

# KDF LINK

JAN-MAR 2021

## LIFE'S SIMPLE PLEASURES

What seemed like a normal visit to the doctor's turned out to be something more serious. Mdm Ang Poh Gek was only 34 when she was diagnosed with kidney failure. She said, "I thought it was just a stomach flu, but it was not. It turned out to be kidney failure. I could only blame myself for not taking care of my body and eating habits when I was younger. I worked too much, self-medicated too much and neglected my health." Due to her young age, the doctor recommended for her to undergo dialysis to prevent her condition from worsening.

Mdm Ang's concerns gravitated towards her family. Back then, she worked as an administrative staff and was the main breadwinner of the family. Her husband was an odd job labourer and drew an irregular income. With a family of 4 young children to feed, Mdm Ang and her husband were already living from hand to mouth, even having to borrow from her siblings to get by. Now with impending medical fees and treatment, Mdm Ang was at her wits' end.

"In the early 90s, knowledge about kidney disease was not widespread. Facilities were limited as well. There were hardly any subsidies for kidney-related illnesses and treatments costed more than \$2,000 a month. It was simply too expensive to afford. It was easier, and cheaper to give up treatment.", she shared.

In 1996, Mdm Ang's case was referred to KDF by a social worker. KDF was a newly founded charity organisation and was one of the few charities that provided subsidies for low-income end-stage kidney patients. With the support of charitable donors from KDF, Mdm Ang qualified for highly subsidised dialysis treatment.



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KDF had no dedicated centres then. With the support of Alexandra Hospital, patients like Mdm Ang were able to undergo dialysis within the compounds of the hospital. "I remember having to undergo dialysis in a small area together with other patients at Alexandra Hospital. The place was simply furnished, but the warmth and dedication of the nurses made up for it.", Mdm Ang recalled.

"There was once I fainted halfway during treatment. Till today, I can still remember the voices of the hospital nurses telling me, "Don't close your eyes now, Mdm Ang. Your children need you." Those words gave me courage to fight through some of my darkest moments. I told myself that with each passing day, my children will slowly grow up to be more independent and that these struggles were temporary."

As KDF grew in operations and served more patients, it outgrew its Alexandra Hospital facilities. The first dedicated KDF Dialysis Centre was opened in Bishan in 1997. Mdm Ang was one of the first few patients to be transferred from the Alexandra Hospital facilities to the Bishan Dialysis Centre. In 2007, KDF built its second dialysis centre at Ghim Moh. Mdm Ang was promptly transferred over to receive treatment till date due to its proximity from her home.

Mdm Ang had a constant problem of high potassium levels in her kidney readings, but with the care and support of the clinical staff, she gradually learnt to manage her condition better. Her mother also chipped in and helped look after her growing children while she went for her dialysis sessions.

Through the years as a dialysis patient, Mdm Ang met many good Samaritans along the way and has never felt alone in her journey. She fondly recalled an incident that touched her greatly, "My eldest daughter's primary school teacher called me one afternoon and told me that she was not doing well in school and wanted to understand why. I explained the situation at home to her, and she offered to make arrangements for my daughter to stay in school after class daily under her supervision, to catch up with her homework. My daughter started improving in school, and it was such a relief."

Undergoing dialysis with KDF for the past 25 years was not easy for Mdm Ang, but with numerous helping hands and subsidies, she is able to live

to see her children blossom and start their own families.

Today, Mdm Ang, 67 is a proud grandmother blessed with 5 grandchildren. Her eldest daughter works in pastoral care now, serving the underprivileged in society.

"Thank you KDF for keeping me alive, letting me experience life's simple pleasures. My home may be small, but I am grateful for the roof over my head. My meals may be simple, but they are always had with my loved ones around me. With that, I am happy and that is enough.", Mdm Ang smiled warmly.

### One Day at a Time

An intense wave of emotions swept through the quiet dialysis centre as Mr Lam Kam Loon, 71, broke down. Recalling his thoughts when the doctors first diagnosed him, he said, "It was a very tough time. My son was only 3 years old then."

After being retrenched from his long-term job of 22 years, Mr Lam applied to be a bus driver. He was required to go for a medical check-up for the job. That fateful check-up rendered an in-depth follow up as the doctor had found his heart to be larger than usual. He also confirmed that Mr Lam's kidneys have failed, and he needed to be put on dialysis treatments.

The diagnosis of end-stage kidney disease 24 years ago prevented Mr Lam from driving heavy vehicles. He had to take on a job as a part-time contractor instead. Having to go through 3 dialysis sessions a week, for 4 hours each session was very taxing for Mr Lam. By the end of every session, he would be exhausted.

"My lifestyle was very indulgent and hectic back then. I was often out meeting business partners and friends over meals and drinks." Being on dialysis meant that Mr Lam had to cut down on attending meetings in such settings. After almost two years of working as a part time contractor for his previous employer, doctors and social workers suggested to him to try being a taxi driver for the flexibility of working hours.

In 2000, Mr Lam took up a job as a taxi driver. However, in 2009, he had to pull the brakes on driving the taxi as he was diagnosed with another illness - colon cancer.



Having had dialysis at KDF for more than two decades, the nurses and patients have become his long-time friends as well.

"Because of KDF, I could watch my son grow up." Mr Lam beamed as he brought up his son, who turns 27 this year. Coming June, his son will end his service with the Singapore Armed Forces to further his studies and explore a career in photography.

Many patients like Mr Lam receives subsidies from KDF because very few can afford paying for dialysis treatments and medications. These subsidies are made possible with the generous donations from the public and supporters like yourself.

Every dollar goes a long way in helping our underprivileged patients. Extend hope today with a kind donation via Paynow or with the Business Reply Envelope enclosed, and you can help extend lives.

**No donation is too small. With your donations, our underprivileged patients can receive:**

- \$160** 1 dialysis session
- \$50** 1 month of medications
- \$10** 1 flu vaccine
- \$1** 1 blood glucose test

We have many other patients who maintain a positive outlook in life and have so much to live for, including wanting to spend more time with their loved ones. Your gift can help to extend the lives of our underprivileged patients. You can make your donation using the Business Reply Envelope (enclosed), or you can choose to donate by scanning the QR code below using your PayNow app or via our UEN: 199600830ZK33



**SCAN TO DONATE**



## Sharing the Gift of Happiness

The Chinese New Year period is a time associated with festive cheer and celebrations. However, it is easy to forget how much we have that our underprivileged counterparts do not.

In February this year, KDF Directors and supporters took time off on the 8th day of the Lunar New Year to give out mandarin oranges and red packets to our end-stage kidney patients. The patients even had photo opportunities with visiting beauty pageant queens at the dialysis centres, much to their delight.

We would like to specially thank TKS N Siva Pte Ltd and the KDF Chinese Community Committee for sponsoring the decorative bags, mandarin oranges, red packets and putting a smile on our patients' faces!



*"It is our pleasure to be able to play our part to contribute and share some Chinese New Year cheer with the patients. To see the smiles on their faces when they received the goodie bags from us, it encourages us to continue supporting KDF's underprivileged end-stage kidney patients."*

Dato Sri Siva  
Group Chairman  
TKS N Siva Pte Ltd



## 'Best Patient Award' Winners

As a kidney patient, it is important to stay disciplined and keep to a strict set of criteria to ensure that their condition remains in control. The 'KDF Best Patient Award' was inception in 2002 to recognise our kidney patients' efforts to keep to this protocol. This year, we presented 3 deserving patients with this award.



**Ms. Zuraidah, 38**  
KDF Patient since 2011  
KDF Bishan Dialysis Centre

"It was quite a pleasant surprise to know that I have won the 'Best Patient Award' again this year! Keeping track of my diet and fluid intake is now part of my daily routine, and my 2 sons also give me gentle reminders daily. It was difficult to cope initially, but it pays off in the long run."

"2021 is my 10th year with KDF. It also marks KDF's 25th anniversary. Happy Anniversary! Thank you for supporting me in my dialysis journey."

**Mr Chng Leong Heng, 73**  
KDF Patient since 2014  
KDF Ghim Moh Dialysis Centre

"I have learnt to maintain my potassium and glucose levels over the years as a kidney patient. Once a routine turns into a habit, it's easy to stick with it, though it can get a bit challenging when you are tempted with food and snacks! The nurses at the dialysis centre always shares useful tips with me, and I try my best to be disciplined with my food choices."

"Thank you KDF for awarding me with the 'Best Patient Award', encouraging me to be better. Happy 25th birthday!"



**Mr Tan Kim Chwee, 53**  
KDF Patient since 2017  
KDF Ghim Moh Dialysis Centre



"I had a kidney transplant more than 20 years ago, before my transplanted kidney failed, and I had to start dialysis 4 years ago. I have many pre-existing chronic conditions, which can develop into complications if I do not follow my daily routine strictly. It is not easy, but watching my young son grow up is my greatest encouragement to stay strong during my dialysis sessions."

"Thank you KDF for giving me a second chance at life. Happy 25th anniversary!"

### Criteria for 'Best Patient Award'

- Being punctual for dialysis treatments
- Attends dialysis treatment three times a week
- Takes blood tests and other medical investigations regularly
- Takes medication regularly
- Shows good attitude and behaviour towards nurses
- Keeps weight within a certain percentage in between dialysis treatments
- Keeps potassium, phosphate, glucose, and in-blood serum level within ideal range

## KDF 2021 Charity Icon - 'Auspicious Ox'

The second animal in the Chinese zodiac, the Ox is a symbol of determination and strength. It is a fitting representation of 2021, an eventful year marked by new normals. This year, the KDF Chinese Community Committee is proud to present the magnificent Auspicious Ox as our charity icon for 2021.

This icon features the majestic ox in an authoritative stance, ready to take up new challenges anytime. As we progress, we wish upon the Auspicious Ox to usher in a year of good health and prosperity to families and individuals alike. May the year of the Ox be one marked with several opportunities for businessmen and investors, emboldening them to take these circumstances by the horns.

Lend your support to our fundraising efforts and adopt our Auspicious Ox today. Your gift will make a difference in supporting low-income kidney patients through dialysis treatments and other complementary services and inspire more like-minded individuals to give back to society.

**Donations of \$888 and above are entitled to one 'Auspicious Ox' and one ala carte buffet dining voucher for two by Qian Xi Group. All donations are entitled to 2.5 times tax deduction.**



Scan the GivingSG QR Code to Donate  
**Auspicious Ox:  
KDF Charity Icon 2021**

For more information or collaboration enquiries, please contact:  
**Mr. Triston**  
6559 2650 | [triston.siew@kdf.org.sg](mailto:triston.siew@kdf.org.sg)

## KDF Activities

**15 February 2021**

### Donation Box Partners Appreciation

To share the Chinese New Year joy and to thank our Donation Box partners for their support over the years, we surprised them with a visit and a special KDF CNY appreciation pack. Every little bit counts! Say hello to our friendly Donation Box partners and contribute some loose change.



**KDF Donation Box Partners**



**February 2021**

### Join Our Digital Mailer!

In our efforts to reduce our carbon footprint, we have rolled out our digital newsletter! Stay updated with KDF activities, kidney health-related news and content by subscribing to our digital newsletter today.



**Subscribe to Our Digital Newsletter**



## KDF辛丑年慈善福物《牛气冲天》

牛位列十二生肖之第二，象征着力量与果敢。就如2021年，我们为了应对疫情的冲击而相互扶持，全心勇敢面对“新常态”。今年，KDF华社筹款委员会很荣幸推出了雄伟壮观的《牛气冲天》“吉祥牛”为2021年的慈善福物。

此福物展现出牛的无畏与威严，随时准备迎接新的挑战。随着大家一同踏上复苏之路，我们希望《牛气冲天》为您和家人带来繁荣与财气，合家安康。愿牛年带给商人与投资者更多的商机，大展宏图！

欢迎您义购福物《牛气冲天》，为贫困肾脏病患者筹集洗肾基金，也为您带来无量福报、富国安康。



您也可以通过手机扫描以上的 GIVING.SG 二维码进行无线捐款

**福物义购最低价 \$888。您可以获得一张双人千禧楼任点任吃中式自由餐券。您的捐款全额可获2.5倍的扣税。**

如需咨询，请联系邱先生，  
电话: 6559 2650，  
电邮: [triston.siew@kdf.org.sg](mailto:triston.siew@kdf.org.sg)

## KDF活动

**2021年 2月15日**

### 答谢捐款箱合作伙伴

为了感谢KDF筹款箱伙伴多年来的支持，KDF特意送上了贺年礼包，分享过年的喜悦。现在就和我们KDF筹款箱伙伴打个招呼，为KDF做个爱心乐捐吧！



**KDF捐款箱合作伙伴**



**2021年 2月**

### 从2月起 – 加入KDF的电子周刊名单！

为了减少碳痕迹，KDF的周刊《肾脏简报》已可在线阅读！您现在就可以扫描以下的二维码，订阅我们的电子周刊，查阅KDF的活动及肾脏健康的咨询。



**加入KDF的电子周刊名单**



## KDF的模范肾友!

身为个肾病患者，病患们要在健康管理中保持自律，以免病情恶化。2002年，KDF开创了“模范肾友奖”，鼓励肾友配合疗程，继续保持良好的自理。此奖项的评选标准相当严格，所以要获得这奖项不容易。今年，我们把奖项颁给3位模范肾友！



姓名: Mdm Zuraidah  
年龄: 38岁  
自2011年开始在KDF碧山中心洗肾

“当我得知今年又赢得了“模范肾友”奖，真的感到非常惊喜。我每天都关注自己的饮食，两个儿子也会提醒我注意生活习惯。早期时，倒是觉得很难应付，但从长远考虑，这小小辛苦是值得的。”

“今年，我在KDF洗肾已满10年，也是KDF创始25周年。祝KDF, 25周年快乐！非常感谢你们多年来在洗肾疗程方面给我的支持和补助！”



姓名: Mr Chng Leong Heng  
年龄: 73岁  
自2014年开始在KDF 锦茂透析中心洗肾

“身为个肾病患者，我已学会把自己的钾和血糖含量，维持良好水平。久而久之，我把这些常规慢慢培养成一种习惯，让自己比较容易应付。但有时候偶尔会被自己喜欢吃的小吃引诱！洗肾中心的护士们都会与我分享有用的提示，鼓励我在饮食习惯方面保持自律。”

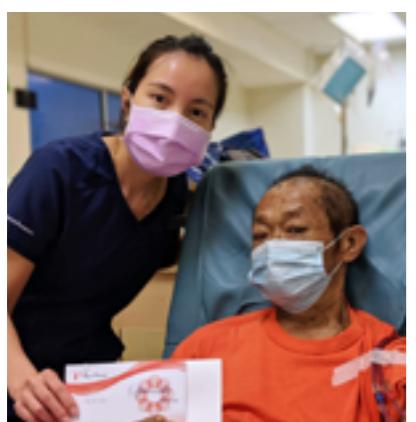
“谢谢KDF让我获得这奖项。我一定会继续努力！祝KDF, 25周年快乐！”



姓名: Mr Tan Kim Chwee  
年龄: 53岁  
自2017年开始在KDF 锦茂透析中心洗肾

“我20年前有换过肾。2017年，因为肾衰竭而得开始洗肾。我也是个慢性病患者，若不保持自律，随时可发症。长期接受洗肾疗程不容易，但能看着我年幼的儿子长大，那是我最大的动力。”

“谢谢KDF，给我拥有生存的第二次机会。祝KDF, 25周年快乐！”



### “模范肾友” 奖的评选标准

- 准时接受透析治疗；
- 每周接受三次透析治疗；
- 定期接受血液和其它检验；
- 定期服药；
- 对护士有良好的态度和行为；
- 两次透析治疗之间的体重增加或维持在一定比例；
- 保持血清钾、磷和血糖含量在理想范围



## 过年送暖， 为善最乐

农历新年是个充满喜气的节日。在这段期间，我们也要确保KDF的弱势肾病患者们也能过好年。

今年2月，KDF的董事和TKS世家掏出宝贵时间拜访洗肾中心，给我们的肾病患者们派橘子和发红包。肾病患者甚至有机会在透析中心与TKS世家的选美小姐合照，令他们喜悦万分。

在此，我们要特别感谢TKS世家和KDF华社筹款委员会赞助的礼包袋，橘子和红包。你们的小小善举，在这过年期间，给患者们带来欢乐与笑容。



“能够与肾病患者分享农历新年的气氛，是我们的荣幸。当他们收到我们的礼包时，看到他们脸上的笑容，让我们感到很欣慰。让我们一起尽一份力，助于KDF所服务的弱势晚期肾病患者！”

Dato Sri Siva  
集团主席  
TKS世家



随着KDF的业务扩张，为更多的弱势患者提供服务，亚历山大医院现有的设施已经无法满足机构的需要。1997年，第一间专属KDF的肾脏透析中心在碧山开始运营。洪女士是最早期从亚历山大医院转移到碧山透析中心的患者之一。在于2007年，KDF在锦茂建立了第二个肾脏透析中心。由于离住家很近，洪女士申请转移到锦茂接受治疗。

洪女士的肾脏读数总有高钾数值的问题，但在护士的照护下，她逐渐学会控制病情。她的母亲也帮忙照顾她的四个孩子，好让她安心的去洗肾。

作为一名长期洗肾患者，洪女士遇到了许多好心人，让她从未感到自己孤立无援。她深情地回忆起一件令她非常感动的故事：“我收到长女的小学老师的电话，告诉我她的学业明显退步，想了解事出的原因。我向她解释了我们家庭的情况。小学老师得知后，便安排长女每天留下来课后辅导，好让她赶上功课。女儿的学业也大有进步，让我感到慰藉。”

洪女士在过去的25年里接受洗肾治疗，经历人生种种的困境及苦况。因有善心人士的支持和KDF的全面资助，让洪女士能够看着自己的孩子成家立业。如今，67岁的洪女士有5个孙子。长女现在从事为关顾辅导员，为社会中的弱势群体服务。

洪女士热情地笑着说：“感谢KDF让我有机会活下去，让我体验生活中的简单乐趣。虽然我的住家简朴，但我很欣慰有一个安身之所。虽然吃的三餐都是家常便饭，但每天陪家人一起吃饭，有着满满幸福感。我这样就很满足了。”

## 活在当日

回忆起医生初诊时，71岁的林金伦先生情绪高涨，席卷了安静的透析中心。他说：“那时非常艰难，我儿子才3岁。”

那时，林先生离开了从业22年的工作，申请当一名重型车司机。公司要求他去做体检。由于医生发觉他的心脏扩大，因此进行了更深刻的检验，证实林先生患有肾衰竭，需要赶紧接受透析治疗。

24年前被诊断出患有末期肾衰竭，让林先生无法驾驶重型车辆。他不得不担任临时承包商的工作。林先生每周得接受3次透析治疗，每一个疗程需要4个小时。每当疗程过后，他都会筋疲力尽。

“那时候我的生活习惯非常放纵，也很忙碌。我经常会跟同事和生意伙伴一起出去餐饮喝酒。”开始洗肾后，林先生的商务聚会也渐渐减少了。担任临时承包商近两年后，医生和社工建议他尝试利用他的士驾照去开出租车，以让他有灵活的工作时间。

2000年，林先生开始驾驶出租车。但2009年，不辛的事却发生了。林先生被诊断出患有另一种疾病 - 结肠癌。当时他不得已必须停止驾驶。

“那时我很想结束自己的生命。”林先生回想起自己因多种疾病而给家人造成的经济负担，妻子作为家庭的唯一经济支柱，也得陪伴他去覆诊，使他泪流满面。

起初林先生拒绝接受结肠癌的治疗，但医生和护士并没有放弃劝他。在他们鼓励下他坚强的接受治疗。经过多方说服，他同意进行手术去除癌症肿瘤。

休息了整整三年后，林先生决定继续驾驶出租车。

康复后一切似乎都相似顺利，但2019年，林先生在巴士上没有站稳，结果摔伤了。那起事故惊吓了他的家人，林先生也因此决定退休。

尽管经历了许多磨难，林先生仍然选择保持乐观的态度。他说：“现在，我只是很简单的过生活。一天过一天。”

当林先生得知KDF今年庆祝成立25周年时，他感恩不尽。多年来，他获得洗肾治疗所需的全额资助，减轻了家庭的经济负

担。在KDF洗肾超过二十年后，护士和其他肾病患者也都成为他的长期朋友。

林先生笑着说：“因为KDF，我有这个荣信看着自己的儿子长大。”儿子今年27岁，将在今年的6月结束国民服役，然后继续升学及探索摄影为自己的职业选择。

在KDF，像林先生的个案我们并不少见。KDF所服务的肾病患者来自我国最低10%层次的低收入家庭。这当中不乏因年老或健康不佳而未能就业，因经济上有所困难，负担不起透析治疗和药物的费用



而获得洗肾治疗所需的全额资助。因为有善翁的捐助，KDF才能全心全意为我们的弱势肾病患者提供透析治疗、药物、护理和其它服务。

慈善不分你我，爱心不分大小。您的捐助能为本基金的肾病患者们延续生命与希望，并让受益者感受到祝福与善念的温暖。您可把捐款支票的受益者写上‘KDF’，填写捐款表格，放入我们所提供的回邮信封寄回本基金。您也能选择通过手机扫描以下的PayNow QR二维码进行无线捐款。您的慷慨解囊能让本基金的肾病患者们有尊严的度过晚年。



在肾脏透析基金，我们有很多保持积极乐观的肾脏病患。他们都会把握和珍惜与亲人相处的时间。您的慷慨解囊能帮助我们的肾脏病患。

您可把捐款支票的受益者写上‘KDF’，并在支票背面注明“KDF”以及您的联络资料，放入我们所提供的BRE寄回本基金。您也能选择通过手机扫描以下的PayNow QR条形码或输入UEN: 199600830ZK33进行无限捐款。



扫描捐款二维码

# 肾脏透析简报

一月-三月  
2021

## 生活的乐趣

似乎没什么异常的身体检验却比想象中更严重。当时才34岁的洪宝玉女士被诊断出患有肾衰竭。“我以为只是普通的肠胃炎，但结果发现自己有肾病。我只能怪自己年轻时没有照顾自己的身体和注重饮食习惯。以前我工作太忙，自行用药，忽略了自己的健康。”那时她还年轻，医生建议她开始透析治疗，以防病情恶化。

那时，洪女士在一家公司担任行政人员，也是家庭的主要经济支柱。她的丈夫只是打散工，收入不稳定。洪女士和丈夫当年需要供养四个孩子，扣除了抚养年幼孩子所需的开销和洗肾费用后，剩下的收入只是僅足糊口。洪女士也得常跟自己的兄弟姐妹借钱，使她感到束手无策。



“90年代，很多人不了解肾病。有关慢性肾疾病的认知及设施也有限。当时资助洗肾疗程的辅助金也没几个。每个月的洗肾医疗费用超过\$2000，让我难以负担。”那时候，洪女士为了不想拖累家人，准备放弃治疗。

1996年，通过社工的转介，洪女士来到KDF接受洗肾治疗。当时，KDF是个新成立的慈善机构，为弱势肾病患者提供全额洗肾疗程资助。因有KDF及善翁的帮助，洪女士获得KDF洗肾治疗所需的全额资助。

当时，KDF并没有专属的洗肾中心。有许多肾病患者跟洪女士一样，在亚历山大医院接受洗肾疗程。“我记得当时在亚历山大医院和其他的肾病患者在一个小范围内洗肾。虽然设备很简单，但护士们的无畏关怀给我们的小角落带来种种温馨。”

“有一次，我在洗肾过程中晕倒了。直到今日，我还谨谨记得医院里的护士的声音，一直告诉我：“洪女士，你不能闭上眼睛。你的孩子还需要你。”那句话让我顺利度过生活中的难关。我告诉自己，随着时间的流逝，我会慢慢应付这些短期挑战，孩子们始终也会长大，独立的。”

## 本期内容



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过年送暖，为善最乐



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KDF的模范肾友！