

JUL-SEP
2019

KDF LINK

HAPPY BIRTHDAY

By Sherilynn Loh

"I am very happy to be born in Singapore on National Day," exclaimed our patient, Rukamany, excitedly. The 55-year-old Singaporean is always happy to share this about herself with everyone.

Rukamany takes great pride in being Singaporean. "Singapore is very clean. If you've got a problem, you can find answers everywhere; so many charities (are here) to support you. Singapore is better than other countries, some people want to be born here also cannot!" she proudly declared.



But for someone who says she was born on National Day, Rukamany finds the number eight more significant than nine. "I have eight siblings, and am the eighth child," she shared. Eight is also the number of years she has been on dialysis, and how old she was when both her parents passed. "Actually...I was born on 8th August at 11.45pm, that surely can be counted as National Day?" she impishly confessed.

Family First

As if to make her point, Rukamany chooses to celebrate her birthday on National Day because she loves her country. But another reason she would let her most important day, and favourite number take a back seat to 9th August, is so that her loved ones can spend the full day with her.

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With 14 nieces and nephews from seven families, a public holiday is the only time everyone can meet. Last year, she and her family celebrated her belated birthday on the Singapore Flyer and watched the National Day parade fireworks before having dinner together.

Recently, her extended family invited her and her husband on a trip to Kuala Lumpur for Christmas. "We saw all the lights that were so pretty, and my family had so much fun," she reminisced fondly.

It may not have been a magical white Christmas, but it was the Christmas Rukamany always wanted.

Marriage before Love

To Rukamany, romantic love was not necessary, and marriage was about finding someone she could depend on. Through her cousins' recommendation, she and her husband met at 29. Shortly after, they were engaged. During her engagement, Rukamany made sure that they sorted their finances first before getting married.

Although love was not a pre-requisite, it eventually became the nucleus of their relationship. Every year, on the evening of Rukamany's birthday, he would buy a slice of cake and 'surprise' her while she is in bed. He does this yearly, without fail. Though it may seem more like their relationship has fallen into a routine now, Rukamany disagrees. Her eyes lit up as she said, "It shows me he still loves me very much after many years!"

She wears his love like a suit of armour, protecting her from whatever life may throw at her. In 2010, Rukamany was diagnosed with kidney failure, and needed dialysis. The news shook her. "I was so sad. I cried and cried. I did not want to go (for) dialysis." But her husband's love persuaded her otherwise.

"He told me that this is about my health and (it is) no joking matter," she recalled. He took two months' leave and accompanied her to the initial dialysis

sessions. He saw how tired Rukamany was, and saved whatever he could to buy her a seated E-scooter that would reduce her travelling time. Moved by her husband's gestures, Rukamany promised to continue receiving treatment, and be more independent.

Now, with her scooter and his bicycle, the couple spends Sundays, which is his only day off, riding around their neighbourhood and having breakfast together. They dress up in matching outfits of the same colour, as a way to show that they are a couple.

Future of Uncertainty

Of all her siblings, Rukamany is closest to her eldest sister, who is unmarried and sixth of the nine siblings. "Last time, before I got married, she gave (me) food and took care of everything. And when I got married, she gave me money," Rukamany recounted.

The couple welcomed her sister to stay with them, because Rukamany believes "we are sisters, (and) we have to take care of each other." As Rukamany's sister suffers from psoriasis, arthritis and diabetes, she is medically certified unable to work. Rukamany has also stopped working due to her condition, leaving Rukamany's husband the sole provider for the sisters.

Still, Rukamany is worried. "Next time, (if) I'm gone, who will take care of her," she asked, with a lump in her throat.



The average life expectancy on dialysis is 5 to 10 years, however, many patients have lived well on dialysis for 20 or even 30 years¹. Help Rukamany live for the next 18, 28 and even 38 years, so that she may continue to care for her sister and grow old with her doting husband. You can do so by making a small contribution via the enclosed Business Reply Envelope or on our donation site:

<http://kdf.give.asia/campaign/kdf-link>

Falls Prevention

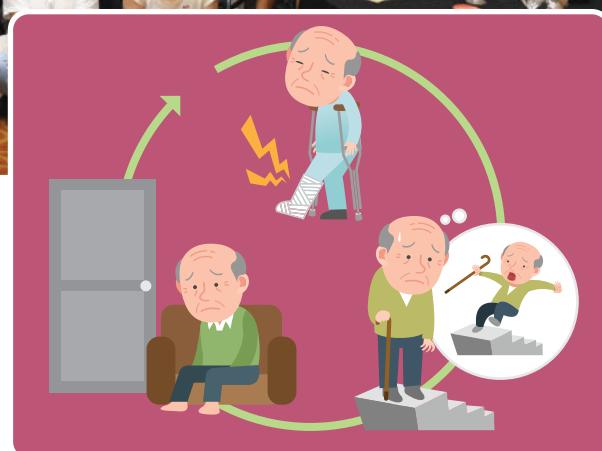
By Jemin Chua



A common safety risk to the elderly population is falls, which can lead to serious injuries, and it is more prevalent than we think. In Singapore, a third of our elderly aged 60 and above have recurring falls, and most falls occur at home¹.

As KDF serves a huge proportion of elderly patients at our dialysis centres, the clinical team decided to cast the spotlight on elderly falls and fall prevention in our last patient education seminar, held on 14 April 2019.

During the hour-long session, invited speakers from the occupational therapy department at Jurong Community Hospital shared key pointers on the consequences of falling, internal and external fall risk factors, prevention strategies, and how caregivers can play a part in fall prevention.



A thought-provoking concept brought up by the speakers was the cycle of falls, wherein after an elderly suffers from a fall, the fear of falling again leads them to reduce their physical and social activities. This, ironically, increases the risk of a second fall due to their decreased strength and mobility from the lack of physical activity. This then becomes a vicious cycle unless the patient can be encouraged to continue daily routines after a fall, and only then can the cycle be broken.

Practical tips, such as like decluttering, ensuring sufficient lighting, changing furniture layout to ensure sufficient space for movement and fall-proofing the toilet, were also shared by the speakers as ways to manage external fall risk factors.

This informative and highly practical seminar was organised by Renal Friends, a social support group for dialysis patients, and is part of our continual education efforts targeted at our patients and their caregivers to enable them to engage in better self-care.

¹ https://www.healthhub.sg/live-healthy/12/falls_prevention_programme

Guardians of the Heart

By Jemin Chua

On the 1st of August, we celebrate Nurses' Day and express our appreciation towards the angels in white who work tirelessly, caring for ailing bodies and feeble hearts. Often underrated as a profession, nursing is not yet seen as a glamorous job, but in it, we find the most dedicated, caring and selfless everyday heroes.

To get a greater glimpse into nursing life on the frontline, I caught up with Norman, 31, an enrolled nurse at our Bishan dialysis centre, for a casual chat before the start of his shift.

I start by confessing that I don't have the slightest clue how different an enrolled nurse is from a staff nurse, aside from the obvious. "We actually do more or less the same as the staff nurses, except for certain procedures, and we also cannot give out medication," he patiently explains.



Having called Singapore home for seven years, Norman has come a long way since. Despite being a staff nurse in his hometown, he started out as a nursing aide in his first local stint at a nursing home before moving on to a community hospital, and finally stumbling into dialysis nursing at KDF.

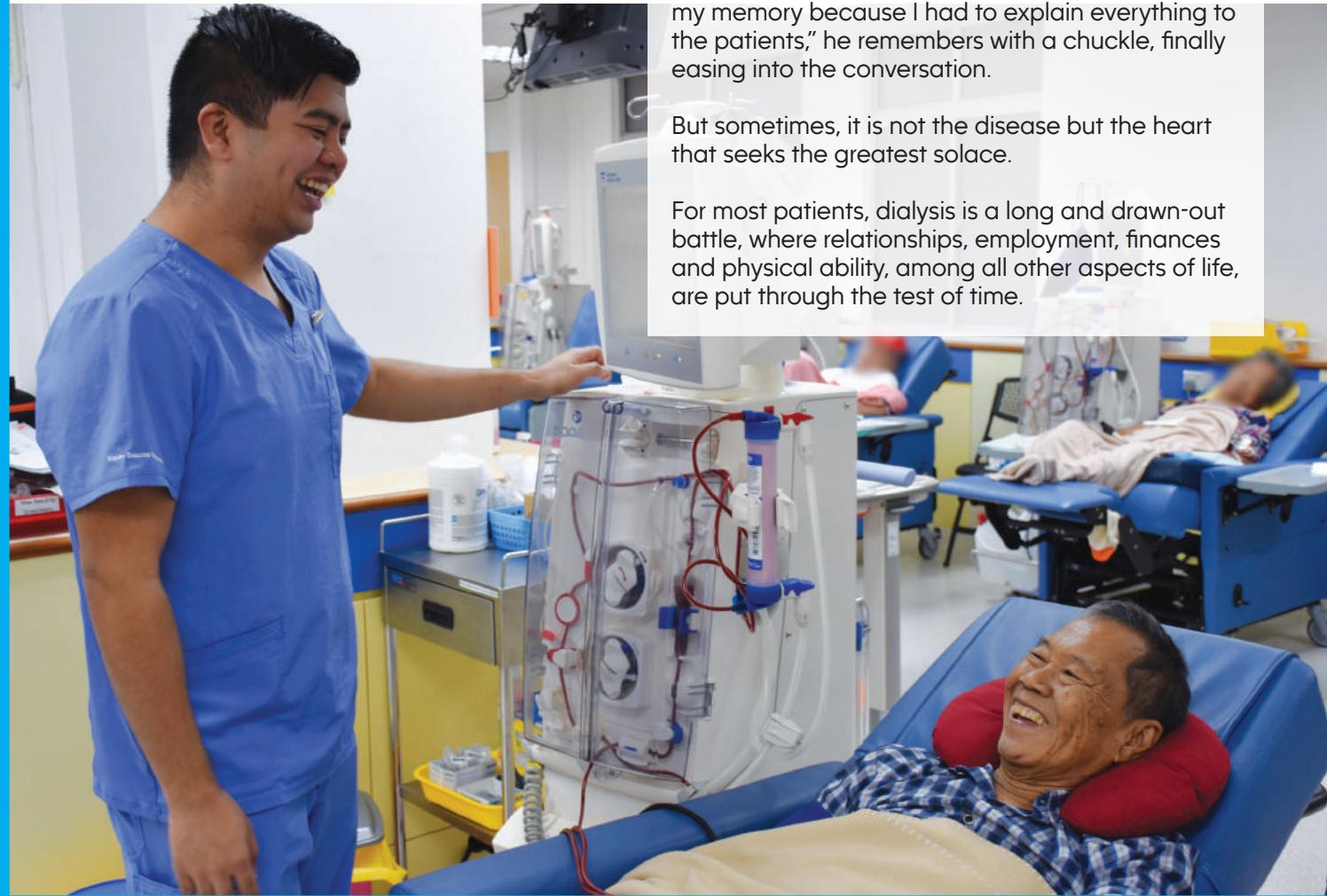
"I was looking at nursing jobs and I thought I could try, because in a dialysis setting, I can focus on the same group of patients and there can be a long-term care plan, while in the wards patients come and go."

As community dialysis centres are managed by nurses, they shoulder responsibilities way beyond just performing treatment and serving medication. Dialysis centre nurses also play a pivotal role in patient education.

"That's why when I first joined KDF, I had to refresh my memory because I had to explain everything to the patients," he remembers with a chuckle, finally easing into the conversation.

But sometimes, it is not the disease but the heart that seeks the greatest solace.

For most patients, dialysis is a long and drawn-out battle, where relationships, employment, finances and physical ability, among all other aspects of life, are put through the test of time.



"Sometimes, if I see that my patients are a bit moody, I will go up and talk to them... ask if they have any problems, just to ease a bit of their suffering and get them to open up," he shares.

Norman wears his heart on his sleeve and takes a genuine interest in knowing his patients as individuals beyond their medical condition.

"Very often, we are dealing with their personal lives too, so we need to have empathy. When they open up regarding their family problems and everything else, I will listen and try to give them some advice on how to cope with these problems and help them move on with life," he says earnestly.

Rather than feeling burdened by these emotional baggage, Norman takes comfort in having their trust and being able to ease some of their woes. "I think we need this sort of interaction. It helps in their care and management and in all aspects."

Friendly and disarming with his easy laughter, a laid-back demeanour and a genuine concern for his patients, it is no wonder that he is well-liked by his peers and patients alike.

But who then, guards this caring heart from emotional burnout?

Those who matter the most, of course. "To see my patients smiling gives me the greatest motivation. Simply sharing their smile can make a difference in our daily lives," his eyes crinkling at the corners at that thought.

Having only been in dialysis nursing for slightly over a year, the supportive environment and camaraderie among nurses provide a fertile training ground for newcomers like Norman to explore, grow and flourish in the profession.

Expressing deep gratitude towards his fellow nurses, he says: "If there is anything we



don't know, we can always ask the seniors to explain to us. The seniors, and everyone actually, are very accommodating when we ask questions, and they are very willing to teach, and I appreciate that."

Nursing, though independent at times, is also about teamwork. "If we work as a team, we can collectively achieve the expectations of patients and help them extend their life expectancy," he muses aloud.

In order to support his team and patients better, Norman is preparing to take the test to become a staff nurse, and hopes to succeed within the year.

It is almost time for his shift, so I ask if he can end with one word to sum up his job. "KDF," he replies after a very long pause. This catches me by surprise, and I let slip an exasperated sigh.

"Kindness and empathy, dedication, and flexibility to meet patient needs," he quickly adds with an impish grin, obviously pleased with his answer. Alright, you win.

Responsibilities of a dialysis nurse

- Checking patients' vital signs
- Pre and post dialysis physical assessment
- Priming dialyzer and bloodlines
- Cannulating access / needling
- Commencement and conclusion of dialysis treatment
- Monitoring of patients during dialysis treatment
- Administering medication as prescribed by doctors
- Patient education and counselling

*Note: Above is a summary of the responsibilities of a dialysis nurse in general and not specific to the role of an enrolled nurse.



A Wealthy Year with Our "Fortune Pig"

By Daniel Yao

The annual KDF Charity Icon Launching Ceremony and Appreciation Dinner held on 13 April 2019 at Jubilee Garden Restaurant was a huge success, as it raised close to \$150,000 through outright donations, a silent auction of four donated items and a competitive auction of the newly launched KDF charity icon, "Fortune Pig".

Gracing the dinner was Ms Tin Pei Ling, Member of Parliament for MacPherson and senior honorary advisor of the KDF Chinese Community Committee. This is the seventh year in which Ms Tin has joined us for the occasion.

Together with KDF directors and members of the Chinese Community Committee, Ms Tin unveiled the KDF 2019 charity icon, "Fortune Pig". A total of five charity icons were then autographed by Ms Tin and auctioned off to raise funds for KDF patients.

A Facebook live also took place to show our three charity auctioneers in action.

As with previous years, Mrs Eric Yeo (donated \$15,888), Mr Tan Kee Kuang of Lao Zhong Zhong Five Spice Eating House stall (donated \$12,000), Mr Richard Lee of Fu Lu Shou Si Mian Fo (donated \$12,000) and Mr & Mrs Michael Wong (donated \$10,000) emerged as the top bidders of our charity auction. Joining the league of our major donors is Mr Neo Kah Kiat, founding chairman and CEO of Neo Group, who also walked away with an amber-coloured "Fortune Pig" with his donation of \$12,000.

Apart from the five autographed charity icons, a Chinese painting featuring a pair of goldfish painted by one of our patients, was sold to Mdm Too Beh Siew Choo at \$10,000, and a Swarovski Red Jewel Crown donated by TKS N Sons Pte Ltd



was sold to Feng Shui Master Hui for \$12,888 through the silent auction. Mrs Eric Yeo and Mr Phua Koon Heng each won the bid for two diamond art pieces.

Notable donors who made outright donations that night in support of our cause include Mr Foo Tian Ann of Qian Xi Group, Mr Hong Ying Kwee, Golden Pillow 933 and Cabby Care Charity Group.

The jubilant atmosphere made the KDF Charity Icon Launching Ceremony and Appreciation Dinner 2019 a memorable event for the 600 attendees who spent a meaningful night in support of the needy dialysis patients we serve. We would like to take this chance to extend our thanks and appreciation to all our guests, donors and supporters.

Resembling a gold ingot from afar, the KDF Charity Icon for the year 2019 is a full-figured "Fortune Pig" with amiable features and a twinkle in its eyes.

Be a part of KDF's life-saving mission by making a donation of \$888 and above to receive a "Fortune Pig" today. Kindly indicate '**'LSM Charity Icon'** on the donation form/cheque.

If you would like to invite KDF to auction our charity icon at your auction site or celebratory dinner, please contact **Ms Shelley Lu** at **6559 2653** or email to **luxu@kdf.org.sg** for further discussion.



KDF Happenings

Charity Dragon Boat Challenge

The KDF Charity Dragon Boat Challenge is back! Join us in this heart-thumping race in aid of needy dialysis patients by forming a team of 10.

Details can be found on KDF and the Singapore Dragon Boat Association's website, or you can 'Like' our Facebook page for latest updates!



School and Corporate Wellness Tour

Are you an educator seeking meaningful activities for your students after the year-end exams?

Or a HR manager seeking to increase the health awareness of your staff?

Or perhaps, the CSR lead looking to expose your colleagues to different social causes in Singapore?

Reach out to us, as KDF is launching a new school and corporate outreach programme where we will visit your premises with a customised wellness package, and we are keen to work with you.

Virtual Run

Missed the chance to participate in our last Virtual Run? Don't fret because the second KDF Virtual Run is returning!

Sign up as an individual or a pair and choose between two distance categories - 12KM and 23KM, and run at your own time and pace, all in the name of charity. Medals will be awarded upon completion.



Find out more about any of the above events by reaching out to

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6559 2651

Daniel
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6559 2650

KDF 活动真精彩

慈善龙舟赛

KDF慈善龙舟赛回来了！我们诚邀您组建10人团队参与这场热血沸腾的慈善竞赛。报名所得将作为捐款用于帮助低收入的肾病患者。

更多活动详情可查询KDF或新加坡龙舟协会的官方网站。您也可以通过我们的脸书页面获取第一手消息！



学校与企业健康之旅

您是否是一名正在为学生策划年终活动的教育工作者？

还是一名想帮助同事提高健康意识的人力部经理？

又或者您是企业社会责任（CSR）团队的组长，正考虑让同事接触更多本地的慈善机构和贡献爱心的渠道？

快与我们联系吧！KDF正准备推出一项全新的外展计划，我们将带着精彩活动拜访各学府和公司，让你们能更方便地接触到保健讯息。

虚拟路跑活动

您是否错过了我们上一季度的虚拟路跑活动？别担心，因为第二届KDF慈善虚拟路跑活动将在今年卷土重来！

您可以报名单人或双人组别，并选择12公里或23公里的挑战距离，再按照自己的节奏在指定日期之前完成挑战，为慈善尽一份力。成功完成挑战的参赛者各可获一面纪念奖牌。



若想更了解以上任何一项活动，
可以联系

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金猪献瑞 如意呈祥

译/鲁旭 (Shelley Lu)

2019年4月13日在欢喜楼举办的年度KDF慈善福物推展仪式暨答谢晚宴取得了空前成功。高潮迭起的福物义标、热心宾客的踊跃乐捐，本次晚宴为我洗肾病患筹得捐款近十五万元，再破该晚宴的最高筹款记录。

本次晚宴主宾，麦波申议员兼KDF华社筹款委员会荣誉顾问陈佩玲女士，已是连续七年支持并参加我们的宴会。她同KDF董事以及华社筹委会委员们一道揭幕KDF 2019年慈善福物《吉祥金珠》。

陈佩玲议员还为首次亮相的五尊福物提上不同的吉祥祝词，我们的三位慈善喊标大使在现场即刻喊标这五尊福物，为我病患筹款。

成功标得福物的善翁是宾客们非常熟悉、支持KDF慈善晚宴多年的善心人士杨太太（捐款\$15,888）、老中中五香虾饼东主陈机光先生（捐款\$12,000）、

福禄寿四面佛东主李贵先生（捐款\$12,000）以及Michael Wong夫妇（捐款\$10,000）。首次出席晚宴的梁苑集团主席梁佳吉先生也慷慨解囊，捐款\$12,000标得其中一尊《吉祥金珠》福物。

KDF也首次通过脸书(Facebook)现场直播各位善翁为慈善争相竞标的盛况，让不能到场的朋友也能通过屏幕感受现场的热闹气氛。

除了慈善福物，部分捐赠品也在现场义标筹款。其中，KDF洗肾病患李凤娥女士的水墨画作《金玉满堂》被吾龍宮宫主朱马绣珠女士以\$10,000捐款标得。TKS N Sons公司捐赠的红宝石皇冠以\$12,888的高价由风水大师慧戒师傅捧回。另有二幅珠绣作品也相继被杨太太和进文面厂潘先生标下。



在欢快的歌舞声中，宾客的爱心捐款也不断地涌入我们的捐款箱，这当中有金枕头933董先生、千禧集团符先生、方荣贵先生以及城市德士慈善关怀小组等等来自各界的热心之士。

衷心感谢热情参与本次活动的600多名宾客以及未能到场的捐款善翁，您的参与和支持让我们的第十六次慈善福物推展晚宴圆满落幕。



一只笑容可掬的金猪立足于铜钱堆积的底座上，它前蹄踩着如意，背上披着锦毯，寓示着财神护佑、金玉满堂、吉祥如意。

捐献\$888及以上善款，您就可以捧回一尊《吉祥金猪》福物，同时帮助我们的洗肾病人延续他们的生命。

捐款时，请在捐款表格或支票背面注明
“2019慈善福物”。

您也可以让KDF在您的庆典宴会中义标福物筹款，
详情请联络
Shelley 鲁小姐，
电话 6559 2653，
电邮 luxu@kdf.org.sg。



心灵守护者

译/鲁旭 (Shelley Lu)

8月1日是护士节，在这一天我们特别向这群倾力照护病痛身躯、安抚虚弱心灵的白衣天使致以崇高的敬意。护士常被认为是个卑微的职业，但深入了解，我们看到的是一群最敬业、最贴心、最无私的平凡英雄。

为了深入探访前线护士的工作生活，我找到了KDF碧山洗肾中心的助理护士Norman（31岁），并赶在他当班前的空档和他聊了聊。

坦白说，我其实不太明白助理护士和注册护士除了字面上的不同，到底有什么区别。Norman向我解释道：“助理护士和注册护士做的工作大致一样，不同的是助理护士不可以给病人打针吃药也不能进行一些特定的医疗程序。”

在新加坡已经工作7年的Norman，也是几经周折才走到今天。尽管在老家他早已是注册护士，来到新加坡后的第一份工作却是在一家养老院做护工，之后到社区医院，最终才辗转加入KDF的洗肾护理队伍。



“我看着护士招聘要求，对自己说或许我可以试一试。因为在洗肾中心，我们可以很关注同一群病人的长期护理，这不像在医院病房，病人来来去去变换很快。”

社区洗肾中心主要由护士管理，他们肩负的责任不仅仅是协助治疗，洗肾中心护士还在病患教育中起着关键作用。

“所以在我刚加入KDF时，我常得复习护理知识，反复牢记我要和病人解释的每一件事情。”Norman笑着回忆，也渐渐轻松地进入话题。

但更多时候需要治疗安抚的不是疾病，而是心病。



对于大多数病人，洗肾是一场持久战。在这场战争中人际关系、金钱、体力，还有其他生活的方方面面都经受着时间的考验。

“有时候我看到有的病人好像很沮丧，我就会走过去和他们聊天。。。问他们是不是碰到什么困难，缓和下他们的情绪，让他们吐露心声。”他说道。

开朗直爽的Norman除了关心病患的病情，更以极大的热情去了解每一个病人。

“很多时候，我们也会接触到病人的私生活，所以我们需要有同理心。当他们谈起家庭问题或其他私事时，我会耐心地听并给他们一些建议，让他们能够释怀。”他认真地说道。

对于病人的抱怨，Norman并不把它当成一种负担，反而对自己能够得到他们的信任，并帮助他们排忧解难而感到高兴。“我想我们需要这样的互动。这对他们的身心健康各个方面都有帮助。”

为人友好、谈吐随和，脸上总带着笑容，对病患关怀无微不至，也难怪他在同事和病患中都大受欢迎。

但又是什么人能守护这位柔情壮汉的心不受现实打击呢？

“病人的笑容就是我最大的动力。只要看到他们面带笑容，我就觉得自己做的一切都是值得的。”说这话时他的嘴角也扬起了微笑。

虽然加入洗肾护理只有一年多时间，但同事间的互相扶持和帮助为像Norman这样的新人提供了广阔的成长空间，让他们在这行业生根发芽、开花结果。

谈到自己的同事，Norman说“如果有什么不懂的地方，我们可以随时向护士前辈请教。这里的每位护士都非常热情，有问必答，他们也非常愿意传授自己的经验给大家，我对此真的很感激。”

护士工作很多时候看着是独立作业，但也需要团队合作。Norman对此深信不疑：“通过团队合作，我们就可以实现病患们的期望，帮助他们延长他们的生命。”



为了更好地扶持他的团队和病人，Norman也正在积极准备注册护士考试，望能在今年考获。

差不多到Norman上岗的时间了，于是我问他是否可以用一个字总结他的工作。他在考虑许久之后回答说“KDF”。这个回答出乎我的意料，我轻轻叹了口气。

“K代表着理解和善意(Kindness)，D代表着忠诚和奉献(Dedication)，F代表着灵活和变通(Flexibility)。将这三者结合为我们的病患创造希望和寄托。”他向我解释其中含意后，脸上露出略带顽皮的微笑，显然对自己的答案很满意。好吧，我服了。

洗肾中心护士的职责概括

- 测量病人的生命迹象
- 评估病人洗肾前后的身体状况
- 预备洗肾仪器和导管
- 插针
- 观察病人在洗肾时的状况
- 依照医生处方分配药物
- 病患教育和宣导

注：以上概括针对洗肾中心的护士，不仅仅限于助理护士的职责。

如何预防跌倒

译/盧珏憊 (Sherilynn Loh)



对年长者来说，跌倒是常见的安全隐患，可造成严重的伤害，跌倒也意外的普遍。在本地，年龄在60岁以上的年长者中，有近三分之一的人曾反复跌倒，而且最常发生的地方是在家里¹。

考虑到KDF所服务的洗肾患者大部分是年长人士，KDF的护理团队决定于2019年4月14日举办一场针对如何预防年长者跌倒的健康宣传教育讲座。

我们特别邀请了裕廊社区医院职能治疗部门的治疗师作为主讲者给在场的肾友和看护进行了长达一小时的讲座。主讲者在本次讲座中分享了关于年长者跌倒的后果、个人及外部环境所存在的风险因素和预防策略，以及看护者在预防跌倒中所起到的一部分作用。



主讲者也提出了一个发人深省的概念：跌倒恐惧症。大意指年长者在跌倒后产生再次摔倒的惧怕心理，因此减少活动甚至闭门不出。但矛盾的是，恰恰因为活动量的减少，年长者的肌肉和反应能力变得衰弱，反而增加了二次摔倒的风险。唯有鼓励年长者在跌倒后继续日常生活，方能打破这样的恶性循环。

此外，主讲者还分享了如何减少外部环境所带来的跌倒风险因素，并提供了一些实用贴示。比如说，整理及简化房间摆设、确保房间有充足的照明、改变家具布局以确保有足够的移动空间以及在厕所里安装防滑措施等。

本次讲座内容即丰富又非常实用，旨在帮助肾友及他们的看护者进行更好的自我护理。讲座由肾友会（由患者和家属组成的互助团体）主办，秉持了KDF努力推广持续教育的方针。



¹ https://www.healthhub.sg/live-healthy/12/falls_prevention_programme

半年前，Rukamany和先生也在家族成员的热情招待之下到吉隆坡庆祝圣诞。“那些圣诞灯饰耀眼夺目，漂亮极了！我和家人一起玩得非常尽兴。”Rukamany一脸幸福地回忆道。虽然不是浪漫的白色圣诞，但是来自家族的温暖和陪伴才是Rukamany一直以来最向往的。



先婚后爱

Rukamany曾经务实的认为人生不需要浪漫的爱情，而走入婚姻也只是为了找个依靠，托付余生。她和先生通过表亲的介绍结识，不久后便定下了婚约。当时29岁的她非常务实，在婚前就把两人的个人财产整理妥当了。

爱情虽然不是她婚姻的起点，却一点一滴成了巩固夫妻关系的凝胶。每到Rukamany的生日，她的先生总会在她快睡着的时候捧上蛋糕，为她献上生日‘惊喜’，年年如此。但这样的无惊有喜不会过于单调乏味吗？“当然不会！”Rukamany两眼发亮地反驳道，“这说明即便过了这么多年他仍然爱我。”

对Rukamany而言，先生的爱就像座堡垒，为她挡风遮雨。她回忆起2010年初被告知肾脏失去功能只能靠洗肾续命时崩溃的心情：“我当时以泪洗面，哭得好伤心，甚至坚持不要洗肾。是先生的爱感化了我，让我想更珍惜自己。”

“他慎重地告诉我洗肾攸关性命，不能草率任性。”Rukamany回忆道。刚开始洗肾的头两个月，Rukamany的先生还特别向公司请了假，陪她适应治疗过程，以行动表示支持。

看着洗完肾之后太太虚弱疲惫的样子，先生还东补西凑给她买了一辆带有坐垫的电动滑板车，望能帮她节省来回洗肾中心的时间。先生的贴心之举让Rukamany感动不已，因此答应他从此会坚持继续洗肾，也会尝试让自己更独立。

现在这对恩爱的夫妻每到周日就会穿着情侣装到住家附近约会。她骑着电动车，先生则骑着脚踏车，两人一起吃早餐，度过悠闲的休息日。

忧心未来

在众多兄弟姐妹当中，Rukamany和排行第六的大姐最亲近。“在我结婚之前都是她在照顾我。她总是给我做很多好吃的……结婚的时候也给我包了很大的红包。”

婚后因为放心不下姐姐，Rukamany和先生决定邀请单身的大姐一起住，她说：“我们是手足，自然要互相照顾。”大姐患有牛皮癣、关节炎和糖尿病，Rukamany则患有肾衰竭需要长期洗肾，因此姐妹俩都无法出去工作，家中的经济重担无奈全落在了Rukamany的先生肩上。

“真不知道要是以后我不在了，还有谁会照顾姐姐？”担心起将来，Rukamany略带哽咽地说道。

平均来说，洗肾病患的存活率在5至10年之间，但不乏已存活20、30年的肾友¹。请伸出您的援手帮助Rukamany再活18、28，甚至再活38年，让她可以继续陪伴在姐姐和先生的身边。您可以通过随附的回执信封或到以下网址线上捐款，贡献爱心

<http://kdf.give.asia/campaign/kdf-link>



¹ <https://www.kidney.org/>

肾脏透析简报

七月—九月
2019

生日快乐

译/蔡永馨 (Jemin Chua)

“我能与新加坡同一天庆祝生日，实在太幸福了！”KDF肾友Rukamany兴奋地分享道。今年55岁的Rukamany最喜欢把自己是国庆宝宝的事情挂在嘴边与他人分享，充分展现她身为新加坡人的骄傲。

“你看看！新加坡那么干净，而且不管遇到什么困难，总会有许多慈善机构向你伸出援手，没有什么解决不了的事情！要我说，新加坡比其他国家好太多了，但也不是你想在这里出生就有那种福气的。”她自豪地说。



虽然自称国庆宝宝，Rukamany却更钟情于8这个数字。“我有8个兄弟姐妹，当中我排行第8；父母在我8岁那年去世，从开始洗肾到现在也正好8年了。”话音刚落，一抹顽皮的浅笑爬上了她的脸庞，她压低声量悄悄说道：“其实嘛……我是8月8日，半夜11点45分出生的……四舍五入也算得上国庆日吧？”

以家为本

Rukamany非常可爱地坚持只在国庆日当天庆生，因为她太爱自己的国家了，但更重要的是，牺牲了自己最喜欢的8号便能换来家族成员的全天候陪伴和祝福。

Rukamany的家族由7个家庭，14名侄、外甥儿女组成，人数众多。大家也只有在公定假日才有时间参加家族聚会。去年国庆日，Rukamany就和家人一起到新加坡摩天观景轮庆祝，一起观看了国庆庆典的烟花汇演，还一起吃了生日大餐，过了非常充实、难忘的一天。

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心灵守护者

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