

KDF LINK



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IT IS THE SIMPLE THINGS THAT MATTER THE MOST (PART 2)

BY DANIEL YAO AND JEMIN CHUA

There are many ways to be happy. Some people feel happy talking about their hobbies, some feel happy reminiscing the past, while others count their blessings just to be alive.



Mr Tay Sei Kah (left) and Mr Tay Say Seng (right).

Dialysis treatment is a long haul journey that could continue for a lifetime without a kidney transplant.

For our patient, Mr Tay Say Seng, his only reprieve and source of happiness is his family, especially his two brothers – Tay Sei Kah and Tay She Yew – both of whom are intellectually challenged, like Say Seng himself.

The Chinese Lunar New Year is the time of the year that Say Seng looks forward to the most, as during this period his elder sister and her family would visit, bringing along festive cheer and a much anticipated red

packet. It is also a rare opportunity for him to meet his nephews.

“They are studying now; they go to school!” shared Say Seng proudly as he and Sei Kah spoke about their nephews.

With a tinge of regret and longing in their eyes, the brothers then told us that when they were young, they did not get a chance to attend school properly, and their only memory of school was getting disciplined by their teachers for being slow learners. They subsequently stopped attending school altogether and

as such can't even write their own names.

Their childhood was however not all that bleak, as Say Seng and Sei Kah fondly recalls their experience living in a kampong as kids. "We can rear pigs, raise chickens and ducks. We even had a fish farm!" exclaimed Sei Kah enthusiastically. "But now that we moved into a HDB flat, we cannot have them anymore," added Sei Kah, clearly missing kampong life.

The Tay Brothers

A burly man with pouting lips and often an empty look, Sei Kah also suffers from kidney failure. But unlike Say Seng, he does not currently undergo dialysis and relies solely on medication to control his condition.

Their eldest brother explained that as Sei Kah is intellectually challenged, he does not fully comprehend his medical condition and what dialysis entails, as such there is a high possibility that during dialysis he might attempt to forcefully pull out the needles, which could lead to dire consequences.

Sei Kah himself admits that he does not dare to go for dialysis. Being highly dependent on Say Seng, Sei Kah lacks the ability to live independently and to take care of himself. The most part of his day is spent at home waiting for Say Seng to return from dialysis to take him out on his daily evening walks, as he doesn't dare to venture out of the flat alone.

Previously, Sei Kah was even hospitalised as he ruptured his stomach due to excessive overeating, something not commonly heard of, as normal people would know when to stop. Now, a large scar lies on his stomach.



Mr Tay Sei Kah (left) and Mr Tay She Yew (right).

As for their youngest brother, She Yew, he has a habit of wandering around the neighbourhood begging for money. Despite being told and counselled by his eldest brother and social workers multiple times that begging is illegal, She Yew continues to do so sporadically and seems unable to comprehend the severity of his actions.

Once, he was even taken to the police station due to this, causing Say Seng to be worried sick. As Say Seng was unable to get hold of his eldest brother to seek help, he struggled to find his way to the police station in order to bring his younger brother home.

Brotherly Bond

While all three Tay brothers were exempted from national service due to their intellectual disability, Say Seng's intellectual level appears to be slightly higher than his brothers as he is able to take care of himself and his brothers, and can remember simple routines. Nevertheless, with such a family makeup, it is not easy for any of the brothers.

Fortunately, the Tay brothers share a very close relationship and can often be heard giggling and whispering in a secret language that only they understand, forming an alliance against their eldest brother at home.

"Of all my siblings, I love Sei Kah and She Yew the most!" Say Seng exclaimed. Despite being slightly different from average, the bond between the Tay brothers is no different from that of normal siblings.

While their intellectual disability may have made them more focused on what is in close proximity to them - each other in this case - the strength of their bond is most inspiring. Regardless of how society perceives them, it seems that in their unique little universe, they are living their lives happily and to the fullest, by each other's side.

A dialysis patient himself, Say Seng dedicates his time outside of dialysis to take care of his brothers' welfare. But what will happen if one day Say Seng is too sick to be responsible for his brothers? Who then will buy lunch for Sei Kah and make sure She Yew returns home safely in evening?

Your generous contribution can help to sustain the lives of dialysis patients like Say Seng, which will in turn allow them to continue to take care of their loved ones. You can help by sending in your donation via the enclosed business reply envelope. For more information, please visit www.kdf.org.sg or call 6559 2630.



Dialysis 3 times a week.



Passionate about flowers and plants.



The journey back home.



A packet of rice shared between two brothers.

KDF PUBLIC FORUM 2016

BY DANIEL YAO



Are you aware that diabetes is the most common cause of chronic kidney failure in Singapore? Joining the national war against diabetes, KDF organised a public forum to impart knowledge on the prevention and management of the condition, targeted at diabetes patients and the general public.

The bilingual forum took place on 15 October 2016 at Singapore Expo Max Atria and saw close to 600 attendees. The theme of this year's forum was 'How to Avoid Kidney Failure in Diabetes Patients'. A panel of senior doctors and a dietician were present to share their knowledge on the subject matter.

INVITED SPEAKERS INCLUDE: Dr Ng Tsun Gun, a nephrologist who laid the foundation on what diabetes is and how it affects the kidneys; Dr Vivien Lim who shed light on diabetes medication; Professor Lee Kok Onn who presented his cutting edge research on gene-cell therapy for diabetics; and senior dietician, Ms Pauline Chan who addressed the topic of



A health exhibition zone was also set up outside the forum venue where basic health checks were offered to attendees for free.

We had Glycoleap providing basic blood glucose testing (with test strips generously sponsored by Abbot Diabetes Care), blood pressure checks by Fresenius Medical Care and BMI measurement by the Diabetic Society of Singapore. Attendees were also able to have their feet checked by the Podiatry Association of Singapore.

KDF WOULD LIKE TO THANK THE FOLLOWING SPONSORS AND EVENT PARTNERS FOR THEIR SUPPORT AND CONTRIBUTION TOWARDS THE SUCCESS OF THIS PUBLIC OUTREACH EVENT.

Abbott Diabetes Care, AWAK Technologies, Diabetic Society of Singapore, Fresenius Kabi, Fresenius Medical Care, Leung Kai Fook Medical, Podiatry Association, Roche Singapore, Singapore Pools, Suu Balm, Teck Huat & Company Pte Ltd and volunteers from Chong Boon Secondary School's National Police Cadets Corp and National Cadets Corps.



* Please contact us at events@kdf.org.sg if you would like a copy of the event booklet.

INAUGURAL KDF CHARITY WEIQI COMPETITION

TRANSLATED BY JEMIN CHUA

Singapore's first-ever charity Weiqi competition co-organised by KDF and the Singapore Weiqi Association (SWA) successfully took place on the 12th and 13th of November last year, at MacPherson community club.

This charity event was held in aid of low-income kidney patients undergoing dialysis at KDF, and was graced by 8-dan Korean master, Mr Kwon Kapyoung, as the event's esteemed guest-of-honour.

The two day event attracted close to 300 local and international Weiqi players coming together to compete in nine game categories. While



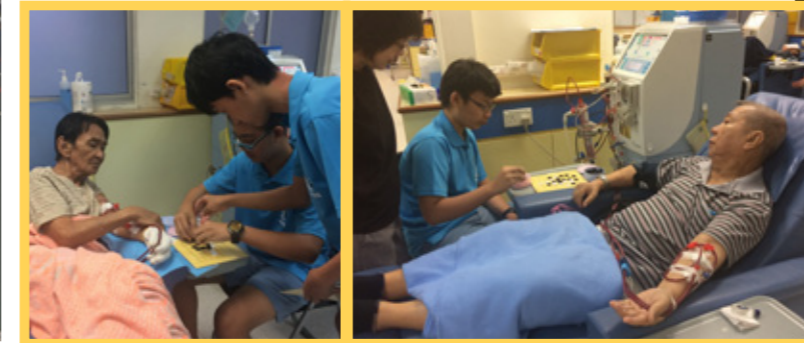
majority of the participants were from the primary school level, the competition also saw players from the pre-school level and foreign players hailing from Malaysia, Taiwan and Korea.

After two days of intense competition, players walked away with not only individual

awards but also team awards. With the combined efforts from over 70 players, 25 schools clinched the team awards, with Holy Innocents' Primary School and Holy Innocents' High School topping the scoreboard with the most number of awards won.

With strong support coming from individuals and corporate donors, the event successfully raised over \$90,000 as at date of writing.

We would like to take this opportunity to thank Dr Whang Sun Tze, Honorary President of the Singapore Weiqi Association and the following organisations for their support and contributions towards the success of this event.



FRINGE ACTIVITIES

12 DAYS OF CHARITY

Prior to the competition, the Singapore Weiqi Association (SWA) organised a series of activities over 12 days to help raise additional funds for KDF. Activities included mini competitions and training sessions conducted by Weiqi masters. KDF donations boxes were also placed at their clubhouse to raise funds for our patients.

DIALYSIS CENTRE VISIT

To deepen their understanding of dialysis and kidney disease, a group of students from Holy Innocents' High School paid a visit to our Bishan dialysis centre prior to the event to interact with our patients and teach them how to play Weiqi. The meaningful visit not only brought cheer to our patients but also helped the students understand the significance of their participation in the competition.

HEALTH SCREENING

On the morning of 13 November 2016, KDF provided comprehensive free health screenings to 100 residents of MacPherson in collaboration with Quest laboratories, our official healthcare partner. In addition to sponsoring the health screening, employees from Quest laboratories also supported our cause by adopting KDF charity pledge cards, raising a total of \$6,055.

'FUNTASTIC' GAMES

To lighten the mood of the competition, a balloon sculptor was specially invited by SWA to inject some fun into the event, much to the delight of our younger participants who received personalised balloon sculptures. KDF also engaged participants in between games with simple and fun activities aimed at creating greater health awareness among children.



CORPORATE UPDATES

BY JEMIN CHUA



CHARITY TRANSPARENCY AWARD 2016

To recognise charities with exemplary disclosure and transparency practices, the Charity Council of Singapore introduced the inaugural Charity Transparency Awards (CTA) in September 2016.

In an awards presentation ceremony attended by Minister for Culture, Community and Youth, Ms Grace Fu, as well as the Chairman of the Charity Council, Mr Gerard Ee, KDF was lauded as one of 35 charities who received the award in recognition of our good disclosure practices.

While KDF is honoured to have received this prestigious award, we continue to strive towards achieving exemplary governance and best practices in the charity sector.

BOARD UPDATES

KDF is pleased to announce that our Board of Directors has approved the appointment of Mdm Chan May Ping, Mr Uantchern Loh and Mr Chan Soo Sen as directors of the KDF Board. Their tenure officially commenced between June and October last year.

Mdm Chan May Ping had previously held the position of managing director at DBS Bank, and has been serving KDF as an honorary director since July 2015, before her appointment as director of the board. Aside from being appointed as the chairperson to the Human Resource Committee and Programme Selection & Review Committee at KDF, Mdm Chan also sits on the Tender Committee as a member.

« KDF Director, Mr Watson Ong, receiving the charity transparency award on behalf of KDF.

Photo credits: Charity Council

Helping the Asia Pacific CEO position for stakeholder communications agency, Black Sun Plc, Mr Uantchern Loh is an accountant by training and the founding chief executive of the Singapore Accountancy Commission. Mr Loh brings with him a wealth of knowledge and experience in areas such as financial accountability, compliance and risk management, paramount in his appointment as treasurer of KDF.

The newest member to our board, Mr Chan Soo Sen, needs little introduction. A former Member of Parliament, Mr Chan has been a familiar presence at KDF even while he was in office. Possessing strong ties with the local Chinese community, he had lent his support to KDF as the honorary adviser to the Chinese Community Committee since 2005, and subsequently became the patron of the committee.

We look forward to the corporate experience and fresh perspectives that our newly appointed directors would bring to KDF as we embark on our 21st year serving the local community.

KDF would also like to thank Mr Peter Tan Sim Cheng for his dedication and service to KDF since his appointment as a KDF director in 2008. He relinquished his position on 1 April 2011.



POLYCYSTIC KIDNEY DISEASE (Part 2)

In the last issue of KDF link we discussed how polycystic kidney disease comes about and the signs and symptoms to look out for. In this issue, we will delve deeper into the issue to talk about kidney failure.

Are other organs affected in this disease?

Cysts can also develop in the liver as well as the pancreas. These do not usually cause problems.

Patients with APKD may have a higher incidence of:

- Aneurysms (outpouching of the blood vessels) in the brain which may rupture
- Prolapse mitral valve (abnormality of one of the heart valves)
- Colonic diverticulosis (outpouchings of the large intestine)
- Kidney stones

Can kidney failure be prevented?

• Blood pressure control

To delay the onset of kidney failure, very good blood pressure control is necessary. There are many blood pressure medications and your doctor will help you find a suitable one.

• Restriction of protein and salt intake

A restricted protein diet also helps to retard the progression of kidney failure. However, too strict a diet may cause malnutrition and this should be supervised by a dietician. Remember that restriction of salt is important in helping to maintain good blood pressure control.

What happens when the kidneys have totally failed?

As mentioned earlier, it may take many years before the kidneys totally fail. Dialysis will be needed to sustain life. If the patient is suitable for transplantation, kidney transplantation may be a better option. Before this happens, you should try to learn more about dialysis and transplantation from your doctor and other medical sources. A significant amount of preparation is required for a smooth transition to dialysis without the need

for long periods of hospitalization. This is also important for people who are working so that there is minimal interruption to work.

Who should be tested for APKD?

All the direct blood relatives of an affected individual are at risk of having APKD and should be given advice regarding this illness. Because of the possibility of kidney failure and the effects of high blood pressure, they should be encouraged to go for screening. The most convenient and harmless method of screening for APKD is by ultrasound scanning. Most cysts will be evident by the time an individual is 30 years old.

Can women with APKD have children?

Patients with APKD can undergo normal pregnancies. There is increased risk if hypertension is already present or if kidney function is already abnormal.

Patients who are affected with APKD (both men and women) should consider the fact that each of their children has a 50% chance of the abnormal gene being passed to them. However, almost all children will live to adulthood.

If you have any further questions, you should approach your doctor who will be able to address your concerns.

You may visit these websites for more information:

<http://www.kdf.org.sg/>

<http://www.davita.com>

<http://www.uptodate.com/patients/index.html>



多囊肾病

什么是多囊肾病？

早在19世纪，多囊肾病已被证实是由父亲或母亲的异常因子遗传给后代而形成的一种遗传性肾脏疾病。它一般可分为两大类：在成年后发病的，称为成人多囊肾病（APKD），另一类则是较少见的幼儿多囊肾病（IPKD），两者的遗传机理是不同的。

成人多囊肾病的遗传型式是显性的，父母各自因子中的23对染色体，只要有一对是异常的，即有可能导致子女发病。疾病的遗传机率是50%，且没有固定性的发病期。例如一位父/母有四名子女，他/她有可能很幸运地只把正常的因子遗传给后代，结果没有一名子女受到异常因子的影响。再者，这遗传的延续也会因为患者的早逝，未被诊断出来，而出现间断的现象。

初期的成人多囊肾病是不容易被察觉的，患者一般也与常人无异，须要通过超音波扫描，才能验证。目前，医学上发现会影响成人多囊肾病的染色体定位有：PKD1 - 第16对染色体异常；PKD2 - 第4对染色体异常；PKD3 - 尚无染色体定位。

幼儿多囊肾病的遗传则是隐性的，只有在父母两人都带有异常因子并同时遗传给子女，才有患上这疾病的可能性。

我们将着重详述成人多囊肾病，因为这是较常见的病种，其发生率是每一千人当中就有一名患者。

多囊肾病如何导致肾衰竭？

成人多囊肾病会损害肾单位的结构。肾单位是肾脏的基本功能单位，每颗肾脏有超过100万个肾单位，每个肾单位是由肾小球（过滤器）和肾小管所组成的。它的功能是帮助过滤和排除水分，通过输尿管收集到膀胱，然后排出体外。

成人多囊肾病首先会在肾小管上形成囊泡，经过一定的时间后，肾小球的正常组织就会因受到压迫而出现疤痕，导致某些物质从受损的肾脏排出，同时也降低肾脏微血管的血液供应，加重肾脏的损伤。

肾脏损伤的进度因人而异，大多数患者的肾功能在40岁以后才开始衰竭，有些则能延缓到60岁或甚至70岁以上。

成人多囊肾病有什么症状？

- 肾囊肿**
初期没有明显的症状，通常是患者在为其他疾病进行超音波扫描时才发现。从全身的健康检验中也可察觉以往所未曾发现的高血压或肾衰竭。
- 腹部肿胀**
当肾囊肿逐渐肿大，患者会因腹部的肿胀而感到轻微不适。如果肾囊肿受到感染或出血，患者就会有剧烈的疼痛。此外，患者必须服用分量比普通感染病更重的特定消炎药，而且也需要更长的治疗时间，一般需要几个星期。
- 血尿**
肾囊肿破裂可能会造成血尿，外伤的程度也可能会加剧，因此患者不宜参与撞击性的运动（如：足球、跆拳道等）。

然而，出血的现象一般都会自行停止，因出血不止或失血过多而必须切除肾脏的事例是罕有的。

- 高血压**
多囊肾病患者通常会患有高血压，如果没有良好控制，将会加速肾衰竭的进度。高血压也会影响心脏，引发心脏病、中风或心功能衰竭。

多囊肾病是否会影响到其他器官？

囊泡也会在肝脏和胰脏内滋长，但这些囊泡一般不会造成问题。

患成人多囊肾病的人士容易患上以下疾病：

- 脑血管瘤（可能会破裂）
- 二尖瓣脱垂（异常的心脏瓣膜）
- 结肠憩室炎
- 肾结石

肾衰竭可否预防？

- 控制血压**
良好的血压控制有助于延缓肾衰竭，医生会协助患者找出适合的高血压抑制药物。
- 限制蛋白质和盐分的摄取**
限制蛋白质的摄取是延缓肾衰竭的方法之一，但过度的控制也会造成营养不良，因此营养师会监督患者的饮食习惯。限制盐分的摄取则有助于血压的控制，日常的饮食中一般都隐藏着很多的盐分，所以必须小心控制。

肾衰竭到达末期后，需要什么治疗？

肾功能的衰竭可能在数年后才会到达末期，到时患者必须依靠洗肾治疗来维持生命。对于适合接受肾脏移植治疗的患者，移植治疗可能是更好的方法。

在肾衰竭还未到达末期前，患者应该向医生和有关的医药资讯机构了解洗肾与肾脏移植治疗的程序。有了充分的准备，患者就可以很顺利地接受洗肾治疗，不必长期住院，大大减少对工作的影响，这对有工作的肾病患者是非常重要的。

那些人应该接受成人多囊肾病的检验？

所有多囊肾患者的直系家属都有患上这疾病的可能性，都应该接受检验。此外，他们患上肾衰竭和高血压的机率也很高，所以都应该接受例常检查。通常囊泡会在患者约30岁时出现，最普遍而又无副作用的检查方法是超音波扫描。

患有成人多囊肾病的妇女可否生育？

患有这疾病的妇女是可以怀孕的，但如果患者的肾功能已出现异常现象及患上高血压，这将增加生育的危险性。

患有成人多囊肾病的父/母，都应该意识到他/她的子女都有50%的异常因子遗传机率，然而，多数患者的子女即使带有异常基因，也能长大成人。

最后，若有任何疑问，应该向您的医生询问，他会更了解您的需要。

2016 KDF公众讲座

文鲁旭 (Shelley Lu)



您是否意识到在新加坡，糖尿病是导致慢性肾衰竭的头号杀手？为响应全国对抗糖尿病的号召，KDF于2016年10月15日在新加坡博览中心举办一场公众讲座，向糖尿病患者和普通大众普及糖尿病预防和控制知识。

这场题为“糖尿病患者如何预防肾衰竭”的讲座，由专科医生和营养师以中英双语开讲，吸引了近600名听众参加。

受邀演讲嘉宾包括：肾脏专科医生Ng Tsun Gun，他为大家解释了什么是糖尿病，以及它如何影响肾脏；林箐箐医生与听众们一起探讨糖尿病药物使用，Lee Kok Onn教授向大家报告了他最新的基因细胞治疗糖尿病的研究。

营养师Pauline Chan则给糖尿病患者带来饮食建议。讲座最后由Tan Seng Hoe医生主持听众向演讲嘉宾提问环节。

除了主题讲座，与会听众还可以在讲座大厅外的健康信息展区作免费健康检查。大家可以在Glycoleap展台作基本血糖测试（血糖测试条由Abbot Diabetes Care赞助），FMC展台作血压测试，新加坡糖尿病协会展台作身体指数（BMI）测量。新加坡足部护理协会则在现场为大家进行脚部检查。



我们感谢以下活动合作伙伴和赞助商的大力支持，使得本次KDF公众健康推广活动取得圆满成功。

Abbott Diabetes Care, AWAK Technologies, Diabetic Society of Singapore, Fresenius Kabi, Fresenius Medical Care, Leung Kai Fook Medical, Podiatry Association, Roche Singapore, Singapore Pools, Suu Balm, Teck Huat & Company Pte Ltd and volunteers from Chong Boon Secondary School's National Police Cadets Corp and National Cadets Corps.



* 欲获得讲座刊物的读者可电邮events@kdf.org.sg索取。

全国首届慈善围棋赛

文鲁旭 (Shelley Lu)



作为我国有史以来第一次以公益慈善为主题的围棋比赛，“第一届KDF慈善围棋赛”于2016年11月12日和13日的下午在麦波申民众俱乐部大礼堂和篮球场开赛。

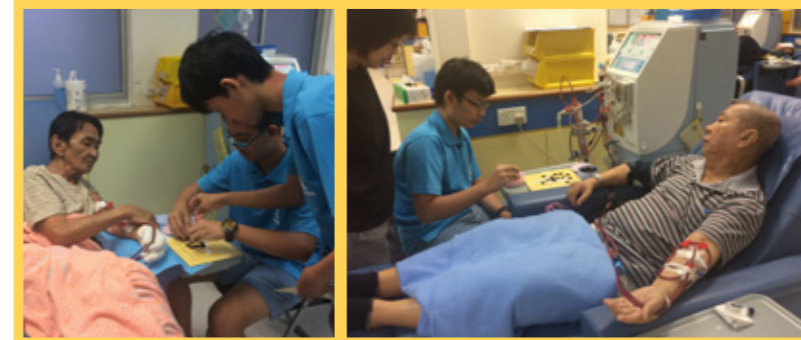
此次由肾脏透析基金（KDF）和新加坡围棋协会（SWA）联合举办的慈善围棋赛，特邀韩国围棋八段权甲龙大师担任活动主宾。

比赛吸引了近300名棋手参加9个组别的角逐，参赛者以中小学生为主。这其中还有学前班的小朋友、邻国马来西亚的围棋高手，更有台湾和韩国的小棋手们受邀前来参赛。

两天六轮的循环比赛，优胜选手不仅为自己赢得奖牌，更有来自25个学校的73名优秀棋手为他们的学校捧回团体优胜奖杯，这其中获奖最多的是来自圣婴小学和圣婴中学的围棋选手们。

此次活动也获得众多个人和企业团体的捐款支持。截至发稿日，活动共收到捐款超过\$90,000元。

在此，我们要感谢新加坡围棋协会荣誉会长黄上哲先生以及以下机构，还有其他捐款善翁们对本次活动的大力支持。



赛场外...

慈善12天

在比赛前夕，新加坡围棋协会发起为期12天的慈善活动，将这12天内举办棋赛和大师培训的报名费都捐给KDF。协会还在碧山和市区的围棋室放置KDF捐款箱，帮助我们的病患募款。

病患探访

圣婴中学的围棋队员们专门在比赛前到访KDF碧山洗肾中心，学习并了解KDF和肾脏病患状况，还与部分在洗肾的病患互动交流、玩简单的围棋游戏。他们的探访不仅为病患带去欢乐，也让他们亲身体会到参与慈善围棋赛的意义所在。

健康检查

11月13日上午，在第一届KDF围棋比赛赛场，KDF和麦波申民众俱乐部合作为100名麦波申区民众提供免费健康检查。此次健康检查配套由我们的医疗保健合作伙伴QUEST医疗实验室赞助。

除了赞助健康检查，QUEST医疗实验室还组织员工通过KDF捐款卡为首届KDF慈善围棋比赛筹得\$6,055元善款。

轻松比赛

为了让小棋手们轻松参加比赛，新加坡围棋协会特别请来气球魔术师，在赛场外给小选手们编扎造型各异的气球。KDF也在比赛现场设立宣传站，让选手们在休息时间参与各种小游戏，学习健康小知识。



KDF快讯

译鲁旭 (Shelley Lu)



KDF董事王春发先生代表KDF领奖

图片来源: Charity Council

2016年度慈善团体透明度奖
为表彰慈善机构在财务公开和监管透明方面起到示范性作用，新加坡慈善理事会在2016年9月第一次推出慈善透明度奖。文化、社区及青年部部长傅海燕女士和慈善理事会主席余福金先生一同参加了表彰大会，为KDF及其他共35家慈善机构颁发此奖，表彰他们在保持机构公开透明所作出的努力。KDF万分荣幸能获此殊荣，我们也将继续努力争取成为慈善领域的模范领头机构。

董事会更新报告
肾脏透析基金 (KDF) 很荣幸地在此宣布：经董事会批准，陈美冰女士、

劳万成先生及曾士生先生成为KDF董事会新成员。任期分别起始于2016年6月和10月。

陈美冰女士曾任DBS星展银行执行董事，自2015年7月起担任KDF荣誉董事一职。除了担任KDF人力资源委员会和项目甄选及审核委员会主席外，陈女士同时也是投标委员会委员。

执业会计师劳万成先生现任咨询公司Black Sun Plc亚太区执行总监，也是新加坡会计委员会的首任执行总监。劳先生在财务责任、法规稽核、风险管理等领域都具有丰富的理论和实践经验，KDF财务主任一职非他莫属。

董事会最新成员曾士生先生是众所周知的熟面孔。作为前国会议员，他在任期间就已积极参与KDF慈善活动。曾先生与本地华族社团关系紧密，自2005年起出任KDF华社筹款委员会荣誉顾问一职，其后成为委员会赞助人。

在KDF迈入为社区服务的第21个年头，我们希望新加入的董事们能以他们的企业经验和新晋观念帮助KDF茁壮成长。

我们也感谢离任董事Peter Tan Sim Cheng先生过去8年来为KDF所投入的热情和贡献。

洗肾结束后回家带着他每天晚上出门散步，因为他不敢独自外出。

正常人在饮食方面懂得节制，但Sei Kah却曾因为暴饮暴食导致胃肠道破裂住院急救，现在肚子上有一道长长的疤痕。

同样患有智力障碍的老么She Yew则喜欢往外面跑，他常常在组屋附近游荡或乞讨。尽管大哥和社工多次告诫She Yew乞讨是非法行为，但他仍一意孤行，似乎无法理解违法行为的严重性。

有一次，She Yew因乞讨被带往警察局，Say Seng得知此事担心不已。本想向大哥求助却怎么也联络不到他，只好四处打听问路，好不容易找到警察局把弟弟接回了家。

手足情深

郑家三兄弟因为患有不同程度的智力障碍免服国家兵役。相较于Sei Kah和She Yew，Say Seng的智力水平稍高，记得简单的日常起居，生活可以自理，也能照顾两位智力障碍兄弟。但是面对这样的家庭结构，家里的任何一位成员都不会感到轻松吧。

然而三兄弟的感情特别好，在家里常常用只有他们自己才听得懂的语言聊天，小声说，大声笑，把大哥孤立在外。

Say Seng告诉我们：“在众兄弟姐妹当中，我最爱Sei Kah 和She Yew了！”兄弟三人的智力水平虽然不及常人，但手足感情绝不亚于其他家庭。

或许因为他们智力残疾使得他们只能专注于近在眼前的彼此，但无论如何，兄

弟三人的手足情深让人动容。不管社会如何看待他们，他们在自己独特的小宇宙里，幸福而充实地生活在彼此身边。

Say Seng是需要定期洗肾的病人，还要不辞劳苦照料手足的饮食起居。万一有一天他发生不测，Sei Kah 和She Yew该如何是好？谁还会给Sei Kah买饭，谁又会确保She Yew每晚都能安全回家？

您的热心捐助能够帮助像Say Seng一样的病人，继续他们生命，让他们有更多的时间可以陪伴和照顾他们的家人。如有意捐助，可通过随附的回执信封捐款。您也可浏览 www.kdf.org.sg 或拨打6559 2630 了解更多。



一周洗肾三次

热爱花草树木

回家路上

兄弟俩人共享一包饭

肾析简报



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最重要的平常事 (下)

译蔡永馨 (Jemin Chua)

快乐的方式有许多种，有人津津乐道他的业余爱好，有人喜欢回忆从前，而对有些人来说，能够活着就是福份。



哥哥Tay Sei Kah (左) 与弟弟Tay Say Seng (右)

肾功能衰竭患者如果不能接受肾脏移植手术，那么他将终其一生依靠肾脏透析治疗（俗称洗肾）。对我们的病患Tay Say Seng而言，他疾病缠身的生活中唯一慰藉和快乐的泉源就是他的家人，特别是那两位和他一样患有智力障碍的兄弟Tay Sei Kah和Tay She Yew。

农历新年是一年当中Say Seng最期待的节日，因为总能盼到姐姐一家的探访，不仅能感受到佳节团圆的气氛还能收到红包，同时也可以见到平时难得一见的侄儿。

“他们（侄儿）现在都在学校念书呢！” Say Seng和哥哥Sei Kah自豪地说道。兄弟俩带着一丝遗憾和些许憧憬向我们诉说他们对学校的记忆：“我们都没去过几天学校，只记得因为学习跟不上被老师体罚，最后连学校都没得去了，到现在连自己的名字也不会写。”

所幸他们的童年过得还算愉快，兄弟俩对小时候在甘榜的生活经历记忆犹新。忆起往事Sei Kah尤为兴奋：“我们那时候养猪、养鸡、养鸭，甚至还有一个养鱼塘呢！但现在搬到政府组屋住，什么都不能养了。”语气里带着遗憾。

郑家三兄弟

Sei Kah和弟弟Say Seng一样是一名肾功能衰竭患者。但Sei Kah目前并没有接受肾脏透析治疗，仅仅依靠药物控制病情。他们的大哥解释说，Sei Kah因为患有智力障碍无法完全了解自己的病情需要，倘若洗肾，极有可能在治疗过程中强行拔掉针头，造成严重后果。Sei Kah自己也坦诚不敢去洗肾。

在日常生活中Sei Kah极度依赖弟弟Say Seng，他无法独立生活，也不会照顾自己，大部分时间都待在家里，等Say Seng