

KDF LINK

MCI (P) 054/04/2015

KEEPING FAITH

BY JEMIN CHUA

We all imagine that when the time comes we age gracefully and naturally, surrounded by the warm and smiling faces of our children and grandchildren. We envision that life would be simpler, slower – better.

So what do you do when you are aged and forced to accept that you are now a feeble burden to the family you fought to support in your youth, and your body is no longer functioning as it should?

You pray.

Pandemonium

In year 2009, Mdm Zainon Binte Ithnin's life was thrown into pandemonium when she fell victim to a hit-and-run incident in Malaysia. The accident occurred while she was on her way back from the Mosque, and it left the right side of her body severely injured.

She spent the next 1.5 months recuperating in the hospital, gritting her teeth through the many rehabilitation sessions and finding strength through prayer. Still, this merciless deal from fate has yet to run its course.

After the accident, it was discovered that her blood pressure was exceptionally high and she was showing symptoms of kidney failure such as swollen legs and a

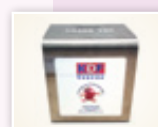


decrease in urine output. In 2011, her doctors broached the subject of dialysis as they found that one of her kidneys had already failed and the other was failing. Mdm Zainon refused, hoping for a miracle.

Two years later during the month of Ramadan, Mdm Zainon suffered from a heart attack. "I could feel it, you know, like my lungs were full of water. I couldn't breathe," she recounted. At the hospital, the doctors informed her that her condition was now critical and she needed to start dialysis at once should she want to live.

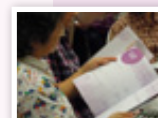
It took all but 15 days for all the water and toxic waste build-up to be cleared from her system and

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for her to feel comparatively better. Mdm Zainon, now 65, has since been on Peritoneal Dialysis for about two years, and is managing the daily dialysis herself.

However, she is finding it increasingly challenging to manage the dialysis herself as it involves the carrying of bags of solution that can add up to about 5 liters. It has been especially difficult of late after her heart bypass operation in February this year, which had significantly weakened her physical state.

There was an unmistakable sense of desolation in her voice as she shared how anguished she feels having to go through these processes alone without help

from her family and at her lack of control over her own body.

Seeking Solace

In these moments of helplessness, she turns to religion to ask for strength to overcome these worldly hurdles. "I ask God to help me and I pray that I can be released of my worries, and somehow, I find the strength to persevere" she said.

Religion has been her only support and relief through these life-changing events.

Despite being on dialysis, she fasted last Ramadan, taking her medication only after breaking fast – much to the dismay of her doctors. Dialysis itself was not an

issue as she is on Automated Peritoneal Dialysis (APD), where the exchanges are performed by a machine in the night while the patient is asleep.

She tried fasting for 3 days this Ramadan, but had to give up as her body was unable to take it at its current state. Although she feels sorry that she is unable to fast this year – a sacrifice which she takes much pride in – she understands that according to her religion, sick persons can be exempted from fasting.

In spite of all the difficulties and pain in her silver years, it is her faith in God and religion that keeps her going every day. It is her one and only solace.

Mdm Zainon is one of many patients at KDF battling against their illness. The little that we can do for them is to ensure that their dialysis fees remain affordable and treatment is not out of reach. If you would like to contribute to our cause, you may make a donation via the enclosed business reply envelope. For more information on how you can help, please visit www.kdf.org.sg or call **6559 2651**.

ABOUT PERITONEAL DIALYSIS

Peritoneal dialysis is a form of dialysis that occurs inside the body. Dialysis solution will flow into the peritoneal (abdominal) cavity through a silastic catheter (a small soft tube). The peritoneal membrane (peritoneum) acts as a filter. Waste products and excess water pass from the body through the membrane into the dialysis solution. When the filtering process is completed, the waste filled solution is to be drained from the peritoneal cavity into a bag and is then discarded. Fresh dialysis solution is then drained into the abdominal cavity through the catheter again.

LITTLE BOXES OF HOPE! – NEW PARTNERS

BY **ERICIA LAU**

We are pleased to announce new collaborations between KDF and the following organisations: Renhai Corporation Pte Ltd (Herbal Oasis), De Burg Singapore Pte Ltd, selected Kim San Leng Coffee Shops, Ming Yuan Religious Products Pte Ltd and Asia Air Travel & Tour Pte Ltd.

These meaningful collaborations will enable KDF to place our donation boxes at their respective outlets as part of their corporate social responsibility efforts to help raise funds for needy kidney patients.

On behalf of our patients, we would like to express our heartfelt thanks and appreciation to our current and new collaborating partners for their generosity in allowing us to place our donation boxes at their business outlets.

CALLING FOR NEW PARTNERS!

If you are interested to be part of this project and give back to the community, please contact Ms. Ericia Lau at **6559 2652** or Ericia.lau@kdf.org.sg for more information.



SOME FACTS ABOUT OUR NEW PARTNERS:

Herbal Oasis Café (by Renhai Corporation Pte Ltd)

Description: Healthy sumptuous meals developed by qualified TCM physicians
Address: 27A Neil Road, Singapore 088817
Operating Hours: Mon to Sat – 12pm to 7pm (Excluding Public Holidays)

De Burg Singapore Pte Ltd

Description: Gourmet Burgers (Over 101 varieties to choose from)
Address: 2 Kallang Avenue, CT Hub, #02-15, Singapore 339407
Operating Hours: 11.30am – 3pm; 5.45pm – 9.45pm (Tues to Fri)
 12pm – 9.45pm (Sat, Sun, Public Holidays and eve of Public Holidays)
**Closed every last Tuesday of the month*

Kim San Leng Coffee Shop

Description: Local coffee shop
Address: **1 Kim San Leng (Soon Lee) Pte Ltd**
 3 Soon Lee Street, Pioneer Junction, Singapore 627606
2 Kim San Leng Coffee Shop @ Bukit Panjang Ring Road
 259 Bukit Panjang Ring Road (Bangkit Road), #01-36, Singapore 671259
3 Kim San Leng Coffee Shop @ Bishan Street 13
 511 Bishan Street 13, Singapore 570511

Ming Yuan Religious Products Pte Ltd

Description: Sale of religious products
Address: 320 Circuit Road Swee Hong Building, Singapore 379483

Asia Air Travel & Tour Pte Ltd

Description: Travel and ticketing agency
Address: 304 Orchard Road #01-86 Lucky Plaza, Singapore 238863



NEW AT KDF

BY JEMIN CHUA

It has been an exciting few months at KDF, especially at our dialysis centres. Over two Sundays in April and May this year, we installed a spanking new Vinyl flooring at our Bishan centre, surprising patients as they came in for dialysis on Monday.

The new Vinyl flooring is especially suited for healthcare settings as it features an exclusive surface treatment which is resistant to stains and chemicals from healthcare products and inhibits contamination and bacteria development.

The new flooring is also expected to bring about cost-savings in the long run, as it is easy to maintain – consuming less water and detergent – and does not require waxing, in addition to being durable and well-suited for high traffic.

In the months of June and July, a leak detection system had also

been installed at our Kreta Ayer and Bishan dialysis centre. These new additions help to prevent against flooding in the event of a pipe burst in our RO room – the heart of any dialysis centre.

Down at our Ghim Moh centre, we are expecting 8 new dialysis machines in July to replace the existing worn machines which have been in service for many years. These machines were purchased with funding from the Community Silver Trust (CST), administered by the Agency for Integrated Care.

Plans for the replacement of dialysis chairs at our Bishan centre is also in the pipelines. Being the oldest KDF dialysis centre in operation, the chairs at Bishan are in dire need of replacement to ensure that patients are comfortable during dialysis. This is especially important since they need to be seated for about 4 hours each session.

With all these improvements and new facilities at our dialysis centres, it is our hope that the efficiency and quality of care at our centres will surpass patient expectations and also enhance their overall well-being while at our premises.

If you are interested in helping our patients in alternative ways like supporting the purchase of dialysis chairs at our dialysis centre, please contact Ms Jemin Chua at 6559 2651 or jemin.chua@kdf.org.sg to find out more.



LIVING MATTERS ADVANCE CARE PLANNING

BY JEMIN CHUA



Illness and end of life issues.

These are topics typically shunned by Asians as it is considered 'inauspicious' and a cultural taboo to talk about.

But on 31st May 2015, a group of KDF patients and their family members attended a unique seminar on advance care planning where among other things, they were prompted to

voice their fears and worries about having a serious illness.

Despite the weight of the topic, the seminar progressed smoothly with most participants contributing to the group discussion with their frank and open responses.

Mr Andy Sim, a Senior Social Worker from the Singapore General Hospital (SGH) was the main speaker who steered the discussions and managed the flow of the programme. Other medical social workers

from SGH together with KDF staff and volunteers, assisted by facilitating the individual group discussions which were conducted in English, Mandarin and Malay.

During the discussion, participants were urged to think about what made each day meaningful to them, what they could not live without, and their greatest fears and worries about having a serious illness.

Among the responses, a recurring theme was family and finances – both of which were what they couldn't live without and formed part of their greatest fears.

The seminar was an insightful one, where patients and their family members learnt the difference between Advance Care Planning, Advance Medical Directive and a Lasting Power of Attorney, and how these different documents are independent but can complement each other to convey their wishes on their future health and personal care.

KDF would like to take the chance to thank the medical social workers from SGH, patients, nurses and volunteers for attending this patient education seminar organised by Renal Friends – KDF's patient support group.



SG50 CELEBRATION WITH TOTE BOARD FAMILY

BY DANIEL YAO & JEMIN CHUA

Vibrant lights, laughter, excitement and a new Singapore record.

In celebration of Singapore's Golden Jubilee, the Tote Board (Singapore Totalisator Board) Family organised a fun-filled carnival on the 4th of June at the Singapore Racecourse, Kranji. Close to 50 KDF patients, their caregivers and staff attended the carnival where we celebrated an early 50th birthday for our nation with other invited guests.

KDF is very honoured to have been invited by the Tote Board Family to join in the celebrations. Our patients and their family were especially excited to go on this little 'field trip' to see the horses and to visit the Singapore Turf Club – a first for all of them.

There were plenty of activities lined up at the carnival. Not only were there horses, there was also a stage show with dance, getai* and xinyao* performances, numerous nostalgic games from yesteryears and a Charity Bazaar run by various local charities and non-profit organisations.

It was an enjoyable night for our patients as they reminisced about their

childhood through the many games and were well entertained by the stage performances put up by the cast of "Ah boys to men" and familiar getai hosts. They also received a limited edition NETS FlashPay card specially produced by the Tote Board Family.

KDF staff on the other hand, took part in the Charity Bazaar alongside other charitable organisations. Over at our booth we prepared a series of fun and interactive games related to healthy lifestyle and had a blast of a time engaging children, families and some seniors to learn more about healthy living.

Other charity booths featured handicraft, colourful balloon structures, soft toys, and even an Olaf mascot from the film 'Frozen' who was always waving enthusiastically to the children and prompting them to take photos with him. All proceeds from the Charity Bazaar went to the respective charities in aid of their cause.

KDF would like to extend our deepest appreciation to the Tote Board Family for inviting our patients, caregivers and staff to the event and for being such a wonderful host to us. Thank you!

*Getai – A live stage performance held typically during the Hungry Ghost Festival.
*Xinyao – A genre of songs that is unique to Singapore, normally composed and sung by Singaporeans about life within the country.



MAKE A DIFFERENCE VOLUNTEER AS OUR FLAG DAY AMBASSADOR

BY DANIEL YAO

The KDF annual flag day is back again! This year, the KDF Flag Day will be held on 5th December 2015 (Saturday), and we aim to raise \$35,000 to fund the subsidised dialysis and medication programme for low-income kidney patients with KDF.

To achieve this, we will need all the help we can get.

So please extend a helping hand and volunteer to be our Flag Day Ambassador for the KDF Flag Day 2015. You are most welcomed to engage your friends, colleagues, or family to join in this meaningful event.



Special arrangements can be made for organisations that wish to sign up as part of your organisation's corporate social responsibility efforts. Contact us to find out more.



To sign up your interest in volunteering for the KDF Flag Day 2015 or to find out more on how else you can contribute, please contact Daniel at daniel.yao@kdf.org.sg or call 6559 2652.



Ways YOU can help:

- 1) STREET COLLECTION**
Grab your friends or family and join us as our Flag Day 2015 Ambassador on 5th December 2015, Saturday.
- 2) INTERNAL COLLECTION**
Organise an internal collection of donations within your organisation.
- 3) DONATE**
Support KDF directly by mailing us a cheque made payable to "KDF", indicating "Flag Day 2015" on the back, as well as your name/organisation name, NRIC/UEN number, contact number and address. You can also donate via www.kdf.org.sg



HYPERTENSION

(Part 1)

HYPERTENSION OR HIGH BLOOD PRESSURE IS CALLED THE “SILENT KILLER” BECAUSE IT SELDOM CAUSES SYMPTOMS UNLESS IT IS SEVERE.

What is blood pressure?

This is the force of blood against the walls of the blood vessels. Your blood pressure consists of two numbers. The top number is called the systolic pressure and it measures the maximum pressure of your blood when the heart is pumping. The lower reading is the diastolic and it measures the pressure in the blood vessels when the heart is in the relaxation phase and filling up before pumping again.

Blood pressure reading is classified as follows:

Blood pressure	Systolic blood pressure (mmHg)	Diastolic blood pressure (mmHg)
Normal	<130	<80
Borderline	130-139	80-89
High	>140	>90

What causes high blood pressure?

Factors known to increase blood pressure include:

- Obesity
- High intake of alcohol
- High intake of salt
- Family history
- Aging
- Sedentary lifestyle

How will I know if I have hypertension?

Usually there are no symptoms and you may not be aware until your blood pressure is checked using a

blood pressure set or sphygmomanometer. However, some patients do experience some nonspecific complaints and these include the following:

- Headache
- Nausea and vomiting
- Visual disturbances
- Tiredness
- Anxiety
- Excessive perspiration
- Facial redness
- Muscle tremors

What are complications of hypertension?

If you are hypertensive and not on any treatment, it can lead to:

- Heart Diseases
- Kidney Failure
- Stroke

How is high blood pressure diagnosed?

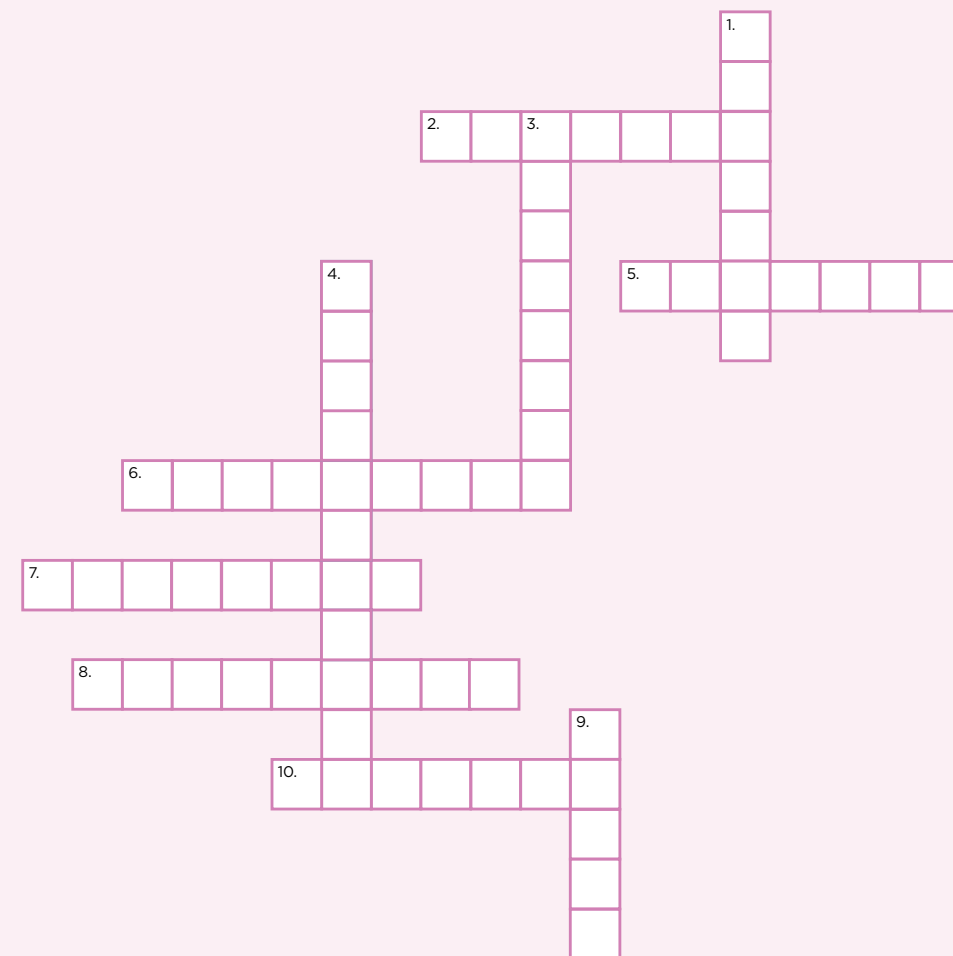
Hypertension is established when blood pressure measurement is high on three or more separate occasions. They are usually measured one or two weeks apart.

Look forward to the next issue of KDF Link where we will discuss the treatment options available for hypertension and what other steps you can take to prevent and lower blood pressure.

Fun with Health!

“Who says health cannot be fun?”

Test your knowledge on kidney-related health information. Complete the crossword puzzle below.



ACROSS

- The **K**_____ act as the master chemist of the body.
- _____ is a hormone that regulates the amount of sugar in the blood.
- To avoid fluid retention, the doctor may order the use of medication such as **D**_____ to encourage more urine production.
- Peritoneal Dialysis uses the **M**_____ in the patient's abdominal cavity as a filter.
- The tiny units responsible for filtering waste products in the kidneys are **G**_____.
- F**_____ is one of the warning signs of kidney disease.

DOWN

- Kidney **D**_____ is any kidney condition that can potentially damage the kidneys.
- The most common cause of chronic kidney failure in Singapore is **D**_____.
- One of the early signs of kidney disease in diabetic patients shows up as leakage of protein in the urine. This condition is known as **P**_____.
- R**_____ failure is a medical condition where the kidneys are unable to perform its normal functions.

Created on *TheTeachersCorner.net* Crossword Maker

Answers can be found in the KDF health brochures (<http://www.kdf.org.sg/education/health-brochures>)



高血压

高血压也被称为“无声杀手”，它往往待病情严重时才会出现症状。

什么是血压？

血压是血液在血管内流动时对血管壁产生的一种压力。血压包含收缩压和舒张压。收缩压（俗称高压）— 测量心脏收缩时血液对血管壁的侧压力；舒张压（俗称低压）— 测量心脏在舒张时血液对血管壁的侧压力。

血压可分为以下的等级

血压	收缩压 (mmHg)	舒张压 (mmHg)
正常血压	<130	<80
临界高血压	130至139	80至89
高血压	>140	>90

导致高血压的原因是什么？

导致高血压的因素包括：

- 肥胖
- 饮酒过量
- 盐分摄取过量
- 遗传
- 年长
- 生活缺乏运动

要怎么知道自己患有高血压？

高血压通常不会有任何症状，所以患者也不容易察觉自己已患有此病，唯有通过血压测量器的检测才能被确定。然

而，有些患者也会感到类似以下的一些不适：

- 头痛
- 作呕及呕吐
- 视觉受影响
- 疲累
- 忧虑
- 多汗
- 脸部赤红
- 肌肉不时颤抖

高血压有哪些并发症？

高血压患者若没有接受治疗，将会导致：

- 心脏疾病
- 肾衰竭
- 中风

如何诊断高血压？

若在三次或更多的不同时段检测中，血压都呈现偏高的现象，即可断诊为高血压。通常这些时段都相隔一至两个星期。

下一期的《肾析简报》将更深入的为您介绍高血压的治疗方案及如何降低和预防高血压。敬请期待。

“售旗日爱心使者” 召集令

译鲁旭



KDF一年一度售旗日又要到了！今年的KDF售旗日在2015年12月5日，星期六！我们希望在售旗日能为在KDF洗肾的低收入肾病患者筹集\$35,000元善款，用来津贴他们的洗肾医疗费。



为了实现这一愿望，我们需要您的全力支持。

请伸出援手加入我们的义工团队，约上您的朋友、同事、家人，一起成为KDF2015年售旗日的爱心售旗大使吧！

企业组织如果希望以公司名义参与KDF售旗日活动，或将KDF售旗日纳入贵公司CSR(企业社会责任)活动项目的一部分，欢迎与我们联系讨论具体安排。

如有意成为KDF2015年售旗日义工，或希望了解其他您可以贡献的方式，请联系Daniel，电话 6559 2652 或电邮 daniel.yao@kdf.org.sg



您可以帮助我们：

1) 街头募捐

邀请您的朋友或家人一起成为KDF2015年售旗日爱心大使，就在2015年12月5日，星期六。

2) 内部募捐

在您所在的组织机构发起内部募捐筹款。

3) 直接捐款

您可直接邮寄支票捐款给我们，支票受益团体为“KDF”，并在支票背面注明“2015售旗日”以及您的姓名或机构名称，证件号码，联络方式及地址。您也可到KDF网站 www.kdf.org.sg 在线捐款。

博彩局欢庆SG50嘉年华

译鲁旭

为庆祝新加坡金禧年，博彩局大家庭于6月4日在克兰芝赛马场举办了一场大型嘉年华。将近50名KDF病患、家属以及KDF员工很荣幸地受邀请参加了此次活动，和其他宾客一起提前为我国庆祝五十岁生日。

人生第一次到赛马场亲眼看看高大的骏马，我们的病患和家人们对这次短途旅行都非常兴奋。除了马儿，嘉年华里还有更多精彩的活动等着大家。

娱乐区的各种怀旧游戏不禁让大家回忆起自己的童年时光，大舞台上知名歌台主持、歌手还有“新兵正传”里的演员们也到现场为大家献上耳熟能详的歌舞和新谣表

演。多姿多彩的节目让平时很少有机会外出玩乐的病患们度过了一个愉快的夜晚，他们还收到主办方特别为此次活动定制的易通卡。

而另一边，KDF员工们正在由本地慈善机构和非盈利团体组成的慈善义卖场里忙乎着照顾每一位来访宾客。KDF还在展台上准备了一系列有关“健康生活”的互动小游戏，吸引众多小朋友、家长还有长辈们参与其中，大家通过玩游戏学习健康小知识，一举两得。

KDF祝贺博彩局成功举办这一大型嘉年华，也非常感谢博彩大家庭成员对我们的病患、家属和员工的热情款待。



小箱子 大希望

译鲁旭

呼吁新伙伴的加入！

如果您希望加入KDF捐款箱的放置计划，用实际行动回馈社会，请联系Ericia 刘小姐咨询详情，电话 6559 2652，电邮: Ericia.lau@kdf.org.sg。

又有更多的KDF捐款箱找到它们的新主人啦！在此我们高兴地向大家宣布以下企业商铺启动了与KDF捐款箱放置的合作，它们分别是：仁海公司旗下的Herbal Oasis、De Burg新加坡私人有限公司、金山嶺咖啡店（部分分店）、明愿神佛私人有限公司以及Asia Air Travel & Tour Pte Ltd。

这些有意义的参与与合作，不仅能够帮助贫困的肾病患者筹集到洗肾医药费，同时也可以尽到自己企业的一份社会责任。

在此谨代表我们的病患，向在营业网点摆放KDF捐款箱的企业商铺致以最诚挚的感谢。

新合作伙伴相关信息：

Herbal Oasis Café (仁海公司旗下)

主营： 由资深中医师亲手搭配的健康养生餐饮
地址： 27A Neil Road, Singapore 088817
营业时间： 星期一至六; 12pm-7pm (公共假日休息)

De Burg 新加坡私人有限公司

主营： 美味汉堡包 (上百种口味供选择)
地址： 2 Kallang Avenue, CT Hub. #02-15, Singapore 339407
营业时间： 11.30am - 3pm; 5.45pm - 9.45pm (星期二至五)
12pm - 9.45pm (星期六日、公共假日及假日前夕)
*每月的最后一个星期二休息

金山嶺咖啡店

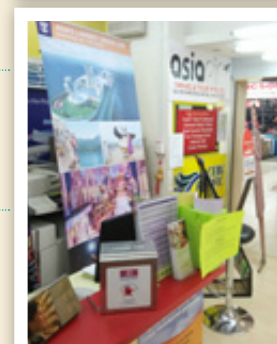
1 金山嶺(Soon Lee)
地址： 3 Soon Lee Street, Pioneer Junction, Singapore 627606
2 金山嶺@武吉班让环路
地址： 259 Bukit Panjang Ring Road (Bangkit Road), #01-36, Singapore 671259
3 金山嶺@ 碧山13街
地址： 511 Bishan Street 13, Singapore 570511

明愿神佛私人有限公司

主营： 各类神诞祭祀用品
地址： 320 Circuit Road Swee Hong Building, Singapore 379483

Asia Air Travel & Tour Pte Ltd

主营： 旅行票务代理
地址： 304 Orchard Road #01-86 Lucky Plaza, Singapore 238863



生命规划 预先护理计划

译蔡永馨

疾病和死亡在亚洲人的文化传统中是忌讳的话题，谈到它们总觉得不吉利，因此亚洲人大多数情况下回避这两个话题。

但在今年的5月31日，KDF的病患及其家人共同参与了一场别具一格的座谈会，其中一项重要话题是讨论预先护理计划。这促使他们表达出自己面对严重疾病时的恐惧及担忧。

此次座谈会主题虽然沉重，但参与者侃侃而谈，积极参与小组讨论，使得座谈会能够顺利、成功地进行。

新加坡中央医院（SGH）的资深社工Andy 作为主持人掌控座谈会的整体流程及讨论方向。其他来自中央医院的多名社工、KDF职员和义工们则充当协调员，组织话题的小组讨论。讨论以中、英、马来三种语言进行。



在主持人和协调员的引导下，参与者共同探讨了如下问题：什么会让人的每一天都过得有意义？什么是人生中不可缺少的？当身患严重疾病时最担心恐惧什么？热烈讨论之后得出的结论归纳为两个：家庭与财务状况。大多数参与者认为人生中不可缺少的是家庭，当身患严重疾病时最担忧的是财务状况。

此次座谈会也是一次相关知识深入详实的宣教会。主持人详细介绍了预先护理计划、预先医疗指导和如何签署持续有效的授权委托书等内容。让病患及其家属了解这些文件的不同之处以及如何运用它们相辅相成帮助自己达成对未来健康以及个人护理方面的意愿。

借此机会KDF向所有参加座谈会的社工、义工、病患和护士表达感谢！衷心感谢你们抽空参与这个由肾友会所举办的活动。



纵使生活起了再多的变化，Zainon女士对神的虔诚信奉坚定不移。即使洗肾也仍然坚持在斋戒月进行斋戒，纵使被医生劝阻也没有用。斋戒期间Zainon女士会把每天该吃的药都延到开斋之后才服用，透析则照常晚上进行。

心脏绕道手术后，Zainon女士本想今年继续进行斋戒，可是才过三天身体就承受不住了。对此她虽然深感遗憾，却也了解她的宗教并不强迫病人斋戒。

在如此艰辛的晚年生活中，唯一对Zainon女士不离不弃的正是她的信仰。是信仰给了她勇气，是信仰给了她坚强，亦是信仰给了她生命。

Zainon女士只是KDF的众多病患之中的其中一员。每一个病人的身后都有一段故事，其中一些仍然在病魔和存活之间徘徊，我们能为他们做的其实不多，但若您有心帮助这些贫困的肾脏病人，您可以通过随附的回邮信封捐款。如需更多资讯，请浏览www.kdf.org.sg或致电65592630。

腹膜透析

腹膜透析疗法利用患者身体自身天然过滤膜腹膜清洁血液，排除毒素和多余液体。腹膜是腹腔壁周围的膜，包裹着胃、脾、肝和肠。腹透液留置在腹膜腔内，患者血液内的废物和液体通过腹膜过滤到腹透液中。含有废物的腹透液在数小时后排出腹膜腔，随后输入新的腹透液，这就被称为交换。（取自<http://www.baxter.com.cn/>）

除旧布新

译鲁旭

最近几个月，对KDF 特别是我们的洗肾中心来说充满了兴奋和喜悦。四月份和五月份的两个星期日，我们的碧山洗肾中心更换了全新的塑胶地板，给星期一起来洗肾的病患一个大惊喜。

新安装的乙烯基(Vinyl)塑胶地板特别适用于医疗机构，这种地板的表面经过特殊处理可以耐医疗用品的化学腐蚀，并能有效抗污染和抑制细菌滋生。

新地板也非常容易维护保洁，清洗只需少量的水和洗涤剂而且不用打蜡，再者其材质经久耐用特别适合人流量大的场所。因此从长远看，采用新地板可以帮助洗肾中心节约成本。

六月和七月份里，KDF的牛车水和碧山洗肾中心也新安装了管道泄漏监测系统。RO 逆渗透处理系统室是每个洗肾中心的“心脏”，有了新装的监测系统可以很好地预防RO 室里管道爆裂事故的发生。

再来看看我们的锦茂中心，大家都在期待这个七月即将到来的8台新透析机，它们将替换服务我们病患多年现已陈旧的老机器。这些新机器是通过卫生部属下护联中心(AIC) 所管辖的社区乐龄基金(CST) 资助采购的。



此外，更新碧山中心洗肾椅的计划也在酝酿之中。作为KDF 运作时间最长的碧山洗肾中心，这里的洗肾椅急需换新。每次洗肾，病患们都需要在洗肾椅上连续坐4个小时，更新的椅子可以令他们比较舒适地度过每个洗肾时光。

我们希望通过这些改进和新置，带给病患们超出其期望的高效率及高品质的服务，从而提高他们的生活质量。

如果您想以不同的方式帮助我们的病患，比如帮助我们的洗肾中心购买洗肾椅，请联系蔡小姐洽询，电话：65592651，电邮：jemin.chua@kdf.org.sg。

肾析简报



尊奉信念

译蔡永馨

也许是因为年轻，我们对老年总有种想象。想象之中，我们儿孙满堂，生活的步调缓慢而惬意，清清幽幽的享受着晚年。但现实又岂会如此尽如人意？

若回过神来，你发现自己的健康状况告急，身体已不听使唤，自己也俨然成了家人的累赘，这个时候你能怎么办？

你可以祷告。

瓦解的世界

2009年Zainon女士因为一场车祸导致右边身体严重受伤，平凡生活一夜之间坍塌。然而，一连串的不幸这才刚刚拉开序幕。

在车祸后的一个半月里，Zainon女士咬紧牙根在医院进行治疗和复健，以祷告面对和克服眼前的困难。

车祸后，医疗团队发现Zainon女士的血压异常的高，同时她双脚浮肿，尿量也变少，出现了疑似肾病的迹象。2011年，医生发现Zainon女士的一颗肾脏已经衰竭，另一个肾也正逐渐失去功能，第一次向她提起洗肾的建议。

然而，Zainon女士拒绝了这一提议，选择等待奇迹的发生。

两年后，正逢回教徒的斋戒月(Ramadan)Zainon女士突然心脏病发。“我感觉就好像我的肺里灌满了水，根本没办法呼吸，”她回忆道。被送到医院后，医生告诉Zainon女士情况十分危急，并下最后通牒：若想活命就必须立刻开始洗肾，刻不容缓。



开始洗肾后，花了整整15天的时间才把长期累积在Zainon女士体内的水份和废弃物排出，她的状况也才得以好转。

今年65岁的Zainon女士接受腹膜透析已有两年，但她逐渐发现自己的体力难以负荷。因为腹膜透析疗法完全由病患自己操作，整个透析过程中患者需要搬动重达5公升的透析液。这对今年初才接受心脏绕道手术，体力已严重下降的Zainon女士来说并非易事。

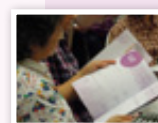
叙述起这一切，Zainon女士言语里的孤独无助不容置疑。她孤身一人面对病魔、接受透析，多病缠身的躯体也早已破旧不堪，心理的负担可想而知。

寻觅慰藉

信仰成了Zainon女士在彷徨无助时的唯一慰藉和依靠。她虔诚地祈求神赐予她坚强毅力帮她渡过难关，并祈祷能早日释怀，从烦恼中解脱。

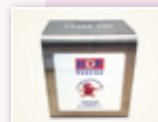
MCI (P) 054/04/2015

2015年7月-9月
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