷你嘉年华，让选手们在比赛的空隙间可以玩游戏、吃爆米花放松心情。

我们坚信健康教育从小抓起，所以所有的嘉年华游戏都经过特别挑选并重新包装，以便让我们年轻的小棋手们通过游戏掌握简单的肾脏及健康小知识。

惹兰勿剎集选区国会议员梁丽丽医生特别担任此次活动主宾。她在KDF董事曾士生先生及SWA主席陈丁川先生的陪同下参加了18日傍晚的最后一轮颁奖典礼，并同自中韩两国远道而来的棋友们一同庆贺第二届KDF慈善赛的圆满落幕。



在所有善心人士的捐款支持下，本次活动至今已筹得善款

## \$203,871

借此机会，我们要感谢合作伙伴新加坡围棋协会为活动成功举办所付出的努力，以及以下团体企业对本次活动的大力支持。



UNION

tote  
board

Giving Hope  
Improving Lives

TOTE BOARD

Toacker

LOCKER



HEALTH  
PROMOTION BOARD

nineties  
Candy Society  
www.90s.com.sg

NINETIES CANDY  
SOCIETY

VISION LAB  
Eyewear Premium

VISION LAB



KRETA AYER  
COMMUNITY CLUB



# 当慈善邂逅艺术

译/姚凯杰 (Daniel Yao)

去年底 KDF 分别举办了两场慈善画展，展出了由KDF肾友、看护和来自拉萨尔艺术学院(LASALLE College of the Arts)艺术理疗硕士班一年级新生共同参与创作的作品。

第一场画展于2018年10月20日和21日在NEX购物中心展开。以‘动物王国’和‘洗肾患者的心声’为两大主题，约40幅画作在这一场画展中亮相。所展出的所有画作由我们的肾友亲自参与制作，也是KDF与拉萨尔艺术学院历经两年合作的成果结晶。

第二场慈善画展则于2018年12月1日和2日在乌节路The Centrepoint购物中心举行，且逢全国志愿服务与慈善中心(National Volunteer & Philanthropy Centre)所提倡的行善周(Giving Week)。妨于场地规模，第二场画展只展出了20几幅描绘洗肾患者心声的作品。规模虽小，却有便于让参观者更深切地了解肾友和其看护者的想法和对生命的看法。

通过这两场慈善画展，公众除了能够近距离欣赏这些精美的画作之外，也

能通过个别的作品简介更深入地了解每幅画背后的故事和灵感。同时也能通过义购画作，减轻我们患者的透析费用。

除了义卖画作，KDF 也精挑细选了一些适合的作品，印在如环保袋、台历、保温杯和明信片等慈善商品上，供大家义购。所筹得的款项将帮助我们肾友的洗肾费用。

结合两场慈善画展的收益，KDF共筹得了4,768元善款。我们也想借此机会感谢Goldridge Pte Ltd和Fraser's Property的场地赞助以及两家公司对我们的大力支持。另外，我们也要感谢所有到场的访客，以及上前捐款和支持我们慈善画展的各位善心人士。



如果您错过了这两次的展览，您仍可以上网 ([www.kdf.org.sg](http://www.kdf.org.sg)) 浏览待义购的画作和慈善商品。如需更多了解，请致电6559 2650联系Daniel Yao先生或邮件至[daniel.yao@kdf.org.sg](mailto:daniel.yao@kdf.org.sg)。



# 知“足”常乐

译/盧珽憶 (Sherilynn Loh)

今天来分享一个惊人的数据：新加坡是脚趾、足部和腿部截肢率最高的国家之一，而其中超过8成的截肢由足部溃疡引起。

糖尿病患者尤其容易患上足部问题，血糖超标的患者更属于高风险群体。这是因为糖尿病能引起足部神经受损、血液循环不畅，以致其它相关问题接踵而来。例如：伤口难以愈合，或因双脚失去知觉而无法察觉到脚部生疮或受伤。伤口若恶化或受到感染，极有可能需要截肢。

有鉴于此，足部护理在糖尿病的整体管理之中是很重要的一环。为重视这项课

题，我们在去年11月25日特别为肾友和他们的家人举办了一场关于足部护理的健康宣教讲座兼郊游活动。

讲座特别邀请了陈笃生医院的足部治疗师与我们的肾友分享在家中如何进行足部护理的重要性，并为大家提供关于足部护理的小贴士。

足部治疗师们还当场澄清了许多糖尿病患者对于足部护理的误解，并叮嘱大家特别警惕一些很平常但对糖尿病患者却不利的习惯，例如：使用针刺破水泡或长时间泡脚促进血液循环。

健康宣教讲座结束后，肾友和家人一起

享用了丰盛的自助午餐，便上车前往S.E.A.海洋馆进行悠闲的半日游。在千变万化的海底风光和鱼儿悠闲穿梭的美景中，本次活动成功落下帷幕。

本次由肾友会主办的健康宣教讲座兼郊游活动共有139名病患和亲属参与其中。

借此，我们衷心感谢25位KDF义工的义务帮助，也非常感谢CabbyCare慈善团体的司机义务为行动不便的患者提供交通服务，使他们和家人得以参加活动。





# KDF 快讯

译/蔡永馨 (Jemin Chua)

迎接2019年的到来KDF也开启了新篇章，在此特向各位读者报告三则好消息！

一) KDF 万般荣幸再次获得新加坡慈善理事会的认可，三度获颁‘慈善团体透明度奖’。此奖项设立的宗旨在于表扬监管和公开透明方面表现出色的本地慈善团体，以提高本地慈善领域的素质。承蒙理事会的认可，KDF 将再接再厉继续刊登年度报告，保持透明度，以诚信示众。

二) 不知道大家发现了没，自1月3日起KDF的官方网页也已改头换面，以全新的姿态与大家见面。新的页面清新、摩登，内容的规划更为干净、流畅，希望给大家带来新的感官体验，也期许到访者能更简易的搜寻到相关资讯。对新页面 ([www.kdf.org.sg](http://www.kdf.org.sg)) 若有任何看法，欢迎联络我们反馈，电邮地址：[enquiries@kdf.org.sg](mailto:enquiries@kdf.org.sg)。

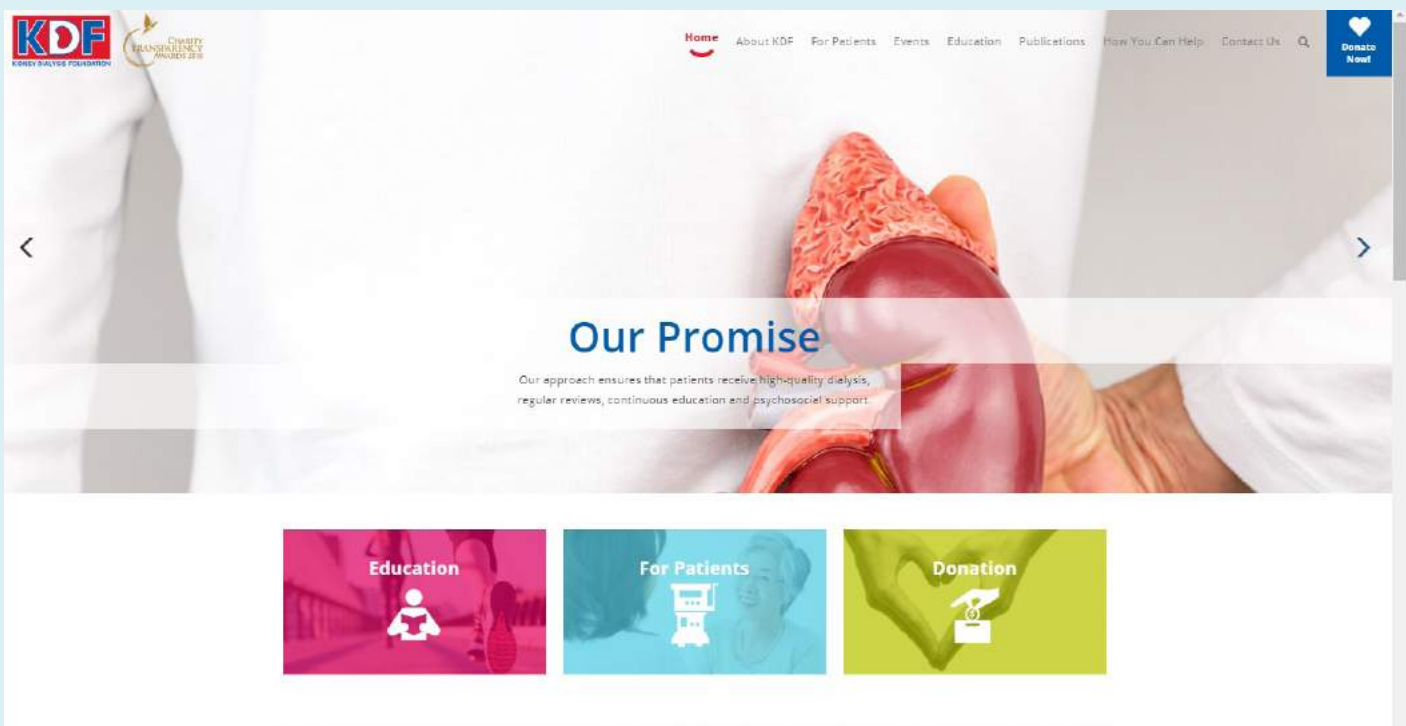
三) 为提供更便利的捐款渠道，KDF也开始实行了QR码捐款。只要用手机扫一扫QR码，或通过PAYNOW打上我们的注册号码199600830ZK33，马上就能捐款帮助KDF患者，过程快捷便利。



Photo Credits: Charity Council

**注意事项：**如通过扫码捐款，请切记在Reference no. 栏目中输入您的登记号码 (NRIC no.) 享受所得税回扣。如栏目置空，捐款将不能扣税。

以下银行均支持PayNow无现金支付：星展银行、大华银行、华侨银行、花旗银行、渣打银行、汇丰银行、中国银行、中国工商银行及马来亚银行。



## 抗癌之路

好不容易习惯了洗肾的新生活， 甘露女士的人生又再一次于2016年脱轨。 那年， 她和丈夫双双被诊断出了癌症。 因为患癌， 甘露女士不得不摘除整个子宫， 前脚才离开手术室， 丈夫苏莱曼便被告知患上淋巴瘤， 需要立即开始化疗。

甘露女士自从患病便行动不便， 得以轮椅代步。 丈夫苏莱曼是她唯一的看护者， 并负责日常接送她往返洗肾中心。 在苏莱曼开始接受化疗之后， 甘露女士便无人接送， 院方不得不安排救护车和医疗人员护送甘露女士到KDF 洗肾。

同为病患的甘露女士摇身一变， 充当起了苏莱曼的看护， 一边打点他的饮食， 一边陪伴他走过难熬的化疗过程， 对抗因化疗引发的副作用。 甘露女士提起手， 指了指着她坐着的轮椅说：“那时候坐在这里的是他， 情况太糟糕了。”

爱， 让他们克服了难关。 夫妻俩对彼此的依恋和深深的不舍， 加上想多看看孩子和孙子的热切盼望， 让甘露女士和苏莱曼携手度过了艰难的抗癌日子， 成功战胜了病魔。

“我的想法其实很单纯。 我希望他能留在这里陪我、照顾我， 所以我为了他变得更坚强。 苏莱曼常常担心要是他走了我会没有人照顾， 所以我就直接告诉他：能照顾我的人就是你啊！ 所以你一定要坚强， 我们俩相互照顾， 直到百年。”

这样的坚强和勇敢， 或多或少也出于甘露女士对于失去儿子的遗憾吧。 同样是得了癌症， 甘露女士的儿子并没有积极接受治疗， 在完成两个疗程之后便放弃了， 最终离世。 以身为教， 甘露女士希望自己对抗癌症的勇气和积极努力会深深刻印在孩子的心里， 往后能指引他们做出对的选择。

## 延续善念

如今甘露女士和苏莱曼已经不再需要接受抗癌治疗了， 但还处在观察期间。 重获新生的甘露女士更凭着她的抗癌经历当起了AIN society癌症互助小组的义工， 分享抗癌经验、回馈社会。

“组员有烦恼的时候都会找我聊， 因为他们尊敬我， 所以会询问我的看法、听听我的意见。

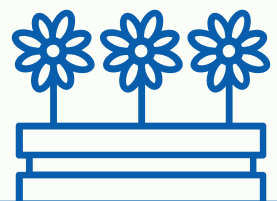


我们同病相怜， 所以我会以我的亲身经历与他们分享， 鼓励他们。 这样的给予和互助能让我们彼此都更强。” 甘露女士分享道。

因为经济条件和身体状况， 甘露女士受惠于不同的慈善团体， 但她从不吝啬于把这些求助渠道分享给那些寻求帮助的人。 她诚恳地说道：“我没钱帮助他们， 但我有能力分享。 他人助我、我助他人。” 也正是这份无私让她赢得了AIN society所颁发的‘年度慈母’奖， 一份让她雀跃万分的殊荣。

在结束访谈之前我问她， 如果要给孩子和年轻一辈上一堂课， 她会有什么忠告。 甘露女士这么回答：“活着， 不要放弃。 想过好的生活就一定要坚强， 不管遇到什么问题， 是生病还是失落， 正视它、打败它。 问问自己什么才是最重要的， 如果舍不得身边的亲人、朋友， 那就一定要坚持下去。 一切要由你而起。”

甘露女士的经历虽然坎坷， 但积极正面， 也让我们体会到逆争上游和爱惜生命的真谛。 她很幸运得到众多慈善团体和善翁的帮助， 可以对抗病魔继续与家人团聚。 感谢你们的付出， 也希望你们能继续为像甘露女士这样的低收入洗肾病患和他们的家人带来希望的曙光。



欲捐款请用随附的回邮信封或上网乐捐  
<https://kdf.give.asia/campaign/kdf-link>

# 报 简 析 肾



## 不倒翁

文/蔡永馨 (Jemin Chua)



癌症 --- 让人闻之色变的现代病。你我身边想必一定都有那么一两个可以述说亲身经历的人。甘霞女士（64岁）就是其中之一。癌症夺走了她儿子年轻的性命、剥夺了她丈夫晚年的健康，更让她痛失了自己的子宫。

回溯6年前，2013年对甘霞女士一家而言不仅是个多事之秋，更蕴藏着最痛心的经历。才在二月初白发人送黑发人，短短四个月之后甘霞女士便接到肾脏衰竭需要立即洗肾续命的噩耗，造化弄人。当时的甘霞女士因为患有严重的白内障，几乎失明，日常起居全仰赖丈夫苏莱曼打点。

“我那个时候很忧郁……一想到我的人生、我坏了的肾脏、我眼前的黑暗……活得很辛苦。”甘霞女士回忆道。

### 命运般的邂逅

“在开了刀治好眼睛之后，我重获光明，也渐渐地打开心房。我开始和其他肾友接触、攀谈，从他们身上打听洗肾经历，并从中吸取经验和知识。但让我印象最深刻的是一位洗了30年的肾友。

我当下的反应相当错愕，‘什么！30年？’。但再静下心来耐心听完她的分享，我才了解成功绝非偶然。那位肾友对自己的饮食管理

和水分的摄取量非常严格，毫不懈怠。我也将这些牢记于心，同时，我的心中也燃起了希望的曙光。”甘霞女士侃侃而谈。

在营养师和其他肾友分享和督导之下，甘霞女士通过自己的努力和自律，大幅度改善了她的饮食习惯，也更加留意自己身体细微的变化。

“现在的我认为，身为病人我们应该负起责任照顾好自己，不能什么都不懂，一味依赖护士。我还真希望能像那位肾友一样坚持30年！”甘霞女士微笑说道。

### 本期看点

04

知“足”常乐



05

当慈善邂逅艺术

主编：  
王春发 (Watson Ong)

文章提供：  
姚凯杰 (Daniel Yao)  
蔡永馨 (Jemin Chua)  
鲁旭 (Shelley Lu)  
卢珪德 (Sherilynn Loh)

助理编辑：  
李耀华 (George Lee)  
蔡永馨 (Jemin Chua)

特邀华文编辑：  
曾士生 (Chan Soo Sen)

肾析简报出版方：  
肾脏透析基金  
Blk 333 Kreta Ayer Road,  
#03-33, Singapore 080333  
电话: 6559 2630  
传真: 6225 0080  
网站 [www.kdf.org.sg](http://www.kdf.org.sg)  
电邮: [events@kdf.org.sg](mailto:events@kdf.org.sg)

