Living on for my children

Translated by Alina Tee

The route from the bus stop to the care centre takes merely tens of metres but the short journey left Mdm Wong Wai Leng breathless and tired. Mdm Wong explains that her health has deteriorated significantly in the last couple of months, which caused her strength to wane. The toil on her body was evident with every rickety step she takes, yet one could sense the hint of joy emanating from Mdm Wong’s voice as she gingerly carried the piping hot soup and steamed meat that she has prepared. It is the day that she gets to see her beloved son at the care centre. Getting to spend time with her son and feeding him mouthfuls of her lovingly brewed soup, this is the happiest day of the week for Mdm Wong, and also the moment she anticipates the most.

56 year old Mdm Wong Wai Leng has been with KDF for almost a year. Twenty years ago, after giving birth to her youngest daughter, Mdm Wong was diagnosed with proteinuria and had to rely on medication to keep her condition under control. However, she was overworked and as a result, her condition worsened gradually over the next ten odd years. A few years ago, her doctor gave his final verdict and warned Mdm Wong that her condition will eventually lead to kidney failure. Going on dialysis would become the only way to survive.

This is not the first time fate has dealt Mdm Wong such a cruel hand. Mdm Wong used to manage a furniture factory, which was subsequently shut down due to the economic downturn. She had no choice but to become a full-time homemaker, shifting all her focus to taking care of her family and children. Her children’s future became her biggest hope in life.
Despite all her hardships, life has no intention of showing mercy on Mdm Wong. Little did she know that a worse fate awaits her. That year, Mdm Wong’s eldest son was 19 years old, a youth full of zeal for life, waiting to be enlisted into the army. A great future lies ahead of him - serving the nation, building a career, starting a family and giving his parents a good life. A life filled with aspirations. What a tragic fate it was as the old scare high up into the sky like a magnificent kite. A new chapter in his life has just begun.

As fate would have it, the string to this magnificent kite snapped at this juncture. Like a fallen kite, all their hopes fell to the ground, shattered. While waiting for his enlistment, Mdm Wong’s eldest son took up a job at a night club to contribute to the household income. All along, Mdm Wong’s son suffers from an incurable disease, the glomerular filtrate. Standing at less than 1.6m tall, the petite Mdm Wong had to take care of the daily living of her son, who towers over her with his 1.7m tall frame. From brushing his teeth to washing up and changing of his diapers, showering and dressing him in the cramped and narrow bathroom, a typical of an old HDB flat, preparing all his meals and feeding him spoonful by spoonful. Such dedicated and meticulous care went on day after day for about ten years.

About five to six years ago, unable to shoulder the burden and responsibilities any longer, Mdm Wong’s husband abandoned the family. The poor woman and her three children were left to fend for themselves, and she had no choice but to get a job as a cleaner at the housing estates. Working seven days a week, an hour each morning and night, Mdm Wong earns about $400 a month for her household expenses. Visits to the shopping malls and cinema are a rarity for the frugal Mdm Wong, who hardly leaves her house except for her fortnightly visit to the market to get groceries and daily necessities. The doting mother would also prepare fish and meat dishes whenever possible, leaving them all for her children to boost their nutrition.

After her diagnosis, Mdm Wong made the decision to go on peritoneal dialysis. This way, she would be able to undergo treatment, while taking care of her children and the household chores. Prior to treatment, a catheter required for peritoneal dialysis needed to be implanted in her abdomen. The surgery and subsequent hospitalisation meant that Mdm Wong would not be able to care for her eldest son during that period and arrangements were made for him to stay at a care centre. Mdm Wong revealed that this was the first time she was separated from her son in nearly ten years. Faced with a life-threatening illness, Mdm Wong appeared unfazed yet the thought of being away from her son brought tears to her eyes again.

At present, Mdm Wong visits her son every week at the care centre, preparing his favourite dishes and feeding him while talking to him. At times, she reminisce the times when he was still a little boy. Despite his slow and slurred speech, Mdm Wong’s son deeply appreciates his mother’s love and affection towards him. Seeing how harried she looked, he would sometimes remark out of concern “Mum, you’ve aged.” The words are simple, yet they warm Mdm Wong’s heart every time he hears them.

Having gone through several ups and downs in her life, the jovial Mdm Wong remains optimistic. Since being on KDF’s subsidised dialysis programme, her treatment fees have decreased from the original amount of more than $2,000 to the $100 odd she pays now. Her eldest son is also well looked after at the care centre. To have received so much help and kindness from the people around, Mdm Wong is grateful. Throughout the interview, on several occasions, she told us “I am really very lucky”.

When asked about her hopes for the future, Mdm Wong simply said that having gone through different hardships, being able to stay alive is a blessing to her. Her only wishes are for her children, that her youngest son would be able to find a stable job and take good care of his family. And her daughter would be able to land a good job after graduating from the Polytechnic. As for her eldest son, Mdm Wong does not dare to hold any high hopes. To stay alive and to look after him, be it just for one more day, this is all she wishes for now.

Here at KDF, there are many tenacious and noble mothers like Mdm Wong. They too wish to continue living on and fulfill their motherly duties towards their children. Lend us a helping hand, so that this noble love will not cease to continue. Show some love for our patients and send in your donations via our business reply envelope. For more information, visit our website at www.kdf.org.sg.

If you have missed your chance to have your well-wishes featured here, not to worry. All well wishes and words of encouragement will be compiled into an eBook and featured on a bigger platform – KDF’s website! It is still not too late to send in your very own words of kindness. Simply leave your message on KDF’s Facebook page www.facebook.com/KDForg or email to alina.tee@kdf.org.sg.

Support our cause further by making a donation towards our campaign. For every $2 donated, you will receive an exclusive KDF sticky note pad as a visual reminder of the importance of good health, and to show more care for the less fortunate members of the community. Every $140 collected would also signify that a dialysis treatment has been donated to a patient in our programme. For more information or to make a donation, visit www.kdf.org.sg/ BitsOfHope.aspx.

Every little Bit of Hope and Gift of Life from you will present our patients with a brighter and better tomorrow, we promise you.
It has always been heartwarming for the staff at KDF to know that we are not alone in our efforts to bring a better tomorrow to the needy kidney failure patients under our care. In 2012, KDF was privileged to be selected as the beneficiary of Club HDB’s annual fundraising drive. Club HDB is registered under the Societies Act, and all HDB staff are automatically members of Club HDB. The principal objectives of the Club are to promote active participations in sports, games, social and recreational activities.

Over the course of a few months, the Fund Team from Club HDB worked tirelessly in a bid to spread the awareness of KDF amongst HDB staff and to raise funds for our cause. Fundraising events that the team initiated included online donation drives, sale of charity cards in a tie-up with Singtel and charity bazaars. On the 4th of December 2012, KDF was also invited to give a lunch time talk at The Endocrine Clinic. The informational talk touched on topics such as diabetes and hypertension, both of which were highlighted as key causes of kidney failure. Participants also had the rare opportunity to seek professional advice and clarify doubts with the doctors during the Q&A session.

Through the fundraising drive which spanned across a few months and recently concluded in March 2013, Club HDB raised an impressive sum of more than $70,000 for KDF. The funds will be used for the donation of 3 dialysis machines at KDF’s Kreta Ayer Centre, benefitting our patients for a long time to come. On the 19th of February, representatives from Club HDB made a special trip to KDF’s Kreta Ayer Centre for a machine commissioning ceremony. The 3 machines now bear the name of our generous donor as recognition of their act of philanthropy.

The 23rd of February was also a special night for the members of Club HDB as it was their annual Dinner & Dance. KDF was privileged and honoured to be invited as a special guest of the event. The night of dining and entertainment was made more meaningful and memorable for both parties as a mock cheque of $64,000 was presented to 2 KDF representatives during the dinner. In return, KDF presented a plaque and certificate as tokens of appreciation to Mr. James Koh Cher Siang, Chairman of HDB and Dr Cheong Koon Hean, CEO of HDB and President of Club HDB.

Mr Lim Seam Teong, Club HDB Assistant Social Chairman cum Fund Team Leader, shared his thoughts on their fundraising efforts with us:

“Singapore as a developed country has attained much financial success. However, under-privileged group of the society inevitably are susceptible to the pressure of high living costs. Charitable organisations such as KDF play an important role to act as the social safety net and extend helping hands to these needy groups. As members of Club HDB’s Fund Team, we are very honoured to be able to contribute towards this fundraising effort. Even though the charity fund raised is merely sufficient to donate 3 haemodialysis machines for KDF, we know we are doing something meaningful, something that might mean life-saving opportunity for end-stage kidney patients.”

On behalf of our patients, we thank Mr Lim and his team for their hard work, as well as all the staff of HDB for their kindness and generosity.

(*Funds raised as of January 2013)

At KDF, machines play an important role in the daily running of our centres. Some take the place of kidneys in the bodies of our patients by cleansing the toxins out of their system. Others help in the dialysis process by sterilising equipment, or to perform other medical functions.

As one of our most precious resources, machines undergo wear and tear. Machines also have a definite lifespan and can depreciate in value. They are costly in maintenance, and funds are required to either replace them, or repair them when they are unable to work optimally.

For us here at KDF, our commitment to provide high quality, low cost treatments to needy kidney patients is not compromised as we strive to deliver our commitment.

In the year of 2012, the following donors have so graciously sponsored dialysis machines to the needy patients at KDF. Each of these machines will benefit numerous patients with their years of service, and many patients will be recipients of this act of generosity.

These sponsored machines have been commissioned under their donors and are representative of their generous contribution. Without the support of these donors, our patients will not be able to enjoy clean and sterilized treatments.

Want to help our patients in alternate ways? Sponsor a machine today!

Interested parties can look to donating a sum of money to sponsor our machines, and have them recognised at our centres. Please contact Mr Derrick Ong at 6559 2638 or derrick.ong@kdf.org.sg to find out more about Machine Sponsorship.
This year, Zu Lin Temple gave out close to $250,000 in donations and bursaries. As one of the beneficiaries, KDF was presented with a cheque of $2,000 during the dinner. The generous donation from the temple will bring immense relief and support to our patients.

As the Chinese usher in the Year of the Snake, KDF is also honoured to receive the support of other temples such as Leng Ern Jee Temple, Lorong Koo Chye Sheng Hong Temple and Feng Hue Yuan during this period of festivity. On behalf of all our patients, we would like express our sincere gratitude to all donors and supporters of KDF. Here's wishing all the temples and their devotees peace, prosperity and good health in the Year of the Snake.

Apart from blessing Singapore with good fortune and prosperity with the lighting-up ceremony, Zu Lin Temple has also been giving back to society with its charitable activities. On that night, donations and bursaries were also presented to close to 30 charities and needy students. According to Buddhist teachings, the act of lighting up a candle symbolises gaining enlightenment in life and wisdom. The Lighting-up ceremony was a solemn yet grand affair, with the abbot of Zu Lin Temple, Master Kai Xiang, taking the lead as all invited guests lit their candles in unison as a form of blessing for the new year.

Bone Problems

How can it be prevented?
When the kidney fails, its function dealing with bone mineralisation and vitamin metabolism can be affected and result in renal osteodystrophy.

How can it be treated?
Every patient with renal failure will have some degree of bone disease at entry into dialysis. Treatment is aimed at minimising and retarding the process.

a) Vitamin D is frequently prescribed to supplement reduced production. This is usually given in the form of 1-alpha-hydroxycholecalciferol or calcitriol 2-3 times per week. However, this also encourages phosphate absorption in addition to calcium and aggravates the high phosphate level. So it is stopped if phosphate levels are high at the same time.
b) Phosphate binders e.g. Calcichew, Calcium Acetate and Alutab. Calcium containing phosphate binders bind phosphate present in food to form calcium phosphate, a compound which is subsequently excreted in the stools. The binders have to be taken with the meal otherwise there is no phosphate in the stomach or intestine to bind. Some patients dislike the taste of Calcichew and prefer Calcium Acetate which does not require chewing. By weight, Calcium Acetate contains less calcium and is more suited to patients who also have higher calcium levels with the use of calcium containing phosphate binders. Both are just as effective. Alutab is also a very effective phosphate binder. However, it contains Aluminium and too much of it can prevent proper bone growth and cause bone thinning by a different mechanism from that previously discussed. Doctors seldom prescribe Alutab continuously and often limit its use to 2 to 4 weeks at a time when needing to stop calcium phosphate binders for a while because of high calcium levels.
c) Parathyroidectomy: Surgery to remove the parathyroid gland is needed when medical treatment has failed to suppress PTH production. As this is a more drastic measure needing hospitalisation and general anaesthesia for the operation, only severe cases are sent for surgery.

Prevention is Better than Cure

It is far better to prevent bone disease than to try and treat bone disease when permanent changes have set in. We cannot remodel the skeletal shape back to the original once severe bone disease has taken root. Thus, the old adage of “prevention is better than cure” definitely holds true in this case.

You may visit these websites for more information:
- http://www.uptodate.com
- http://www.davita.com
- patients/index.html

Share your thoughts with KDF

Been a silent reader of KDF Link all along and wish to express your opinions? Like a story in our previous issues and would like to share your sentiments?

Your chance is here now! We invite you to share your comments with the KDF Link team and our supporters. Whether it is to express your thoughts about a patient story that touched your heart and other articles, or to make some suggestions for improvements, we welcome them all!

Join KDF’s ever growing community of supporters and let your voices be heard. Simply drop us an email at alina.tee@kdf.org.sg with your comments. Selected entries will be featured in the next issue of KDF Link. Speak up and be heard today!
**Fun with Health!**

“Who says health cannot be fun?”

We all know how our kidneys look like from the outside, but have you ever wondered how they look on the inside as well? Check out the cross-section of this amazing organ and learn to identify the various parts today! (Answers are provided at the bottom of the page)

1. Renal pyramid
2. Interlobular artery
3. Renal artery
4. Renal vein
5. Renal hilum
6. Renal pelvis
7. Ureter
8. Renal capsule
9. Interlobar vein
10. Nephron
11. Renal papilla
12. Renal column

Non-English speaking supporters of KDF, rejoice! We have heard your requests for health materials in more languages and we would like to share this piece of exciting news with you, our valued donors!

As part of KDF’s ongoing efforts in public education and outreach, and to cater more to the needs of the community, we have recently updated two health brochures - Hypertension and Urinary Tract Infection, and they are now available in the Malay language!

Did you know?

According to the Health Facts Singapore 2011, published by the Ministry of Health, the prevalence of Hypertension among adults aged 18 to 69 years is 23.5% in 2010. On the Top 10 Principal Causes of Death list, Urinary Tract Infection ranks the 8th and contributed to 2.5% of the deaths in 2010. If left untreated, both Hypertension and UTI may lead to kidney failure.

Our full range of 19 health brochures, covering a range of topics from general information about the kidneys, diseases and problems associated with kidney failure, to tips on dietary management and travelling guide, are also available in Chinese! Check them out today at the “Health Guide” section of our website www.kdf.org.sg.

**KDF Donation Boxes:**

*No Donation Too Little*

Do you have loose change after purchasing your groceries or meals? Or do you have leftover coins and notes after a holiday? Do you know that KDF has got donation boxes placed at foodcourts, coffeeshops and grocery stores across Singapore? Donations received from the donation boxes would aid in the subsidised dialysis treatment cost for the poor and needy kidney patients who are under our care.

Did you know?

A vast majority of our patients at KDF earn less than $1,000 income per capita, holding blue collared jobs such as cleaners, hawkers, store assistants and taxi drivers. The cost of the dialysis treatments are therefore a huge expenses as compared to their meager salaries. Feed your loose change into our hungry donation boxes the next time you see them! It only takes a small effort to make a difference in the lives of our kidney patients. Every cent counts, there’s no donation too little.

KDF would also like to take this opportunity to thank all our partners for adopting and placing our donation boxes at their outlets. For more information about our donation box project, please contact Ms Jillian Lim at 6559 2652 or jillian.lim@kdf.org.sg.

Your opinion is important to us. Please share your thoughts with us.

What would you like to see more of in KDF Link?

- Coverage on events
- Health articles
- Health puzzles and trivia
- Patient feature
- Others: please specify _____________________________

What is the ideal length of the newsletter?

- Less than 12 pages
- 12 pages
- 16 pages
- More than 16 pages

Name _______________________________________________________________________________
Age ______________
Email ___________________________________________________________________________________

Please fax this section to 6225 0080 or mail it back to Resource Development & Communication Department at Blk 333 Kreta Ayer Road #03-33 (080333). Alternatively, you could mail it back to us together with your donation in the Business Reply Envelope provided.
您去杂货店购物或在食阁用餐后是否有找回的零钱呢？您在度假后是否有剩余的钱币呢？您可知道 KDF 在新加坡各食阁、咖啡店和杂货店都放置有捐款箱？通过捐款箱收到的捐款可为所有在 KDF 治疗的贫困肾脏病患提供受津贴的透析治疗。

您可知道？
KDF 大部分的病患来自蓝领阶层如清洁工、小贩、店员或德士司机，每人每月的收入少于 $1,000 元。与他们微薄的收入相比，洗肾费用是一笔庞大的支出。下一次当您看到它们时，请给些零钱给这些饥饿的捐款箱吧！只需一点小小的付出，将为贫困肾脏病患换来大不同的明天。即使是一分一毫，对我们都一样重要。

KDF 也借此机会感谢所有许可 KDF 在他们商店网点放置捐款箱的合作伙伴们。更多有关 KDF 捐款箱项目信息，请联系 Ms Jillian Lim 电话 6559 2652，电邮 jillian.lim@kdf.org.sg。

加入肾脏透析基金日益增长的支持团体，让您的声音被聆听。把您的想法和意见寄到 alina.tee@kdf.org.sg。我们将挑选部分回信刊登在下一期的《肾析简报》中。大声说出您的想法，我们都在倾听！

肾脏透析基金捐款箱：
分毫也是爱心

保健乐区
谁说健康很无趣？

肾的外貌你我都非常熟悉，但您可曾想过肾脏内部是什么样子呢？在这一期的《肾析简报》，我们将通过肾脏的横截面一探究竟，识别肾脏内的不同部位吧！

(标准答案在本页的底部)

(1) 肾锥体 (2) 叶间动脉 (3) 肾动脉 (4) 肾静脉 (5) 肾门 (6) 肾盂 (7) 输尿管 (8) 被膜 (9) 叶间静脉 (10) 肾元 (11) 肾乳头 (12) 肾柱

正确答案：
1) 肾锥体 2) 叶间动脉 3) 肾动脉 4) 肾静脉 5) 肾门 6) 肾盂 7) 输尿管 8) 被膜 9) 叶间静脉 10) 肾元 11) 肾乳头 12) 肾柱

您的意见对我们很重要，请与我们分享您的看法。

您想在《肾析简报》看到更多哪一类型的内容？

○ 活动报导 ○ 健康资讯 ○ 健康测验及小贴士
○ 病患专访 ○ 其他：请注明

简报的理想篇幅应该有多长？
○ 少过 12 页 ○ 12 页 ○ 16 页 ○ 多过 16 页

姓名 ___________________________________________ 年龄 ____________________
电邮 ____________________________________________

请将这份问卷传真到 6225 0080 或邮寄到 Blk 333 Kreta Ayer Road #03-33 (080333) – 资源发展与通讯部。您也可以将问卷连同捐款通过随附的商业回邮信封寄交给我们。

(您的意见对我们很重要，请与我们分享您的看法。)

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末期肾衰竭的骨骼问题(下)

当肾脏一旦衰竭，骨骼的矿物质平衡和维生素的代谢功能将受到严重影响，进而导致骨骼骨质营养不良。

有什么预防措施？

以下措施可预防骨质营养不良：

a) 维生素D制剂是补充钙质不足的必要药物。患者通常每天需要服用1-20单位的维生素D（例如1-10微克的维生素D2或20微克的维生素D3）。然而维生素D的补充也会使血钙吸收过多，生成的钙质过多，导致骨质变薄，这机制与先前所提的生成机制相同。所以当血钙水平过高，必须暂停服用含钙磷结合剂，改服含铝的磷结合剂。

b) 磷酸钙化合物，如Calcichew、Calcium Acetate和Alutab。含钙的磷结合剂如Calcichew、Calcium Acetate, 然而两者都有同样的效果, 含铝的磷结合剂如Alutab, 也是一种非常有效的磷结合剂。有些病患不喜欢Calcichew的味, 而过多的铝会阻碍骨质的形成, 造成骨质变稀, 这机制与先前所提的生成机制相同。所以当血钙水平过高, 必须暂停服用含钙磷结合剂, 改服含铝的磷结合剂。

c) 严格的饮食忠告。这能协助减少磷质的摄取和磷结合剂的服用。

d) 定时的举重运动能刺激骨质的新陈代谢，并维持它的完整性。

在过去的几个月中，Club HDB基金会及政府相关部门都共同推动了一次大型的筹款活动，以提升员工对肾脏透析基金的认识，并为本基金会的筹款活动进行推广。这三台标识有捐赠方名字的机器, 是KDF基金会小组成员为活动特别赞助的。当晚，Club HDB基金会颁发了一张$64,000的模拟支票给两位KDF基金会小组成员，这三台机器都将为许多病人提供多年的服务。

作为KDF的员工，我们感到最暖心的事是，在努力为肾脏病患创造更好的治疗环境时，我们并不孤单。很荣幸被建屋发展局选为年展局俱乐部（Club HDB）的合作伙伴。作为KDF基金会小组成员，我们非常荣幸能够为此次筹款活动作出贡献，虽然筹到的慈善金只够向KDF基金赞助3台血液透析机，但我们知道我们所做的可以为贫困肾衰竭病患创造生存机会的善事。

展望用于治疗

在疾病造成骨头永久性的变异前，先做好预防措施，是很重要的。因为骨头疾病一旦变得严重，要重整骨骼恢复原状是不可能的了。所以“预防胜于治疗”确实是很实在的警世名言。

所以当血磷水平过高，就必须停用。预防胜于治疗

例如“预防胜于治疗”确实是很实在的警世名言。
除了为他们的治疗提供经济支援，肾脏病患往往还需要周围的人们给予支持和鼓励，让他们与病魔抗争。一点点鼓励的话语却是意义深远，可以为他们的情感带来奇迹般的改变。

给病患们的话语

“每天以微笑迎接新一天的来临，你会发现人生其实很美丽。”——Koh Hwee Koon

“无论发生什么，生命总是富有生存的价值。继续前进，不要放弃。我向所有病患的勇气和毅力致敬。”——Miss T

“请一定要坚强并继续与病魔斗争！”——Teo Cathay

给医护工作者们的话语

“你们是病患的天使，是他们的精神支柱。请保持您们的爱心和怜悯，让它们同你们一起发光。我们支持你们，好样的，加油！”——John Tan TK

“感谢你们的辛劳工作！你们是病患的福音。”——Pamela Pang

“感谢你们的无私和善良。你们提醒了大家应多为他人服务、关心他人。”——Jammie Ng

2013年1月26日，位于新加坡西部的竹林寺为农历新年亮灯仪式于当晚8时在该寺隆重举行的竹林寺新年亮灯及慈善晚宴，旨在为病患及弱势群体进行筹款及推广肾脏保健知识。在此，我们想和您分享部分支持者的爱心之语。

面对突如其来的打击，忍受着常人无法想象的心酸和痛苦，Mdm Wong没有任何怨言，而是坚强地扛起了照

高1米6不到的Mdm Wong，每天要为1米70多高的儿子打理起居：为他刷牙洗脸换尿布、旧式组屋只能容一人进出的狭小浴室里为他冲凉换衣服、煮好饭菜一口一口地喂他。日复一日的细心照料，转眼便是十年。

大约五六年前，Mdm Wong的丈夫因无法承受家庭的负担和累赘，离开了Mdm Wong和三个子女，一人独自生活。Mdm Wong只得在组屋当起清洁工，一周七天每天早晚一小时打扫楼道卫生，每月赚取四百多元的生活费来补贴家用。节俭的Mdm Wong平时几乎不出门，与商场戏院更是无缘，只有每两周去一次巴刹买些蔬菜、生活用品。过节的时候，她甚至自己不会去购买，只好叫了几个朋友去购买然后分给全家人。有时看到母亲憔悴的样子，他会关心地说“妈妈你老了。”听到这些，Mdm Wong感到心里很是温暖。

经历了人生的起起落落，Mdm Wong仍然保持着乐观开朗的心态。在采访中，Mdm Wong总是提起的一句话是“我真的很幸运”，因为有着这么多好心人的帮助。洗肾原本需要近两千元的费用，因为有了KDF的津贴，现在每月只需要支付一百多元。大儿子在看护中心，也得到医护人员的细心看护。当被问到对将来有什么期望时，Mdm Wong说自己也是尝遍了酸甜苦辣，能够活着已经很开心。她只希望小儿子能够有个稳定工作，照顾好他自己的小家庭。小女儿在理工学院毕业后顺利找到一份好工作。至于大儿子，她真的不敢有什么奢望，只希望自己能好好地活着，能多活一天就能多照看他一天。

在KDF洗肾的病患中，还有很多和Mdm Wong一样顽强而伟大的母亲，她们也都希望自己能继续活下去，能够继续尽一份母亲的责任。希望您能伸出援手，让母爱的光辉延续。您可以用随附的商业回邮信函寄回捐款给我们，奉献您的一片爱心。您也可以通过浏览KDF的网站www.kdf.org.sg了解更多信息。
活着，为了我的孩子
文/鲁旭

从巴士站到看护中心只是几十米距离，Mdm Wong Wai Leng却走得气喘吁吁。Mdm Wong说最近几个月身体差了很多，整个人没力气，走路也东倒西歪的。但她的声音里透着些许愉悦，手中小心翼翼地提着热腾腾的老火汤和蒸肉，因为在组屋楼下的看护中心她将看到最心爱的儿子。每周与身患残疾的儿子见一面，喂他喝自己亲手煲的老火汤，是Mdm Wong一星期中最开心也是最期盼的时刻。

Mdm Wong Wai Leng今年56岁，在KDF洗肾已经有近一年时间。早在20年前生了小女儿之后，被检查出尿蛋白偏高，Mdm Wong一直服药来稳定病情。然而十多年过去了，过度操劳使得病情未能控制住反而恶化。几年前医生给的她下了最终判决书，叫她有心理准备，她的病情迟早会转为肾衰竭，洗肾是唯一的活路。

这已经不是命运第一次和Mdm Wong开玩笑。Mdm Wong曾经管理一间家私厂，由于经济不景气，工厂不得已关门大吉。Mdm Wong也只好当起家庭主妇，专心照顾家人和子女。孩子们的将来成了她唯一的希望。

但老天并没有因此而怜悯眷顾她，让她万万没想到的是，更沉重的打击还在后头。那一年，大儿子正是19岁，踌躇满志地准备参加国民服役。19岁的天空看起来是那么地美好，服兵役、参加工作、成家立业、孝敬父母，一切如迎风飞扬的风筝越飞越高，人生新篇章也即将展开。

然而风筝却在这时断了线……在准备入伍的日子里，孝顺的大儿子到夜店做临时工补贴家用。儿子一直有剧烈头痛的问题，为了不让母亲担心他一直隐瞒着。这天晚上下班后强烈的头痛让他晕晕睡去，一直到第二天下午也没醒来，于是被朋友送往医院。初期被诊断为脑部出血，却因细菌感染引起更严重的脑膜炎而留下了可怕的后遗症：从此以后行动依靠轮椅、大小便不能自理、无法自己进食。