

# KDF LINK

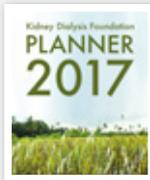


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## IT IS THE SIMPLE THINGS THAT MATTER THE MOST (PART 1)

BY DANIEL YAO AND JEMIN CHUA

Have you ever stopped to think how much hardship a kidney patient has to go through to fight for his life? We all know that it is not easy for someone when he or she is stricken with an illness especially when treatment is a never-ending journey. But that is exactly what kidney patients go through.

Besides attending regular dialysis sessions, they also have to worry about treatment fees, daily expenses, taking care of their dietary restrictions and health. But what about patients who also need to be responsible for someone else's well-being? How does he or she cope?

Tay Say Seng was born into a big family of eight children, with him being the fifth child. At a very young age, Say Seng, his elder brother Tay Sei Kah and his youngest brother Tay She Yew showed signs of intellectual disability.

According to their eldest brother, all three of them were never properly diagnosed, as back then people were not aware that being slow and having problems with reasoning and basic functions was a sign of intellectual disability; they simply thought that the brothers were late bloomers. As the family was living in a kampong then, it was also difficult to seek medical advice and attention.

Nevertheless, with the care and support from their parents, the Tay brothers made it into adulthood and picked up basic skills to care for themselves. Being the highest functioning of the three brothers, Say Seng was previously even

employed as a gardener for three to four years, earning about \$500 monthly.

It was only after he was diagnosed with end stage kidney failure in 2009 that he had no choice but to quit his job, as it was too physically demanding and the long working hours could not accommodate his dialysis schedule. His eyes were filled with disappointment as he recounted this memory.



Say Seng shared how he broke into sweat during his first dialysis session as he didn't know what to expect. All he knew were that his kidneys were 'spoilt' and that dialysis would make him feel better. Like any other kidney patient, he imagines a life without illness so he can be free from pain and the thrice weekly treatment.

The Tay brothers currently live in a HDB flat together with their eldest brother and his son. They are unemployed except for their eldest brother who takes up odd jobs periodically and the nephew who is employed but does not contribute to the household.

The family survives on food vouchers from the Community Development Council (CDC) and their medical bills are covered by Medifund. With help from MOH and KDF, Say Seng's dialysis treatments are fully subsidised and he does not need to fork out any out-of-pocket expenses for his dialysis treatment which could cost close to \$2,000 monthly.

On his dialysis day, Say Seng would wake up at 5am to prepare himself before leaving at 6am. He makes his way to the dialysis centre by bus, on a route he has committed to memory.

After four long hours of dialysis, with his toothy grin, he would always bid goodbye to the nurses on duty before heading home. "I like KDF very much especially the staff as they are very nice to me and I enjoy talking to them," he told us in a jovial tone.

Despite Say Seng's slight intellectual disability, he knows exactly which bus to take to travel between his home and the dialysis centre and is able to recognise the route home after he alights at the bus stop.

While the journey home could be mundane, Say Seng savours the



trip by stopping to look at flowers in bloom by the pavement, taking in their colours and beauty. Looking at him, it is hard to imagine he is someone coping with a serious illness, and that he is also the caregiver of two other intellectually disabled brothers.

Alighting a stop before his flat, Say Seng stopped by a food centre to pack lunch for himself and Sei Kah. Although Sei Kah is the older brother, he relies heavily on Say Seng and he does not venture out of the house by himself as he is not familiar with directions and does not know how to take public transport.

After leaving the food centre, we noticed Say Seng only had one packet of rice and wondered how two grown men would share the food. "It is enough, we can share," he assured us. But when he divided the lunch into two portions, each portion was obviously slightly too little for one adult.

While chewing on his food, Say Seng shared that he enjoys cooking and would normally cook meals for his brothers on his non-dialysis days and during the festive period. His signature dishes are braised duck and luncheon meat.

"You need star anise and black soy sauce. After that, you boil them for some time," explained Say Seng when we asked him to share his recipe for the braised duck, while Sei Kah looked on and smiled in approval.

It was clear that Say Seng and Sei Kah were delighted to talk about Say Seng's culinary skills. Sei Kah even interrupted to comment that the food cooked by Say Seng was delicious. Upon hearing this, Say Seng beamed together with his brother.

It is amazing how something as simple as talking about food and each other is a source of happiness for the Tay brothers.

Despite Say Seng's medical condition and subnormal intellect, it does not hinder him from caring for Sei Kah and She Yew by taking charge of their well-being and being a brother to them. It is definitely not easy to take care of two intellectual disabled adults, not to mention that Say Seng himself also has some degree of intellectual disability.

At KDF, our patients rely on dialysis to do what their damaged kidneys cannot. It is a long and arduous journey with no end in sight. On top of that, many struggle to cope with treatment costs.

If you would like to lessen the financial burden of patients like Say Seng, you can help by making a donation via the enclosed Business Reply Envelope. You can also visit our website at [www.kdf.org.sg](http://www.kdf.org.sg) or call us at **6559 2630** for more information.

**Keep a lookout for part two of the Tay brothers' story in the next issue KDF Link.**

# KDF Planner 2017 Now Available!

BY **SHELLEY LU**

For donors and supporters who have supported our KDF charity calendars over the years, you will be pleasantly surprised that for 2017, we are presenting a brand new charity merchandise which you can expect to get your hands on - the KDF Planner 2017.

With a successful collaboration with the Singapore Polytechnic Design School for the KDF calendar 2015, this year we welcomed another group of current students from the SP Design School to volunteer their creative expertise for KDF.

Being design students in their 3<sup>rd</sup> academic year, Harish Kumar s/o Gunasekaran, Sangye Quek

Qi Ping and Wong Yi Jie Jeremiah were expectedly swamped by school projects, exhibitions and competitions, but they never hesitated to devote their time and efforts to partake in this pro bono project for charity, sacrificing their weekends to work on the layout, and rushing in between tutorials to our dialysis centres to take photos of our patients.

The fruit of their labour is an A5 size planner, which functions as a calendar and a notebook, perfect for people on the go and those with busy schedules. With its easy carrying size, users can bring it along with them daily, to plan their schedules and take down important notes anytime, anywhere.



Along with 12 months of calendar grids, 12 meaningful pictures are featured, each representing a core value which the designers would like to convey to the public. Besides spectacular landscapes, it is the first time KDF patients, staff, volunteers and doctors are featured in our charity merchandise.

Embrace the power of positive thinking, mobility, and gratitude with the KDF Planner 2017.

With every donation of \$8, you will be entitled to one planner and at the same time support a good cause.

Bulk discounts will be extended to orders of 30 copies and above, and we also accept customisation requests to include your corporate logo. Please contact us for more information.



**HOW TO ORDER:**

- Send us a cheque made payable to "KDF" and attach the completed order slip.
- Purchase on our website at [www.kdf.org.sg](http://www.kdf.org.sg) from November 2016 onwards.
- For more information, please contact Ms Shelley Lu at 6559 2653 or [luxu@kdf.org.sg](mailto:luxu@kdf.org.sg)

**ORDER SLIP**

<b>Name:</b>		<b>Email:</b>	
<b>Contact No:</b>		<b>Mailing address:</b>	
<b>Unit Price</b>	<b>Order quantity:</b>	<b>Unit Price</b>	<b>Order quantity:</b>
\$8.00 (1-29pcs)		\$6.00 (30pcs & abv)	

\*Note: Donation will not be tax-deductible. Amount inclusive of postage.



# KDF FLAG DAY 2016

BY DANIEL YAO

If you were wondering why Ang Mo Kio Hub, Bishan Junction 8, Tampines Mall and Woodlands MRT station was packed with a large group of students on 23 July 2016, it was because of the annual KDF Flag Day which took place that Saturday. More than 800 volunteers from various schools, corporates and members of the public took part in this island-wide donation drive in aid of needy kidney patients.

Volunteers turned up early in the morning at their respective reporting stations to collect their donation bags and Flag Day stickers before heading out onto the streets for collection. As tiring as it was for our volunteers who braved the hot sun to appeal for donations, most of them enjoyed themselves and found it to be a meaningful experience.

We were especially fortunate to have student volunteers from various co-curricular activities such as National Police Cadets Corps (NPCC), National Cadets Corps (NCC), Volleyball, Malay Dance and

many more across 36 schools coming forward to raise funds for underprivileged kidney patients. Most of them started out early in the morning and worked hard to approach the public, as they understood that every dollar they collected would help the patients at KDF.

We also had adult volunteers from Star Ladies Singapore and staff from Dennis Wee Group (DWG), Standard Chartered Bank and our medical partners, Fresenius Medical Care and Roche Pharma Singapore, who spread out across Singapore and did their part to contribute to their organisation's social corporate responsibility efforts.

In addition, we had a few outright donations from generous donors and organisations, as well as support from Awak Technologies and Marsiling Secondary School who conducted internal collections in support of the KDF Flag Day. All in all, a grand total of \$52,000 was raised through the KDF Flag Day 2016.



We would like to acknowledge Ang Mo Kio Secondary School as having the 'highest number of volunteer participation', for sending close to 100 students as street collection volunteers, raising a total of \$6,429.77, also the highest amount collected in the school category. Cedar Girls' Secondary School on the other hand, topped the leaderboard as the school with the 'highest average amount per donation bag', while volunteers from DWG raised \$2,334.09 in total, the 'highest amount raised by an organisation' in the corporate category.

**A big THANK YOU to all our volunteers for their hard work and to those of you who had donated generously in aid of our patients!**

Below are the list of participating schools and organisations.

Anglo-Chinese School (Independent)
Admiralty Secondary School (NPCC)
Admiralty Secondary School (Red Cross Youth)
Anderson Junior College
Ang Mo Kio Secondary School (Girl Guides)
Ang Mo Kio Secondary School (Table Tennis)
Ang Mo Kio Secondary School (Volleyball)
Anglican High School
Bartley Secondary School (NPCC)
Beatty Secondary School (NPCC)
Bukit Merah Secondary School
Bukit Panjang Government High School (NPCC)
Cedar Girls' Secondary School (NPCC)
Chong Boon Secondary School (Dance)
Chong Boon Secondary School (Multimedia Club)
Chong Boon Secondary School (NCC)
Coral Secondary School (Netball)
Fuchun Secondary School (Soccer)
Greenridge Secondary School (NPCC)
Greenview Secondary School (Malay Dance)
Greenview Secondary School (Modern Dance)
Greenview Secondary School (NCC)
Guangyang Secondary School (NPCC)
Hai Sing Catholic School (NPCC)
ITE College East
ITE College West (School of Engineering)
Kuo Chuan Presbyterian Secondary School (Photography Club)
Ngee Ann Secondary School (NPCC)
Pei Hwa Secondary School (NPCC)
Pierce Secondary School (NCC)
Pierce Secondary School (NPCC)
Riverside Secondary School (SJB)
Sembawang Secondary School (Netball)
St. Hilda's Secondary School (NPCC)
St. Joseph's Institute (NPCC)
St. Nicholas Girls' School
Tampines Secondary School
Tanglin Secondary School (NPCC)
Unity Secondary School
Whitley Secondary School (NPCC)
Woodgrove Secondary School
Woodlands Secondary School (NPCC)
Xinmin Secondary School
Yishun Secondary School (Badminton)
Dennis Wee Group
Fresenius Medical Care
Roche Pharma Singapore
Standard Chartered Bank

# Double Celebration, Twice the Fun

TRANSLATED BY JEMIN CHUA

Held on the evening of 16 July 2016, the annual KDF charity icon launching ceremony and appreciation dinner was a stunning success, raising a grand total for \$150,000 in aid of needy kidney patients at KDF – the highest amount raised in the history of this event.

The night was also a special celebration of KDF's 20 years of service to the community. It was our great honour to have Ms Tin Pei Ling, Member of Parliament for MacPherson SMC, Mr Chan Soo Sen, honorary adviser to the KDF Chinese Community Committee, and over 600 other distinguished guests join us that evening, to celebrate our success and lend their support to our beneficiaries.

'Double Fortune', the KDF charity icon for 2016, was an instant hit among guests, who donated generously to our cause in exchange for a limited edition icon which was autographed by Ms Tin Pei Ling, Mr Chan Soo Sen and our chairman, Dr Gordon Ku.



Major donors for the evening include: **Ms Sia Poh Lan** (\$20,000), **Mr Richard Lee**, proprietor of *Fu Lu Shou Si Mian Fo* (\$12,000), **Mr Lim Siah Mong**, Chairman of *Dester Beer* (\$11,888), **Mr Tan** of *Hock Hwa Casket* (\$11,116), **Mrs Yeo** (\$10,999), **Mr Tan Kee Kuang** owner of *Lao Zhong Zhong Five Spice stall* (\$10,000), **Mr Tong Lee Song**, proprietor of *Golden Pillow 933* (\$9,333), and **Ms Eliza**, owner of *Eliza Beauty & Fashion House* (\$8,888).

But it was Ms Tin and Mr Chan who stole the show when they gamely agreed to lend their voices to help raise more funds for KDF patients in a spontaneous song performance segment. Roused by their courage and support for the cause, dinner guests such as **Mr Johnny Toh** from *Nirvana Memorial Garden*, **Mr Foo**, proprietor of *Qian Xi Group of Restaurants*, **CabbyCare Charity Group**, and **Mr Hong Ying Kwee**, amongst many others, donated generously during the performance.

KDF would like to extend our humble gratitude to all who had made the dinner possible and for contributing to its great success.



Receive the KDF Charity icon "Double Fortune" for all donations \$888 and above. To donate, log on to [www.kdf.org.sg](http://www.kdf.org.sg) or mail us your donation, indicating that you would like to receive a charity icon. All donations are 2.5x tax deductible.

To invite KDF to auction our charity icon at your dinner or event, please contact Ms Shelley Lu at 6559 2653 or email to [luxu@kdf.org.sg](mailto:luxu@kdf.org.sg) for further discussion.



# PLAY LAH!

## CARNIVAL 2016 @ SINGAPORE EXPO

BY DAMIAN CHEONG

Over the National Day weekend KDF was privileged to be invited as one of the programme partners at the PlayLah! Carnival 2016 which was held at the Singapore Expo from 5 to 9 August 2016.

In the spirit of National Day, participants were treated to a host of activities targeted at all age groups. The carnival showcased four zones: Play, Learn, Bond and Eat.

The 'Play' arena included many multi-racial and multi-generation game booths and carnival rides for children, while the 'Learn' arena offered unique learning journeys supported by various organisations. Craft workshops and fringe activities were conducted in the 'Bond' arena and food and drink options were offered in the 'Eat' arena.

KDF set up a booth in the 'Learn' arena to educate the public on kidney health and successfully attracted curious crowds who wanted to find out more about kidney-related information. Our medical partner, Fresenius Medical Care, was also present to offer free blood pressure checks at the carnival.

Participants at our booth were treated to a variety of educational games, designed to pique their

interest in the kidneys and healthy lifestyle habits. Injecting a charity element to this outreach event, KDF merchandise were also put up for sale to raise funds for our patients.

KDF would like to thank everyone who has contributed and supported this event to make it a huge success and to all the visitors to our booth for making it such an enjoyable four days for us.



## POLYCYSTIC KIDNEY DISEASE (Part 1)

### What is Polycystic Kidney Disease?

Polycystic Kidney Disease (PKD) is an inherited form of kidney disease. This means that it is passed down from the biological parents to their children through abnormal genes. It was first described in the 19th century and many polycystic kidney disease families have been identified. There are 2 forms of this disease: the adult form which we will call Adult Polycystic Kidney Disease (APKD) and the rarer Infantile Polycystic Kidney Disease (IPKD).

APKD and IPKD are inherited differently - the APKD form is inherited in a dominant fashion i.e. if one parent has the defective gene in one of the two sets of 23 chromosomes and the gene is passed to his/her child, the disease will manifest itself. Therefore, there is a 50% chance of the defective gene being passed on. This is entirely random and a parent can have 4 children and lucky enough to pass on only the set which contains the normal gene, so none of his children are affected. The disease may appear to skip a generation if the affected parent died young without showing some of the signs and symptoms.

In the early stage of the disease, many people do not know they are affected if they have no complaints and did not have an ultrasound scan performed. We now know that there are 3 types of genes involved in APKD (PKD1 on chromosome 16, PKD2 on chromosome 4 and PKD3 the location of which is unclear as yet). On the other hand, in the Infantile form (IPKD), the inheritance is recessive. It requires both parents to pass the defective gene to their child before the child can manifest the disease.

### Kidney Failure and APKD

Adult Polycystic Kidney Disease (APKD) is the more common variety. Its incidence has been quoted to be about 1 in 1000 persons.

APKD affects the nephron. The nephron is the filtering unit of the kidneys and we have about 1 million of them in each kidney. The nephron comprises the filter (or glomerulus) and the tubule which drains the fluid that has been filtered into the ureter. The drained fluid is collected in the bladder to be passed out as urine.

In APKD, cysts form along the tubule. In time to come, compression of normal tissue and a scarring reaction occurs. The scarring reaction results from certain substances being secreted by the injured kidney. This process also involves a reduction of the blood supply in the very small vessels of the kidney further damaging the kidney.

The rate at which this occurs is different for every affected individual. Most of the affected people do not develop kidney failure until they are in their 40's. Some may even be affected only in their 60's or 70's.

### What are the symptoms and signs of the disease?

#### • Cysts in the kidneys

In the early stage there are no symptoms and the disease is usually picked up when ultrasound scanning is done for other reasons and cysts are noted in the kidneys. Health screening may pick up previously undetected high blood pressure or kidney failure.

#### • Enlarged Abdomen

As the cysts in the kidneys enlarge, patients may notice their abdomen getting bigger. The enlarging kidneys may cause some vague discomfort. There may be more severe pain if there is an infection involving the cysts or bleeding into the cysts. Infections of polycystic kidneys require more specific antibiotics than infections in normal kidneys because of the presence of cysts. The duration of treatment is also longer and usually last for several weeks.

#### • Blood in Urine

Bleeding from cyst ruptures may also cause episodes of passing urine with blood. This may be aggravated by trauma (physical injury) so patients should not engage in body-contact sports. Bleeding is usually self limiting. Only rarely does the kidney need to be removed because of persistent bleeding and severe blood loss.

#### • Hypertension

Many affected individuals develop hypertension. Uncontrolled hypertension can hasten the progression of kidney failure. It also has effects on the heart and is a risk factor in the development of heart failure, heart attack and stroke.



# KDF售旗日2016

译鲁旭 (Shelley Lu)

2016年7月16日星期六，如果您在这一天看到成群的学生聚集在宏茂桥城 (AMK Hub)、碧山第8站 (Bishan J8)、淡滨尼广场和勿兰镇地铁站的话，不必诧异，因为这天是KDF 2016年的售旗日。今年，我们有一个超过800人的庞大义工团，由来自不同学校、企业和普通民众组成，义工们在当天涌上街头，在全岛为贫困肾病患者筹款。

此次售旗日，我们有幸得到来自多个青年课外团体，如全国学生警察团、全国学生军团、排球队、马来舞蹈团，以及36所学校的学生们一同参与筹款。

此外，DWG地产集团、渣打银行、费森尤斯医疗 (FMC)、罗氏制药 (Roche) 的员工们和Star Ladies Singapore的会员们也以实际行动支持KDF售旗日，尽自己的一份企业社会责任。



头顶烈日、手拿捐款袋和旗标，上街售旗筹款的工作虽然辛苦，但为善最乐，义工们也乐在其中。

除了街头筹款，一些企业和学校，如Awak Technologies 和马西岭中学，开展内部筹款活动，更有部分善翁直接捐款支持我们的售旗日活动。大家的努力让KDF在2016售旗日总共筹得善款\$52,000元。

我们在此特别感谢宏茂桥中学派出将近100名学生参与售旗，是在本次活动义工人数最多的参与学校，也是筹款最多的学校，共筹款\$6,429.77元。四德女子中学则以平均筹款额最高的学校团体上榜，而DWG地产集团是所有企业中筹款最高的参与团体，他们筹得\$2,334.09元善款。

衷心的感谢所有义工们的辛勤工作，  
也感恩善翁们慷慨解囊！

以下为参与2016KDF售旗日的所有学校及企业名单：

英华中学 (自主)
美雅中学 (全国学生警察团)
美雅中学 (红十字青年团)
安德逊初级学院
宏茂桥中学 (女童军)
宏茂桥中学 (乒乓球队)
宏茂桥中学 (排球队)
圣公会中学
巴特礼中学 (全国学生警察团)
培德中学 (全国学生警察团)
红山中学
武吉班让政府中学 (全国学生警察团)
四德女子中学 (全国学生警察团)
崇文中学 (舞蹈团)
崇文中学 (多媒体俱乐部)
崇文中学 (全国学生军团)
云海中学 (Netball)
辅华中学 (足球队)
群立中学 (全国学生警察团)
青景中学 (马来舞蹈团)
青景中学 (现代舞团)
青景中学 (全国学生军团)
光洋中学 (全国学生警察团)
海星天主教中学 (全国学生警察团)
ITE 东部校区
ITE 西部校区 (工程学院)
国专长老会中学 (摄影俱乐部)
义安中学 (全国学生警察团)
培华中学 (全国学生警察团)
培雅中学 (全国学生军团)
培雅中学 (全国学生警察团)
立德中学 (SJB)
三巴旺中学 (Netball)
圣希达中学 (全国学生警察团)
圣约瑟书院 (全国学生警察团)
圣尼各拉女校
淡滨尼中学
东林中学 (全国学生警察团)
协和中学
惠厉中学 (全国学生警察团)
林景中学
辅仁中学 (全国学生警察团)
新民中学
义顺中学 (羽毛球队)
DWG地产集团
费森尤斯医疗
罗氏制药
渣打银行

# KDF2016慈善福物 《大吉大利》推展仪式

文鲁旭 (Shelley Lu)



肾脏透析基金 (KDF) 于2016年7月16日成功举办年度慈善福物推展仪式及感谢晚宴，为贫困肾病患者筹得15万元医药基金。

晚宴由麦波申区国会议员陈佩玲小姐担任大会主宾，其他座上嘉宾包括曾士生先生以及近600名宾客。这场由KDF华社筹款委员会着手策划的慈善晚宴恰逢KDF成立20周年，当晚所筹得的善款更是历年最高。

在晚宴上推展的KDF 2016年慈善福物《大吉大利》大受宾客追捧。当晚共有8尊《大吉大利》被善翁以超高额捐款获得。他们是：善心人士杨太太 (捐款\$10,999)、金枕头933董先生 (捐款\$9,330)、Dester啤酒林先生 (捐款\$11,888)、福祿寿四面佛李先生 (捐款\$12,000)、善心人士Ms Sia (捐款\$20,000)、福华寿板店陈先生 (捐款\$11,116)、老中中虾饼陈先生 (捐款\$10,000) 和Eliza林女士 (捐款\$8,888)。

为帮助KDF筹得更多善款，大会主宾陈佩玲小姐和特邀嘉宾曾士生先生不但现场捐款，更是开怀献唱助推筹款。宾客们被他们的歌声和义举所鼓舞，争相慷慨解囊，这其中包括富贵山庄卓先生、千禧楼东主符先生、康福德士属下爱心德士慈善小组、KDF华社荣誉主席方荣贵先生等等各方好友。我们感谢也感恩众人为善最乐的无私精神。



慈善福物《大吉大利》最低义购价为\$888元。捐款可扣2.5倍所得税。

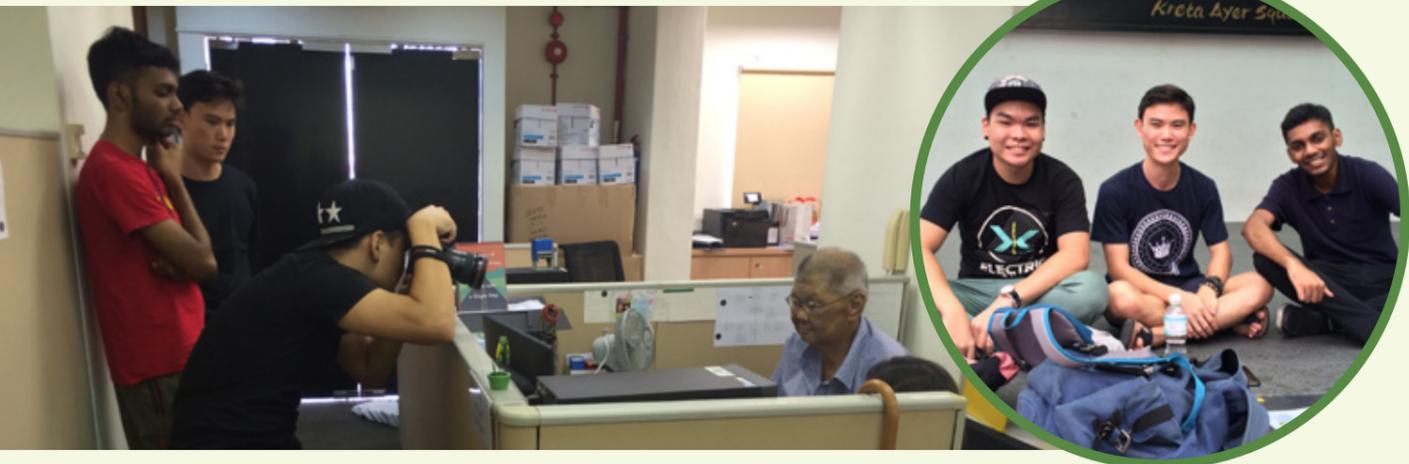
如邮寄捐款义购《大吉大利》请在信件中或在支票背面说明。您也可到KDF网站在线捐款义购。

如果企业社团宴会、庙宇神诞庆典允许KDF到活动现场慈善义标福物，请联络Shelley 鲁旭小姐，电话6559 2653，电邮luxu@kdf.org.sg。



# KDF 2017 日程本 现已开售

文鲁旭 (Shelley Lu)



多年来支持KDF 慈善台历的朋友们注意啦，我们正式向大家推介KDF全新慈善商品，您的工作小秘书—KDF 2017 日程本。

自合作设计推出2015年KDF台历大获成功之后，今年我们再次联手新加坡理工学院设计学校。这次新一批在校学生们以他们所学技能义务为KDF设计2017年月日程本。

作为设计专科三年级学生，Harish Kumar、郭起平以及黄怡杰一直在学业课题、作品展览和设计比赛之间忙碌不停。但他们却毫不犹豫地挤出时间、以最大的热情参与这一义工项目，利用周末休息时间做电脑设计，

奔波于学校和KDF洗肾中心为日程本中的图片拍照。

三位学生的辛勤努力换来了我们崭新的A5版2017日程本。这一日程本同时兼备日历和记录本的功能，方便您随时随地计划您的日程安排、记录任何重要信息；大小适中的尺寸设计方便您随身携带。

在日程本中，学生们还在每个月历附上一张他们精心挑选的照片，每张照片都代表着不同的积极向上的涵义。除了各色自然景观，这也是第一次KDF的病患、职员、义

工和医护人员的照片出现在我们的慈善商品中。

让KDF日程本陪伴您度过乐观、向上、充满感恩的2017年。

每捐款\$8元，您将收到一本日程本，同时奉献一份爱心。

订购30本以上可获得批量销售折扣，我们还可特制印有您公司logo的专属日程本。欢迎来电垂询。



#### 如何订购:

- 填写以下订购小单，并附上受益团体为“KDF”的支票一同邮寄给我们。
- 自2016年11月起，您可到KDF网站：[www.kdf.org.sg](http://www.kdf.org.sg)在线订购。
- 更多了解，请联络Shelley 鲁小姐，电话6559 2653、电邮 [luxu@kdf.org.sg](mailto:luxu@kdf.org.sg)

## 订购小单

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\*注意: 购买慈善商品之捐款不可抵扣所得税。订购金额包含本地运费。

洗肾当天 Say Seng 早晨5点钟就得起床做准备，6点钟准时出门搭乘公共巴士到位于碧山的KDF洗肾中心。虽然有轻度智障，但 Say Seng 对于往返住家和洗肾中心的巴士路线和搭乘车站熟记于心，能够独立来去。

熬过4个小时的洗肾治疗，他总是用憨厚灿烂的笑脸与护士们一一道别后才启程回家。“我很喜欢KDF，尤其是那里的工作人员，他们对我特别好，我也喜欢跟他们聊天。”他用欢快的语调说道。

日复一日的回家路程难免乏味，但 Say Seng 却能从平淡中寻找乐趣。他时不时停下脚步欣赏路边盛开的花朵，醉心于花的美丽和芬芳。这样的他，叫人难以想象，自己身患重疾的同时还要照顾两个智障的兄弟。

返家时，Say Seng 会提前一站下车，到熟食中心为自己和哥哥 Sei Kah 打包午餐。Sei Kah 虽说是哥哥却非常依赖 Say Seng，他因为不认得路也

不会搭乘公共交通工具，所以不敢一个人出门。

离开熟食中心，我们注意到 Say Seng 手里只有一盒饭菜，我们正纳闷两个成年人怎么够吃，他向我们保证道：“够的！我们分着吃。”但当他把饭菜分成两份，对成年人来说，那数量真是少得可怜。

Say Seng 边吃边告诉我们他喜欢烹饪，逢年过节和非洗肾日他都会下厨给哥哥和弟弟煮饭烧菜吃。他的拿手好菜是卤鸭和午餐肉。

Say Seng 热情地与我们分享卤鸭的秘诀：“要加八角和老抽，小火焖煮一段时间。”哥哥 Sei Kah 看过来，微笑着表示赞同。

两兄弟显然对这个话题很感兴趣，期间 Sei Kah 还表示弟弟煮的饭菜最好吃，听他这么一赞，Say Seng 便开心地和 Sei Kah 相视而笑。

原来谈论食物这样平常的话题也能让兄弟二人说得这么开心，笑得如此灿烂。

照顾两个智力障碍的成年人对正常人来说都非常不容易，更何况是患有末期肾衰竭并有轻度智障的 Say Seng，但困难重重却没有阻挡 Say Seng 当一个好手足，全心全意照料自己兄弟的决心。

在KDF，我们的病患依靠透析替代他们衰竭的肾脏，这是一条漫长、艰辛、无止境的求生之路。而透析费用就是这路途上最现实的负担。

若您愿意减轻像 Say Seng 这样的病人的经济负担，请通过随附的回执信封进行捐款。您也可以浏览 [www.kdf.org.sg](http://www.kdf.org.sg) 或拨打 6559 2630 了解更多详情。

我们将在下一期《肾析简报》继续对三兄弟进行报道，敬请期待。



## 2016 嘉年华

译鲁旭 (Shelley Lu)

在国庆节的周末，KDF很荣幸被邀以项目合作伙伴之身份，参加由新加坡博览中心举办名为“PlayLah!”的大型嘉年华，活动由8月6日开始，直到8月9日国庆日。

PlayLah! 2016嘉年华共设学习、创作、吃喝、玩乐四大主题区，活动内容老少皆宜，旨在让全民同庆国庆。

由多家不同机构组成的学习区，为大家提供不同的学习体验。在创作区，有花样繁多的手工制作摊位，您可以亲手制作一幅小作品带回家。玩乐区则设立了各式各样，适合多种

族及各年龄层参与的游戏摊位，还有小朋友最喜欢的嘉年华必备游乐设施。玩累了，就可以到吃喝区小歇一会或是大块朵颐。

KDF的展位设于学习区，我们除了摆放对公众宣传肾脏健康知识的海报及资讯外，也特别制作了各种与肾脏及健康生活饮食相关的游戏，吸引了众多路人驻足参与。同时，KDF也在展位上出售慈善商品，让大家在沉浸于玩乐之中，也不忘行善帮助不幸人士。

此次KDF的医疗合作伙伴，费森尤斯医疗 (FMC) 也一同参展，他们将洗肾机搬到现场向大众介绍洗肾过程，还提供免费血压检查。

衷心感谢每一位到访和支持KDF展台的朋友，希望四天的嘉年华为大家留下愉快的回忆。



# 肾析简报

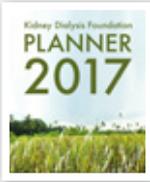


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2016年  
售旗日



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## 最重要的平常事 (上)

译蔡永馨 (Jemin Chua)

你有没有思量过一个肾病患者的抗病过程有多艰难? 人人都知道罹患疾病是痛苦的, 然而, 看不到尽头的治疗更让人倍受煎熬, 这就是末期肾衰竭患者日日要面对的苦境。

除了定期接受透析治疗 (俗称洗肾), 他们还需时时关注自己的身体状况、饮食限制, 同时也要为医疗费和生活费操心。这已经让他们自顾不暇, 即便如此, 他们中有些人还要照顾自己的家人健康, 他们该如何应对这一切呢?

Tay Say Seng 出生在一个大家庭, 在八个兄弟姐妹当中排行第五。他和哥哥 Tay Sei Kah 还有最小的弟弟 Tay She Yew 在很小的时候就表现出智力障碍的症状。

据他们的大哥所言, 三个弟弟从来没有被确切诊断过患有智力障碍。在那个年代人们没有这方面的意识, 三兄弟日常生活中表现出来的反应迟钝、理解障碍、低能, 被归类为发育迟缓。再者那时候他们住在甘榜, 很难接触到医疗服务。

所幸在父母的照料呵护下, 三兄弟平安长大, 也掌握了基本的自理技能照顾自己。智障程度最轻的 Say Seng 甚至找到一份园丁的工作, 月收入约500元, 可惜只工作了3、4年。2009年他被诊断出患有末期肾功能衰竭, 迫于无奈辞掉了工作时间长又耗体力的园丁工作。回顾这段经历, 他的眼中满是遗憾。

Say Seng 分享了他的第一次洗肾感受: 因为对透析过程感到陌生, 他紧张得出汗不止。他只知道自己的肾脏‘坏了’, 通过洗肾身体才会感觉舒服。和其他

肾友一样, 他向往着那种无病痛没有每周透析三次的的生活。

三兄弟如今和他们的大哥及大哥的儿子一起住在政府组屋内。这三兄弟无法工作, 大哥偶尔打打零工, 没有固定收入, 侄子虽有收入却不负担家计。一家人的日常开销全靠社区发展理事会(CDC)救济, 医疗费用则由保健基金(Medifund)负担。Say Seng 每月高达2000元的洗肾费用全部由卫生部和KDF提供, 他无需为此支付一分钱。

