

# KDF LINK



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## NO LONGER THE SAME

BY DANIEL YAO

30 years ago, I was a working mother taking care of my family and also a factory worker earning meagre wages to lessen the family financial burden. I would start the day by preparing breakfast for my family before heading out for a 12-hour shift at the factory. After work, I would rush home to cook dinner and supervise my children to do their homework. I was a wife and a mother who put my heart into everything I did to ensure that my husband and children were well taken care of.

But today, I am a double amputee and also an end-stage kidney failure patient. I depend on my caregiver to help me around, and in order to sustain my life, I need to sit through dialysis for four hours three times a week. Since I am not able to move myself onto the dialysis chair due to the loss of my legs, my caregiver has to lift me onto the chair before I can start dialysis treatment.

Although I am still a wife and a mother, I can no longer cook for my family or take care of them like I used to.

### UNHEALTHY LIFESTYLE AND ITS CONSEQUENCES

The cause of my amputation was diabetes. In retrospect, I had really neglected my health back then.

During my time working as a factory worker, there were many occasions where I had to work the night shift. It was tough and tiring. For the sake of



keeping myself awake, I would head down to the canteen to get a can of coke. This habit worsened when I was on my second job as the company offered free flow of carbonated drinks which led me to drink almost 10 cans of coke every day.

Eventually, I was diagnosed with diabetes and it subsequently led to kidney failure.

When I was first diagnosed with kidney failure I did not know what the illness was. I felt depressed and thought to myself "why is it me?", but when the reality started to sink in, I accepted it. However, I was no longer able to continue working due to medical complications.

When my diabetes got worse and I was told that I needed to amputate one of my legs to stop an infection,

I was able to handle the news relatively well. Although I did feel sad, I did not shed a single tear unlike my family. If they needed to take away my leg so that I could survive, I will allow them to do so. I constantly reminded myself that I had to be strong.

But the truth was, I didn't like the idea of amputation. I was mortified to be seen as a handicap.

**CRUEL REALITY STRIKES AGAIN**

One week after my first amputation I was delivered news that I needed to amputate my remaining leg. It was a devastating blow for me and my family. I was exasperated because I could not understand why they needed to do this a second time when one of my legs was already gone.

This time round, I was adamant about the amputation. I wanted to give up on life, to die and end my suffering. It was truly a depressing period for me. My life was so much better before, as I was able to hang out with my friends, chit-chat with them and go shopping. But because of my current situation, it is no longer as convenient to meet them for such "normal" activities.

Then it occurred to me, what right have I to be sad? My legs are gone now and there isn't anything to cry about since the only person I can blame is myself.

So, I accepted this cruel reality.

**GRIM CHALLENGES AHEAD**

My husband is a forklift driver and the main breadwinner for the family as my eldest son is unemployed and my second son is serving a jail term. Although my youngest son is working, we didn't want to burden him with the family financials as he is not earning much.

It is difficult for us to cope financially since there are a total



of eight members in our family. In addition to my costly medical expenses, my two grandchildren are still schooling, so we also have to deal with their school fees. My second son used to be my caregiver but since he is now incarcerated, we had to employ a caregiver to take care of me. With all these expenses weighing on our backs, my husband has to work overtime to make ends meet.

Being wheelchair-bound also poses many problems. I currently take a bus to the dialysis centre but I can only board the wheelchair-accessible bus which comes less frequently.

To able-bodied individuals, a flight of stairs is nothing much, but to me and my caregiver it could be a nightmare. We always have to find a ramp or a lift in order for me to move up. Thankfully, we have not encountered any incidents where all the lifts at my block were not working; I cannot imagine how we can get home in that situation.

But the hardest challenge would be my diet. I have to pay close attention to what I consume and it is very difficult as I have to restrain myself from eating all the food I love. During festive seasons, I would see the rest of my family munching on delicious snacks and food while I keep my meals simple. I do my best to resist them, for I know that these are not good for my health and I cannot afford to feast uninhibitedly as ultimately I would suffer the consequences.

**LIFE PRESENTLY**

My life now is as simple as it can be. On non-dialysis day, I would go jalan-jalan at the garden near my home or stay home to watch television shows. I would also spend time with my husband by going to the nearby coffee shop to drink kopi together after he ends his work. He would also cook meals for the family with me by his side to guide him on what to do and what ingredients to add. It is fun but frustrating for me because he can be very clumsy.

My only regret is that the unhealthy lifestyle and the discipline I lacked to take good care of my health resulted in my current situation. That is why whenever I see my children consuming too much sugary drinks or unhealthy food, I would stop them and warn them about the consequences because I worry that if they continue to do so they will end up like me.

*Mdm Jamilah Bte Zainal*

At KDF, we have come across many patients who have to amputate their limb(s) to stop their wound infection when it fails to heal. Patients with amputated legs often face difficulties taking public buses and trains. Mdm Jamilah is one such patient.

Understanding these challenges, KDF rolled out a patient transport subsidy programme last year to help patients with mobility issues. Under this programme, patients are able to take a taxi home after dialysis if they require.

If you would like to help patients like Mdm Jamilah with their treatment costs, you can send in your donations via the enclosed Business Reply Envelope. For more information, please visit [enquiries@kdf.org.sg](mailto:enquiries@kdf.org.sg) or call **6559 2630**.



# It's All About YOUR HEART

Date: **20 November 2016**  
Venue: **Bukit Batok HomeTeam Clubhouse and Bollywood Veggies**  
Event: **Patient Seminar and Outing**

BY **DANIEL YAO**

Are you aware that the kidneys and the heart are closely related to each other? Both are two major organs in the human body, which is why heart and kidney diseases often go together.

On 20<sup>th</sup> November 2016, Renal Friends, a patient support group established by KDF for all kidney patients and their families, organised a seminar to impart knowledge on heart diseases and highlight its close relation to kidney diseases. The seminar was conducted by Dr Wong Jiunn, a consultant nephrologist from Singapore General Hospital.

The seminar focused on heart-related diseases, its risk factors, how kidney disease often pose as a risk for the development of cardiovascular disease and what the patient should do if he or she

develops a heart disease. Our patients also got the opportunity to answer simple questions on the topic to win supermarket vouchers.

The seminar ended with a sumptuous buffet lunch before they departed for their next destination - Bollywood Veggies.

At Bollywood Veggies, patients were treated to a guided farm tour where they not only got to touch, smell and taste some of the vegetables, spices, herbs and fruits grown there, interesting facts, health benefits and ways to cook these vegetables were also shared by the experienced guide.



After the tour, patients were directed to a separate area for an educational potting session. They first had to choose among lemongrass, pandan leaves or southern wood before they were tasked to pot the herb, guided patiently by the facilitator. Patients were then taught how to care for their plants as they got to bring their potted herb home.

To mark the end of the outing, patients and their family members were invited to enjoy banana cake and fig tea at the farm's bistro. Some patients also took the opportunity to explore the farm, and many were seen marvelling at the numerous varieties of plants, herbs and trees grown there.

KDF would like to thank Renal Friends and event volunteers for their support and assistance, all of whom contributed to the success of this one day event for KDF patients and their families.





# 1000KM OF HOPE

BY JEMIN CHUA

As Mahatma Gandhi famously said: "You must be the change you wish to see in the world." This year, 67 individuals did just that by embarking on an extraordinary 1,000 kilometer journey to help further the lives of low-income patients who require dialysis treatment.

Held from 3 - 6 March 2017, the KDF Millennium Ride 2017 took our team of Epic cyclists 1,000 kilometers across Malaysia over 4 days in an effort to raise \$350,000 for dialysis patients at KDF.

Starting at Belum, the team of 67 cyclists rode through the quiet town of Gua Musang, pedalled along the bustling night streets of Kuala Lumpur and Muar before arriving back at Singapore on the 6<sup>th</sup> of March for a celebratory dinner.

For the first two days of the ride, cyclists had to conquer seemingly endless hills while passing through Cameron highlands and Genting. The sweltering sun brought little reprieve for the long stretches of uphill climbs which tested the mind and body.

"The route this year is more challenging as there were more climbs, with a flat route only on the

fourth day. It was strenuous for me because I did not train as much this year," said Ms Annie Shu, a cyclist who has participated in all four years of the KDF Millennium Ride.

Annie is one of eight female cyclists who took part in this year's grueling ride. Despite the difficulty of the route, these 'iron maidens' were able to keep up with the pace and complete the ride successfully. "I feel that women generally have higher endurance, which is an advantage for long distance rides," explained Annie.

While the difficulty of the ride was a baptism of fire for some who were participating for the first time, it was a transformative experience for others who embraced the challenge.

For first-time participant Ms Jennifer Aimee Tan, the KDF Millennium Ride 2017 was not only her maiden charity ride but also the longest distance she had ever cycled since picking up the sport in September last year.

"The overall experience that I went through was definitely worth it. I particularly like the various terrains - a combination of up-hills, down hills and flats - that we have to cycle," shared Jennifer. "The challenge that I have encountered greatly tested



my overall character and surely, it made me learn a lot and made me a better and stronger person."

Personal accolades aside, the desire to contribute and be a change maker in society is a common impetus for participants of the ride.

"It's just a desire to help. I feel for the patients and the hardship they have to endure, and if I could help them at least in part financially, I would. It's easier when cycling is also my passion and I am still with good health and stamina. I just feel I should do something to help those who are less fortunate," said Annie. This sentiment is also shared by Jennifer who adds: "it feels great that you know you have helped others in your own little way."

To date, the event has successfully raised over \$358,000 with total event expenses controlled below 18% of the accumulated income. All proceeds from the event less expenses will be channeled into the Patient Welfare and Support Fund (PWSF), a restricted fund which supports patients' dialysis treatment, medication and transport subsidies.

## We would like to thank the following organisations for contributing to the success of the event.

### Platinum Supporters:



### Gold Supporters:



### Official Communications Agency:



### Official Healthcare Partner:



### Official Skincare Partner:



### Official Jersey Sponsor:



### Special Thanks to:



# Work Attachment @ KDF

Last December, a group of eight students from Nanyang Junior College completed a short two-day work attachment at our Bishan dialysis centre. The students shadowed professional nurses at our centres to experience how it is like working as a nurse in a dialysis setting. They not only gained greater appreciation of nursing as a profession but also helped in non-patient care areas over the two days. Take a look at some of the reflections by this group of students.

My experience at the Bishan KDF Centre has been an enriching and insightful one. I initially thought that I would be doing more observations than hands-on but fortunately, I was given more hands-on tasks to do. I feel that these tasks have allowed me to truly understand some of the workings of the KDF. I was also allowed to help take the patients' temperature. Though this interaction with the patients was pretty short, I am grateful for it. I realised that the nurses here often have 'peak periods' whereby they have to work really fast and clean fast. Since I was part of the cleaning 'segment', I hoped that my friend and I were of help rather than trouble. The nurses also taught me how to clean and dispose the things and I appreciate their hardwork. In conclusion, I feel that the work of the nurse here is not that stressful and I find it rather enjoyable. This has definitely helped me to experience a nurse's life and helped me to consider my future career.

- Sin Yee  
NYJC

This experience at the KDF has been an enriching one. Seeing so many patients in need of dialysis treatments yet does not have enough money to sustain the treatments (thus needing financial assistance and seeking treatment at KDF) made me realise how incredibly lucky I am to be in a family with financial stability. Also, I'm touched by the work the nurses do everyday. They never fail to put in their utmost effort and diligence and even build friendships with the patients. Their welcoming attitude also made me feel very relaxed and eager to do my work. I hope to continue volunteering my services to help these needy people and in the process understand more of the healthcare workers and the work they do.

- XiuH, NYJC, 2016.



## Kimberly Tan Reflections

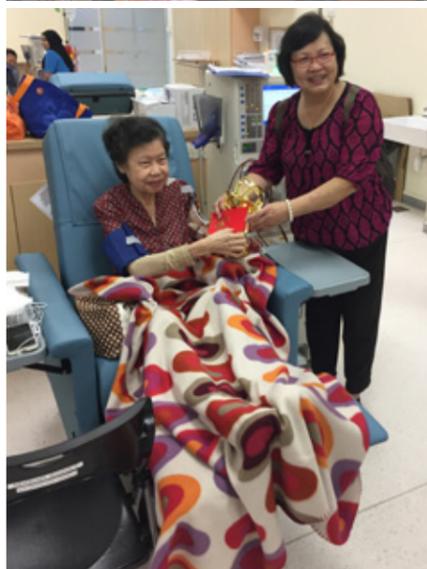
In my opinion, this would be one of the most eye opening and inspiring work attachment I have ever attended. I learnt more about the patients that suffer from kidney failure and the nurses who tirelessly help these patients to their best abilities. From this attachment, I got to know more about the life of a patient and the pain that they go through. Even though they are in pain, they are still cheery and friendly to the other patients and nurses around them. This made me grateful for what I have, and not take my health for granted. Having no doctors staying in the centre permanently, the real heroes in the centre are the nurses that do their best to help the patients feel as relaxed as possible. I did not realise how tough their job actually is. I merely thought that all they did was to take the temperature of the patients and fill in some paperwork. But in actual fact, they are also responsible for the wellbeing of the patients, preparing the equipment for the patients' dialysis sessions and clearing up after they have finished. It was a really fruitful session getting to know the nurses here, and an honour to be able to experience the daily life of someone that makes a huge difference in the lives of their patient.





# USHERING IN THE YEAR OF ROOSTER

BY DICKSON LOI



On 31<sup>st</sup> January 2017, volunteers from Poh Teck Siang Tng, a local Chinese Temple, came together to celebrate the Lunar New Year with patients of KDF. Observing the traditions of Lunar New Year, patients were each presented with a hongbao and a pair of mandarin oranges in a golden bag.

Temple honorary advisor Mr Lee Hong Chuang and Chairman, Mr Ng Yang Hua led a group of volunteers to visit KDF's three dialysis centres to personally hand the gifts to our patients during their treatment.

After a short introduction about KDF and dialysis treatment, the volunteers entered the treatment area to distribute the gifts and spend some quality time chatting with our patients. These visits were greatly appreciated and well-received by our patients, especially since the Lunar New Year is one of the most important festivals in Singapore.

On behalf of all the patients, we would like to express our sincere gratitude to Poh Teck Siang Tng for their generosity and kindness, and also to the volunteers who participated in the event. Thank you!

## KEEPING FIT IN KIDNEY FAILURE (Part 1)



Physical fitness plays a very important part in today's lifestyle. It is common to hear this statement.

*"A fit body improves a person's well-being."*

In line with the campaign of promoting exercises in maintaining good health, it seems that exercise may be even more important for kidney patients than for the general population.

### Why exercise?

Studies have shown that many dialysis and transplant patients who undergone approved exercise program have an increase in strength, stamina and energy. Other exercise-related benefits include better control of blood pressure, improved muscle strength, lowered level of body fats, better night sleep and better weight control. These help to reduce the risk of developing heart disease, especially to kidney patients who have a higher incidence of heart problems than the general population.

Exercise also helps to improve the psychological well-being. People who exercise are no longer leading a sedentary life. Exercise gives you the feeling of being able to do something. It clears your mind and helps to control some of the unpleasant emotional reactions that may occur from time to time. Emotional reactions such as depression, anger, fear and frustration can also be improved by exercising.

Exercise can also help to rebuild your self-confidence. Seeing improvement in your body conditions as a result of exercise can also build up self-esteem.

You will want to keep your muscles firm and toned. Exercise will help you to achieve this goal and keep your body healthy.

Therefore, all these changes can improve the quality of life. It becomes easier to get around, perform activities of daily living and other tasks, and still have some energy left over for your family and friends.

### Before you start, you need to....

Before you start on any exercise program, you should consult your doctor first as you need to be stable with your treatment, whether it is haemodialysis, peritoneal dialysis or transplantation.

It is still very important to comply with the rest of your treatment even though you exercise. You should take your medications, follow your diet and fluid restriction. Failure to comply with your treatment will lead to instability of your condition, and exercise may only aggravate problems further. For example, fluid overload strains your heart and lungs; if you exercise, it will make you feel more breathless or even chest pain. Erythropoietin treatment will help increase your exercise tolerance, reduce fatigue and increase energy level and therefore enable you to exercise better.

In the next issue of KDF Link, we will shed light on what other factors you need to consider before you start exercising and also provide some exercise tips.

## WE NEED YOUR HELP!

We are recruiting volunteers for our Flag Day. This year, we will be having a joint Flag Day with Cheng Hong Welfare Service Society. Join us as we make a difference for our beneficiaries.

### Event Details:

Date: 22<sup>nd</sup> July 2017  
Time: 09:00AM-13:00PM (Shift A)  
12:00PM-16:00PM (Shift B)  
Venue: Island-wide

Contact Daniel Yao (6559 2650/Daniel.yao@kdf.org.sg) for more information.



Scan the QR code to sign up as a volunteer!

**DONATE**

# 肾衰竭病患的运动保健

健壮的体魄在现代生活中扮演着很重要的角色。

“一个强健的身体能使人感到身心自如。”

对肾病患者而言，运动会比常人更为重要。

## 为何要运动？

研究显示，运动能提高肾病患者和肾移植治疗患者的体力、精力和活力。此外，它也能更好地控制血压和体重、降低体内脂肪以及改善睡眠。运动也有助于减低心脏功能衰竭的危险，这对肾病患者尤其重要，因为他们心脏病患的比率比常人更高。

运动有助于促进心理平衡。对于那些长时间坐着的人，运动可保持头脑清醒，身心活跃，更好地控制不愉快的情绪和随时可能出现的激动反应，如沮丧、愤怒、恐惧等等。

通过运动能重建患者的自信心。当运动改善您的体质时，它让您更有精力完成每天的任务，而且还能有足够的活力与家人和朋友相聚，从而也提高了您的生活素质和自信。

## 在开始运动计划前，必须。。。

无论是血液透析、腹膜透析还是肾移植治疗的病患者，在开始运动前都必须先与主治医生商量运动的进度，好与治疗相配合，提高保健的效果。虽然说，运动能增强体质，但病患者仍不能放弃治疗，必须遵照医生的指示继续服用药物、注意饮食和限制水分的摄入量，否则将会导致病情不稳定，进一步加重病况。例如：红血球生成素剂能提高身体的耐力，减少疲劳，让患者更好地进行运动。然而，过多的水分则会加重肺和心脏的负荷，使患者在运动时产生胸部疼痛或呼吸困难的问题。

## 如何进行？

每个人的体质、能力和健康水平都不同，所以在开始运动前必须考虑四个要点：

- |            |           |
|------------|-----------|
| 1) 运动的形式   | 3) 运动的次数  |
| 2) 运动时间的长短 | 4) 运动的剧烈性 |

## 运动的形式

选择自己喜欢而又能胜任的运动，如步行、游泳、骑脚踏车等。患者可随着体质的改善而逐渐提高运动的难度。

## 运动时间的长短

根据自己体质的负荷能力决定运动时间的长短，最好先征求主治医生的意见。

## 运动的次数

从不定期的运动次数慢慢增加到每周一次至三次。

## 运动的剧烈性

从简单缓慢的热身运动，进一步以自己觉得舒服的速度逐渐增加运动的剧烈度。在结束前，则慢慢地减低剧烈度，避免截然而止。

## 须注意的十条事项

- 1) 把运动列入日常作息之中。
- 2) 在用餐一小时后才可开始运动。
- 3) 避免在一天中最炎热的时候运动，如中午或下午。
- 4) 若身体感到不适，如发烧、感冒、关节疼痛或情绪紧张，就不适宜运动。应当让身体休息一段时间，待恢复体力后再继续运动。
- 5) 若治疗的形式或状态有所改变，应先征求医生的指示才继续运动。
- 6) 若身体感到非常的疲惫，请停止运动。
- 7) 若有心脏问题，如胸部疼痛或不规律的心跳，请先寻求主治医生的指示。
- 8) 若有作呕、头晕或抽筋的现象，请即刻停止运动。
- 9) 任何类型的运动都必须逐步进行。
- 10) 不要计划大规模的运动课程，应当以年龄和身体状况为标准，设计适合自己的运动方式。

## 受推荐的简易运动

- 1) **手臂伸展** - 把双臂举起高过头部，并向上伸展尝试触摸天花板。重复十次。
- 2) **手臂画圈** - 把双手放在肩膀上，向外侧平举双肘并画大圆圈。重复十次。
- 3) **上身侧弯** - 把双手放在腰侧，上身向两侧来回弯曲。重复十次。
- 4) **上身扭转** - 把双手放在腰侧，上身往身后来回扭转。重复十次。
- 5) **大腿前部伸展** - 直立，一手扶持，同边的小腿往后向上抬起，用另一手捉住脚踝向臀部拉进直到大腿前部有伸展的感觉。保持五秒钟。
- 6) **大腿后部伸展** - 坐在平地上，一腿向前伸直，另一腿向后弯曲膝盖，手向前伸展尝试触摸直腿的脚趾直到大腿后部有伸展的感觉。保持五秒钟。
- 7) **腓部伸展** - 双脚依臀部宽度张开站立，一脚向前踏出一步，将体重移向后脚，让脚后跟着地。保持五秒钟。



# 报德善堂 来拜年



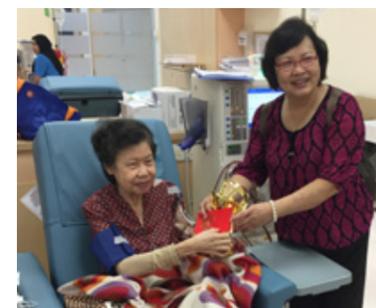
译鲁旭 (Shelley Lu)

2017年1月31日正逢丁酉鸡年大年初四，本地道教慈善团体报德善堂的义工们特别来到KDF为病友们拜年，并为他们送上象征吉祥如意的大桔和新春红包。

在报德善堂名誉顾问李宏壮先生和主席黄永和先生的带领下，义工们分别到過KDF的三个洗肾中心探访病患。

农历新年里给亲朋好友拜年本地非常重要的传统习俗，当报德善堂的义工们向病友拜年及问候，并送上红包和两粒大桔时，每个病患都流露出开心的笑容。义工们也借此机会问候各中心的护士，并与KDF职员交流了解KDF的运作和病患情况。

在此，KDF仅代表所有病患，衷心感谢所有成员感谢报德善堂及其义工们的来访，为我们带来温暖和祝福。



## 招募义工！

我们正在为我们的售旗日招募义工。

今年，我们将与众弘福利社会举办联合售旗日。希望您能帮助我们的受益者。

### 活动详细：

日期： 2017年7月22日  
时间： 09:00AM-13:00PM (Shift A)  
12:00PM-16:00PM (Shift B)  
地点： 全岛

详情请电邮 [Daniel.yao@kdf.org.sg](mailto:Daniel.yao@kdf.org.sg) 或致电 6559 2650



扫描QR码申请  
成为我们的义工



# 一千公里的希望

译鲁旭 (Shelley Lu)

正如圣雄甘地(Mahatma Gandhi)所说:「欲变世界,先变其身」,KDF的1000公里慈善义骑活动今年迎来了67名爱心车手,他们以自己的行动为低收入洗肾病人筹募医药费。

在今年三月三日至六日举办的1000公里《KDF慈善脚车马拉松》活动,我们Epic Cyclist队伍用了四天的时间,跨越马来西亚各州,旨在为KDF病患筹募\$350,000善款。

由67名脚车爱好者组成的Epic Cyclist队伍从Belum启程,经过宁静的Gua Musang小镇和热闹的吉隆坡和麻坡街道,最后于三月六日返回新加坡参加庆功晚宴。

本次义骑最大的挑战是在第一、二天途经金马伦和云顶高原的绵延山坡。长时间的爬坡加上烈日高照,对爱心车手的身心极限都是极大的考验。

已经第四次参加KDF慈善义骑活动的车手苏宁评价道:“今年的路程比往年更具挑战,除了第四天的平路,其他几天都在爬坡。我今年很少训练,所以骑起来比较吃力”。

苏宁是参加本届活动的八名女车手之一。尽管道路艰难,这群“铁娘子”们仍然全程紧跟车队步伐,成功完成征

途。“我觉得女车手的耐力总体都比较强,对挑战这种长途骑行是种优势”,苏宁解释道。

如此艰辛的远征对于一些新加入的车手会是严峻的考验,然而对于另一部分车手,则是一次变革性的体验。

KDF 2017年度慈善脚车马拉松不但是新手Jennifer Aimee Tan的义骑处女秀,更是她自去年9月份爱上骑脚车这项运动以来最长距离的一次骑行。

“我觉得这次的体验非常值得。我特别喜欢我们经过的各种地形,有上坡、下坡也有平地。”Jennifer分享著。“这次挑战极大地测验了我的整体素质,它让我学到了很多,也让我成为一个更优秀更坚强的人。”

除去个人荣耀,那份渴望贡献并成为社会变革者的热诚,是参加此次义骑的车手们的共同动力。

“纯粹是渴望帮助别人。我很同情那些病人所承受的痛苦,如果我能够至少在经济上帮到他们,我会非常乐意。义骑筹款对我来说并不困难,因为我热衷骑车,而且身体还很健康。我只是觉得我应该为那些不幸的人做点事



情。”苏宁说道。Jennifer对这份表白很是认同,她补充说:“当你知道自己的小小行动可以帮助到他人时,这种感觉太棒了。”

至今,本届活动已经成功筹得三十五万八千新元,活动费用控制在筹款收入的18%以内。除掉所有花费后,净收入将全部注入病患福利及援助基金(PWSF),这是一个限制性基金,专门用于津贴病患的洗肾治疗、医药费和交通费。

## 感谢以下组织的倾情贡献,使得本次活动圆满成功。

白金支持方:



黄金支持方:



公关通讯机构:



医疗保健合作方:



皮肤护理合作方:



骑行服赞助商:



特别感谢:





# 心肾相依

时间：2016年11月20日

地点：武吉巴督内政群英俱乐部、宝莱坞有机蔬菜农场

事件：KDF肾友健康讲座暨郊游日

译鲁旭 (Shelley Lu)

你知道肾脏和心脏是密切相关的吗？作为人体的两大重要器官，肾脏受损，心脏常常也同时受累。

2016年11月20日，肾友会（系由KDF为肾病患者及其家人组建的病友支持团体）组织了一场健康宣教讲座。讲座内容是心脏疾病及其与肾脏疾病的密切关系，由新加坡中央医院肾脏科顾问医生黄骏主讲。

本次讲座着重介绍心脏相关疾病及其危险因素，肾脏疾病为什么会成为心脏疾病发生的高危因素？肾病患者如果罹患心脏病该如何处置？讲座最后环节设置了有奖竞答，肾友们既巩固了所学知识，还赢得了超市购物券。

讲座结束后，肾友及其亲属们共同享用丰盛的自助午餐。然后启程前往下一个目的地——宝莱坞有机蔬菜农场。

在宝莱坞有机蔬菜农场，肾友们不仅有机会亲自摸一摸、闻一闻、尝一尝各种蔬菜、瓜果和香料，了解相关的趣味知识、养生保健，还从经验丰富的导游那里学到不少烹饪秘籍。

参观一圈后，肾友们被带到不同区域现场学习植物栽培。每人从香茅、班兰叶或碱蒿三种药用植物中挑选一种，在园丁耐心指导下，种植到花盆中。园丁还教导大家如何照顾这些植物，因为他们可以把自己亲手种植的盆栽带回家。

最后，大家被邀请到农场餐厅品尝美味的香蕉蛋糕和无花果茶。一些意犹

未尽的肾友趁机再回农场探索一番，在繁盛的蔬果植物丛中流连忘返。

感谢肾友会以及义工们对此次活动的大力支持和帮助，大家度过了非常圆满愉快的一天。



望：我已经失去了一条腿，为什么又要夺走我的另一条腿呢？

我完全没有办法接受第二次截肢手术，我想放弃生命，用死亡摆脱痛苦。生命曾经如此美好，一想到那么寻常的社交活动——和朋友聚会、聊天、逛街，如果我失去双腿后都不能方便为之，不由得悲从中来。

然而残酷的现实已摆在面前，我没有资格自怜自艾。造成今天这个局面的罪魁祸首难道不就是我自己吗？最终我接受了手术。

## 困难重重

我先生是叉车司机也是家里的主要经济支柱。大儿子失业，二儿子在监狱服刑，小儿子虽然有工作但收入不高，所以我们没有要求他承担家计。

对于我们这个八口之家，在日常开销上已入不敷出，还要负担我昂贵的医药费和两个孙子的读书费用。从前是二儿子负责照顾我，但他进了监狱正在服刑，行动不便的我只好请私人看护照顾。种种经济负担逼得我先生只能多接些工作应付开销。

依靠轮椅代步有诸多不便。我去洗肾时都会搭乘公共巴士，但适合残疾人士搭乘的巴士每趟间隔时间都比较长。再者，对身体健康的人来说，台阶算不了什么，但对于我和我的私人看护来说，这可能是一场噩梦。我们必须通过电梯或者轮椅通道才能上去的。所幸到目前为止还没有碰到过电梯故障，否则真无法想象我们如何才能回到家。

对我来说最大的挑战就是节食。我必须严格控制饮食，不能再肆无忌惮吃我喜欢的美食。节日期间尤其难熬，看着家人大快朵颐，我却只能吃清淡的饭菜。我尽最大努力克制，因为我知道，如果还不知忌口，最后承担后果的就是我自己。

## 目前的生活

现在，我的生活过得尽可能简单。非洗肾日我会去家附近的花园散散步或者待在家里看电视。我也会在先生下班后陪他到附近的咖啡店喝咖啡，先生有时候会在我的指导下下厨为家人做饭，但他的笨拙时常让我哭笑不得。

我唯一的遗憾就是年轻时不健康的生活方式让我自食恶果。所以每当看见我的孩子吃垃圾食物或喝太多高糖份饮料时我都会制止他们，并以自己为例提醒他们不健康饮食可能会造成的不良后果。

Jamilah Bte Zainal 女士



在KDF洗肾的肾功能衰竭患者当中，有许多因糖尿病引发感染而不得不截肢的患者，像Jamilah女士一样。这些病患在截肢后搭乘地铁、巴士等公共交通时会面临诸多不便。

KDF正是了解到这一点，于去年年底推出了相关的交通辅助计划。行动不便的KDF病患可以在洗肾后乘的士回家，大大减少了搭乘地铁或公共巴士的不便。

若您愿意帮助更多像Jamilah女士的KDF病患，减轻他们的医药负担，您可通过随附的回执信封捐款。欲知更多请电邮enquiries@kdf.org.sg或致电6559 2630。



# 肾析简报



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## 再也回不去的曾经

译蔡永馨 (Jemin Chua)

30年前,我曾经是一位职业妈妈,一边照顾家人一边在工厂做工,赚微薄的收入贴补家用。通常忙碌一天的开始是早起为家人准备早餐,然后赶去工厂工作12小时,收工后再赶回家做晚饭并督促孩子做功课,日复一日。我尽自己最大努力做称职的妻子和母亲,照顾我的丈夫和孩子。

可惜现在,我成为一个双腿截肢并终末期肾衰竭患者。除饮食起居需要看护的帮助外,还要仰赖一周三次,每次四小时的透析治疗(俗称洗肾)维系生命。因为失去了双腿,我无法自己坐上洗肾专用椅,只能由看护把我从轮椅抱到专用椅子上才能开始治疗。虽然我仍然是一名妻子和母亲,但我再也不能像从前那样照顾我的家人了。

### 不健康的生活方式及其恶果

我是因为糖尿病失去双腿的。现在回想起来,当初的我实在是太忽视健康了。

在工厂做工时,我经常值夜班,特别辛苦难熬。为了提神,我会到职工食堂买可乐喝。这个习惯在我换工作后变本加厉,因为新公司提供免费的碳酸饮料。那时候,我可以一天喝下大概10罐可乐。

结果我得了糖尿病,最后连肾脏功能也衰竭了。

刚开始被告知患肾功能衰竭的时候,我其实不太了解病情。当时的我非常消沉,不停质问“怎么会是我?”,慢慢



地,我接受了这个现实。由于健康原因我不得不辞去了工厂的工作。

随后,我的糖尿病病情恶化进而引发严重感染,甚至到了要截肢的地步。刚听到这消息的时候我的家人比我还难过,我虽然也伤心,但还能够镇定地做出权衡:如果截去一条腿能保住我的性命,我可以接受。

我不断提醒自己要坚强面对,虽然我内心深处对截肢很排斥,因为我不愿意成为一个残废。

### 残酷的现实再次袭来

谁料天意弄人,截肢才一周我就被告知另一条腿也保不住了。这对我和我的家庭都是毁灭性的打击,我感到特别绝