



KDF LINK



Living on for my children

Translated by Alina Tee

The route from the bus stop to the care centre takes merely tens of metres but the short journey left Mdm Wong Wai Leng breathless and tired. Mdm Wong explains that her health has deteriorated significantly in the last couple of months, which caused her strength to wane. The toil on her body was evident with every rickety step she takes, yet one could sense the hint of joy emanating from Mdm Wong's voice as she gingerly carried the piping hot soup and steamed meat that she has prepared. It is the day that she gets to see her beloved son at the care centre. Getting to spend time with her son and feeding him mouthfuls of her lovingly brewed soup, this is the happiest day of the week for Mdm Wong, and also the moment she anticipates the most.

56 year old Mdm Wong Wai Leng has been with KDF for almost a year. Twenty years ago, after giving birth to her youngest daughter, Mdm Wong was diagnosed with proteinuria and had to rely on medication to keep her condition under control. However, she was overworked and as a result, her condition worsened gradually over the next ten odd years. A few years ago, her doctor gave his final verdict and warned Mdm Wong that her condition will eventually lead to kidney failure. Going on dialysis would become the only way to survive.

This is not the first time fate has dealt Mdm Wong such a cruel hand. Mdm Wong used to manage a furniture factory, which was subsequently shut down due to the economic downturn. She had no choice but to become a full-time homemaker, shifting all her focus to taking care of her family and children. Her children's future became her biggest hope in life.



Find out what our supporters have to say towards our "Bits of Hope, Gifts of Life" campaign!

3 Feature



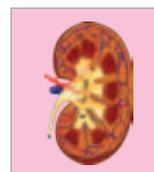
A KDF patient gets an unexpected gift from a kind reader...

5 Feature



Bone Problems in End-stage Renal Failure Part 2: Prevention and Treatment

7 Health



Ever wondered how our kidneys look like from the inside? Learn to identify the various parts of the kidney in "Fun with Health"!

8 Fun



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Despite all her hardships, life has no intention of showing mercy on Mdm Wong. Little did she know that a worse fate awaits her. That year, Mdm Wong's eldest son was 19 years old, a youth full of zeal for life, waiting to be enlisted into the army. A great future lies ahead of him - serving the nation, building a career, starting a family and giving his parents a good life. A life filled with aspirations and hopes that soared high up into the sky like a magnificent kite. A new chapter in his life has just begun.



As fate would have it, the string to this magnificent kite snapped at this juncture. Like a fallen kite, all their hopes fell to the ground, shattered. While waiting for his enlistment, Mdm Wong's eldest son took up a job at a night club to contribute to the household income. All along, Mdm Wong's son suffers from severe headache but he kept it a secret from his mother so as not to cause her any worry. One night after work, a splitting headache caused him to fall into a groggy sleep. By the next afternoon, he still has not regained consciousness. A friend rushed him to the hospital where he was found to have suffered from a brain hemorrhage. Subsequently, a bacterial infection led to the more severe Meningitis. The consequences were irreversible - Mdm Wong's son would never walk again and would need to depend on a wheelchair for the rest of his life. He would also not be able to wash or feed himself anymore.

Faced with such a sudden blow, the pain and agony that Mdm Wong had to endure was beyond imagination.

Yet, the strong mother took up the responsibility of playing caregiver to her beloved son without complaints. Standing at less than 1.6m tall, the petite Mdm Wong had to take care of the daily living of her son, who towers over her with his 1.7m tall frame. From brushing his teeth to washing up and changing of his diapers, showering and dressing him in the cramped and narrow bathroom typical of an old HDB flat, preparing all his meals and feeding him spoonful by spoonful. Such dedicated and meticulous care went on day after day for about ten years.

About five to six years ago, unable to shoulder the burden and responsibilities any longer, Mdm Wong's husband abandoned the family. The poor woman and her three children were left to fend for themselves, and she had no choice but to get a job as a cleaner at the housing estates. Working seven days a week, an hour each morning and night, Mdm Wong earns about \$400 a month for her household expenses. Visits to the shopping malls and cinema are a rarity for the frugal Mdm Wong, who hardly leaves her house except for her fortnightly visit to the market to get groceries and daily necessities. The doting mother would also prepare fish and meat dishes whenever possible, leaving them all for her children to boost their nutrition.

After her diagnosis, Mdm Wong made the decision to go on peritoneal dialysis. This way, she would be able to undergo treatment, while taking care of her children and the household chores. Prior to treatment, a catheter required for peritoneal dialysis needed to be implanted in her abdomen. The surgery and subsequent hospitalisation meant that Mdm Wong would not be able to care for her eldest son during that period and arrangements were made for him to stay at a care centre. Mdm Wong revealed that this was the first time she was separated from her son in nearly ten years. Faced with a life-threatening illness, Mdm Wong appeared unfazed yet the thought of being away from her son brought tears to her eyes again.

At present, Mdm Wong visits her son every week at the care centre, preparing his favourite dishes and feeding him while talking to him. At times, she reminisces the times when he was still a little boy.

Despite his slow and slurred speech, Mdm Wong's son deeply appreciates his mother's love and affections towards him. Seeing how haggard she looked, he would sometimes remark out of concern "Mum, you've aged." The words are simple, yet they warm Mdm Wong's heart every time she hears them.

Having gone through several ups and downs in her life, the jovial Mdm Wong remains optimistic. Since being on KDF's subsidised dialysis programme, her treatment fees have decreased from the original amount of more than \$2,000 to the \$100 odd she pays now. Her eldest son is also well looked after at the care centre. To have received so much help and kindness from the people around, Mdm Wong is grateful. Throughout the interview, on several occasions, she told us "I am really very lucky".

When asked about her hopes for the future, Mdm Wong simply said that having gone through different hardships, being able to stay alive is a blessing to her. Her only wishes are for her children, that her youngest son would be able to find a stable job and take good care of his family. And her daughter would be able to land a good job after graduating from the Polytechnic. As for her eldest son, Mdm Wong does not dare to hold any high hopes. To stay alive and to look after him, be it just for one more day, this is all she wishes for now.

Here at KDF, there are many tenacious and noble mothers like Mdm Wong. They too wish to continue living on and fulfill their motherly duties towards their children. Lend us a helping hand, so that this noble love will not cease to continue. Show some love for our patients and send in your donations via our business reply envelope. For more information, visit our website at www.kdf.org.sg.



Passing on Kindness with Hope & Life

By Alina Tee

Besides financial assistance for their treatments, kidney patients often require lots of support and encouragement from people around them to help them cope with the burden of their illness. A little word of encouragement goes a long way, and can do wonders in improving their emotional well-being.

This year, in conjunction with World Kidney Month in March, KDF launched its latest fundraising campaign "Bits of Hope, Gifts of Life". Through this meaningful campaign, we aim to collect well-wishes and encouragement from members of the public for kidney patients and healthcare professionals, while raising funds and promoting kidney health at the same time.

We would like to share some of the words of kindness contributed by supporters of KDF!

Words to Patients

"Welcome everyday with a smile, you will find that life is beautiful." – Koh Hwee Koon

"Life is always worth living, no matter what happens. Keep going and don't give up. I salute the courage and determination of all patients." – Miss T

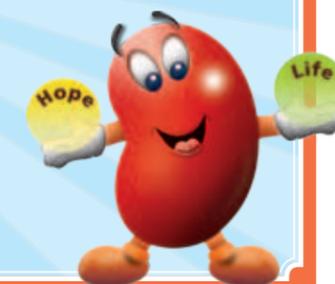
"Please stay strong and continue fighting!!" – Teo Cathay

Words to Healthcare Professionals

"You are their angels, their pillar of strengths. Please retain your love and compassion, and let them shine through all of you. Give a pat on your shoulders, good job. Cheers!" – John Tan TK

"Thank you for your hard work! You are a blessing to others" – Pamela Pang

"Thanks for being so selfless and kind. You remind us of the need to serve and the need to care for others." – Jammie Ng



If you have missed your chance to have your well-wishes featured here, not to worry. All well wishes and words of encouragement will be compiled into an eBook and featured on a bigger platform - KDF's website! It is still not too late to send in your very own words of kindness. Simply leave your message on KDF's Facebook page www.facebook.com/KDFsg or email to alina.tee@kdf.org.sg.

Support our cause further by making a donation towards our campaign. For every \$2 donated, you will receive an

exclusive KDF sticky note pad as a visual reminder of the importance of good health, and to show more care for the less fortunate members of the community. Every \$140 collected would also signify that a dialysis treatment has been donated to a patient in our programme. For more information or to make a donation, visit www.kdf.org.sg/BitsOfHope.aspx.

Every little Bit of Hope and Gift of Life from you will present our patients with a brighter and better tomorrow, we promise you.



Club HDB Fundraising Drive 2012/13

By Alina Tee



It has always been heartwarming for the staff at KDF to know that we are not alone in our efforts to bring a better tomorrow to the needy kidney failure patients under our care. In 2012, KDF was privileged to be selected as the beneficiary of Club HDB's annual fundraising drive. Club HDB is registered under the Societies Act, and all HDB staff are automatically members of Club HDB. The principal objectives of the Club are to promote active participations in sports, games, social and recreational activities.

Over the course of a few months, the Fund Team from Club HDB worked tirelessly in a bid to spread the awareness of KDF amongst HDB staff and to raise funds for our cause. Fundraising events that the team initiated included online donation drives, sale of charity cards in a tie-up with Singtel and charity bazaars.

On the 4th of December 2012, KDF was also invited to give a lunch time health talk to staff members of HDB in conjunction with the fundraising drive. The speakers for the day were Dr Grace Lee, Consultant Nephrologist and KDF Medical Director and Dr Alvin Ng, Consultant Endocrinologist and Physician at The Endocrine Clinic. The informational and engaging talk touched on topics such as diabetes and hypertension, both of which were highlighted as key causes of kidney failure. Participants also had the rare opportunity to seek professional advice and clarify doubts with the doctors during the Q&A session.

Through the fundraising drive which spanned across a few months and recently concluded in March 2013, Club HDB raised an impressive sum of more than \$70,000 for KDF. The funds will be used for the donation of 3 dialysis machines at KDF's Kreta Ayer Centre, benefitting our patients for a long time to come. On the 19th of February, representatives from Club HDB made a special trip to KDF's Kreta Ayer Centre for a machine commissioning ceremony. The 3 machines now bear the name of our generous donor as recognition of their act of philanthropy.

The 23rd of February was also a special night for the members of Club HDB as it was their annual Dinner & Dance. KDF was privileged and honoured to be invited as a special guest of the event. The night of dining and entertainment was made more meaningful and memorable for both parties as a mock cheque of *\$64,000 was presented to 2 KDF representatives during the dinner. In return, KDF presented a plaque and certificate as tokens of appreciation to Mr. James Koh Cher Siang, Chairman of



HDB and Dr Cheong Koon Hean, CEO of HDB and President of Club HDB.

Mr Lim Seam Teong, Club HDB Assistant Social Chairman cum Fund Team Leader, shared his thoughts on their fundraising efforts with us:

"Singapore as a developed country has attained much financial success. However, under-privileged group of the society inevitably are susceptible to the pressure of high living costs. Charitable organisations such as KDF play an important role to act as the social safety net and extend helping hands to these needy groups. As members of Club HDB's Fund Team, we are very honoured to be able to contribute towards this fundraising effort. Even though the charity fund raised is merely sufficient to donate 3 haemodialysis machines for KDF, we know we are doing something meaningful, something that might mean life-saving opportunity for end-stage kidney patients."

On behalf of our patients, we thank Mr Lim and his team for their hard work, as well as all the staff of HDB for their kindness and generosity.

(*Funds raised as of January 2013)

Machine Sponsorship at KDF

By Samantha Png



At KDF, machines play an important role in the daily running of our centres. Some take the place of kidneys in the bodies of our patients by cleansing the toxins out of their system. Others help in the dialysis process by sterilising equipment, or to perform other medical functions.

As one of our most precious resources, machines undergo wear and tear. Machines also have a definite lifespan and can depreciate in value. They are costly in maintenance, and funds are required to either replace them, or repair them when they are unable to work optimally.

For us here at KDF, our commitment to provide high quality, low cost treatments to needy kidney patients is not compromised as we strive to deliver our commitment.

In the year of 2012, the following donors have so graciously sponsored dialysis machines to the needy patients at KDF. Each of these machines will benefit numerous patients with their years of service, and many patients will be recipients of this act of generosity.

Here is the list of our esteemed sponsors:

Dynamic Investments Pte Ltd
ForLife Research Singapore Pte Ltd
Mr John Lee
Mr Wong Yee Lih
Ms Josephine Cheng

These sponsored machines have been commissioned under their donors and are representative of their generous contribution. Without the support of these donors, our patients will not be able to enjoy clean and sterilised treatments.

Want to help our patients in alternate ways? Sponsor a machine today!

Interested parties can look to donating a sum of money to sponsor our machines, and have them recognised at our centres. Please contact Mr Derrick Ong at 6559 2638 or derrick.ong@kdf.org.sg to find out more about Machine Sponsorship.

Thank You, for Your Act of Kindness

By Samantha Png



physically weak lately. So you can just imagine the joy on Mr Ng's face when he received the news from our Patient Welfare Officer. It definitely brightened up what could have otherwise been a gloomy day at the hospital for Mr Ng and his eldest brother, Mr Ng Gin, who was by his side.

The cheques of \$500 each took care of his dialysis treatments as well as his living expenses and they will be able to ease his current financial situation a little. Mr Ng's face was not only filled with joy, but was also full of gratitude as he posed for the camera.

All of us at KDF are encouraged by this act of kindness, and we would like to once again thank this donor for his support towards our Foundation.

It was yet another day at the KDF office in January, but all of us know that it was definitely not just an ordinary day for our patient, Mr Ng Boon. 2 cheques sent to the KDF office, by an anonymous donor, were addressed to Mr Ng to pay for his dialysis treatments, as well as to cover his day-to-day expenses.

Mr Ng, a featured patient in the January 2013 issue of KDF Link, has been



Zu Lin Temple Chinese New Year Lighting-up Ceremony cum Charity Dinner

Translated by Alina Tee



On 26 January 2013, the surroundings of Zu Lin Temple were abuzz with activity, with its premises adorned with decorations as melodious Chinese Orchestra music filled the air. The temple's annual Chinese New Year Lighting-up Ceremony cum Charity and Bursary Presentation took place that night at 8pm.

Apart from blessing Singapore with good fortune and prosperity with the lighting-up ceremony, Zu Lin Temple has also been giving back to society with its charitable activities. On that night, donations and bursaries were also presented to close to 30 charities and needy students.

According to Buddhist teachings, the act of lighting up a candle symbolises gaining enlightenment in life and wisdom. The Lighting-up ceremony was a solemn yet grand affair, with the abbot of Zu Lin Temple, Master Kai Xiang, taking the lead as all invited guests lit their candles in unison as a form of blessing for the new year.



This year, Zu Lin Temple gave out close to \$250,000 in donations and bursaries. As one of the beneficiaries, KDF was presented with a cheque of \$2,000 during the dinner. The generous donation from the temple will bring immense relief and support to our patients.

As the Chinese usher in the Year of the Snake, KDF is also honoured to receive the support of other temples such as Leng Ern Jee Temple, Lorong Koo Chye Sheng Hong Temple and Feng Huo Yuan during this period of festivity. On behalf of all our patients, we would like express our sincere gratitude to all donors and supporters of KDF. Here's wishing all the temples and their devotees peace, prosperity and good health in the Year of the Snake.

Share your thoughts with KDF



Been a silent reader of KDF Link all along and wish to express your opinions? Like a story in our previous issues and would like to share your sentiments?

Your chance is here now! We invite you to share your comments with the KDF Link team and our supporters. Whether it is to express your thoughts about a patient story that touched your heart and other articles, or to make some suggestions for improvements, we welcome them all!

Join KDF's ever growing community of supporters and let your voices be heard. Simply drop us an email at alina.tee@kdf.org.sg with your comments. Selected entries will be featured in the next issue of KDF Link. Speak up and be heard today!

Bone Problems in End-stage Renal Failure Part 2

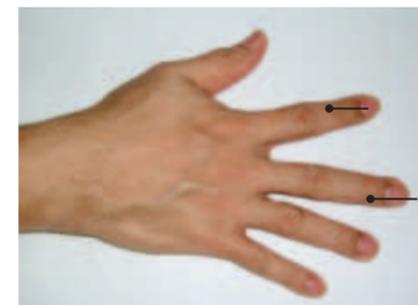
When the kidney fails, its function dealing with bone mineralisation and vitamin metabolism can be affected and result in renal osteodystrophy.

How can it be prevented?

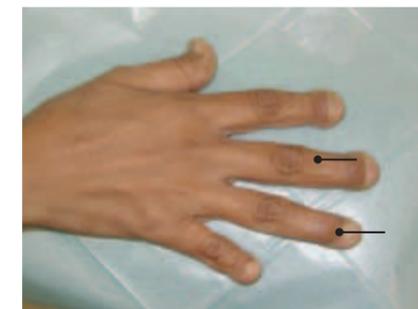
Renal osteodystrophy can be prevented in the following ways:

- Keeping to strict dietary advice. This will help by reducing phosphate intake and reduce intake of phosphate binders
- Regular weight bearing exercise to stimulate and maintain bone integrity
- Optimisation of body weight
- Compliance with medication especially phosphate binders and vitamin D supplements

Prevention is very important because once the parathyroid gland has been stimulated for some time, it becomes very difficult to treat even if the patient is compliant subsequently.



Normal Hand

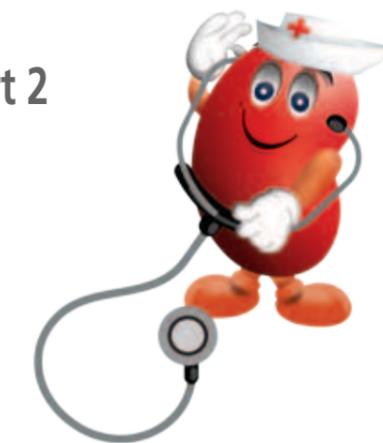


Affected Hand with Bone Problem

How can it be treated?

Every patient with renal failure will have some degree of bone disease at entry into dialysis. Treatment is aimed at minimising and retarding the process.

- Vitamin D is frequently prescribed to supplement reduced production. This is usually given in the form of 1-alpha-calcidol or calcitriol 2-3 times per week. However, this also encourages phosphate absorption in addition to calcium and aggravates the high phosphate level. So it is stopped if phosphate levels are high at the same time
- Phosphate binders e.g. Calcichew, Calcium Acetate and Alutab. Calcium containing phosphate binders bind phosphate present in food to form calcium phosphate, a compound which is subsequently excreted in the stools. The binders have to be taken with the meal otherwise there is no phosphate in the stomach or intestine to bind. Some patients dislike the taste of Calcichew and prefer Calcium Acetate which does not require chewing. By weight, Calcium Acetate contains less calcium and is more suited to patients who also have higher calcium levels with the use of calcium containing phosphate binders. Both are just as effective. Alutab is also a very effective phosphate binder. However, it contains Aluminium and too much of it can prevent proper bone growth and cause bone thinning by a different mechanism from that previously discussed. Doctors seldom prescribe Alutab continuously and often limit its use to 2 to 4 weeks at a time when needing to stop calcium phosphate binders for a while because of high calcium levels.



- Parathyroidectomy: Surgery to remove the parathyroid gland is needed when medical treatment has failed to suppress PTH production. As this is a more drastic measure needing hospitalisation and general anaesthesia for the operation, only severe cases are sent for surgery..

Prevention is Better than Cure

It is far better to prevent bone disease than to try and treat bone disease when permanent changes have set in. We cannot remodel the skeletal shapes back to the original once severe bone disease has taken root. Thus, the old adage of "prevention is better than cure" definitely holds true in this case.

You may visit these websites for more information:

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com>

<http://www.uptodate.com/patients/index.html>

Fun with Health!

"Who says health cannot be fun?"

We all know how our kidneys look like from the outside, but have you ever wondered how they look on the inside as well? Check out the cross-section of this amazing organ and learn to identify the various parts today! (Answers are provided at the bottom of the page)

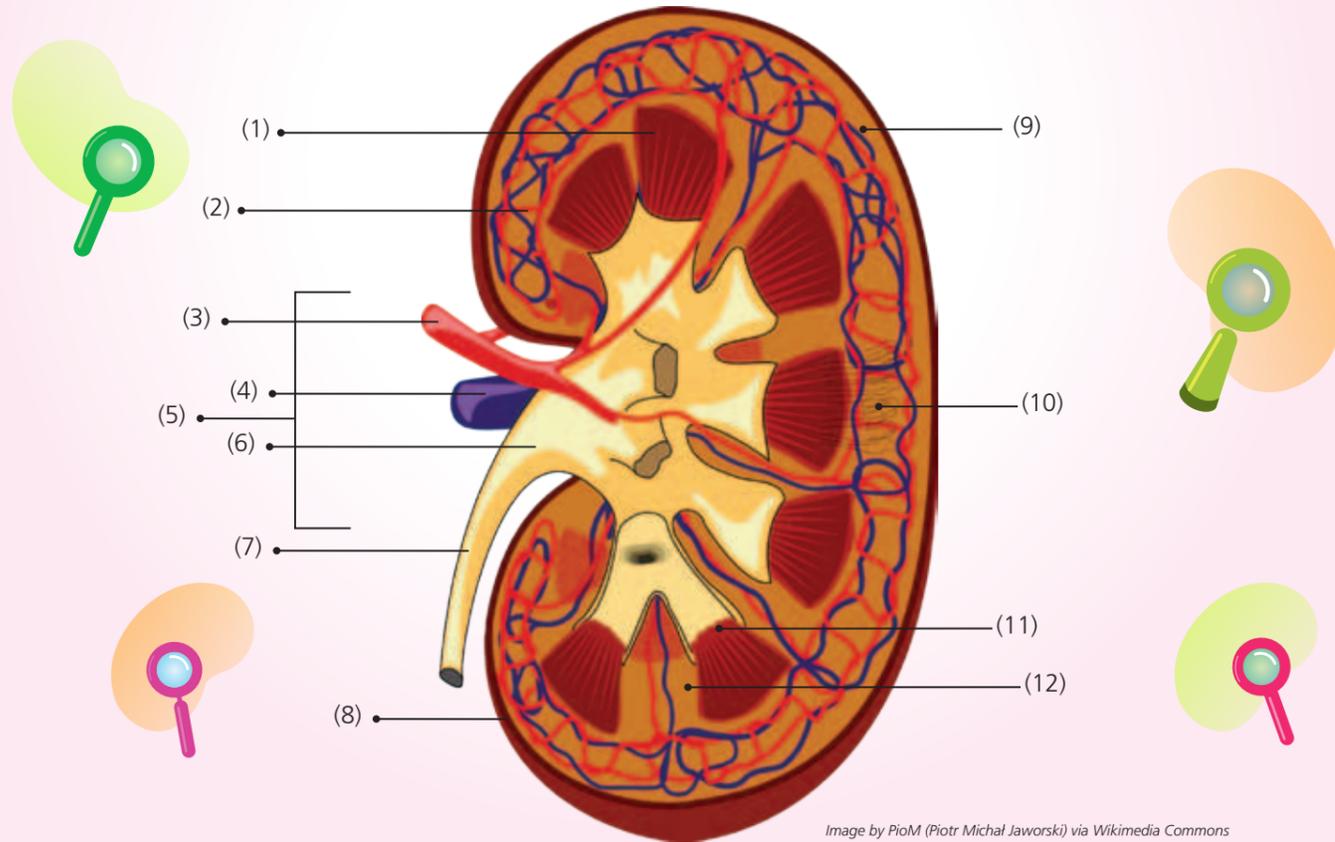


Image by PiOM (Piotr Michal Jaworski) via Wikimedia Commons

Your opinion is important to us. Please share your thoughts with us.

What would you like to see more of in KDF Link?

- Coverage on events
- Health puzzles and trivia
- Others: please specify _____
- Health articles
- Patient feature

What is the ideal length of the newsletter?

- Less than 12 pages
- 12 pages
- 16 pages
- More than 16 pages

Name _____ Age _____

Email _____

Please fax this section to 6225 0080 or mail it back to Resource Development & Communication Department at Blk 333 Kreta Ayer Road #03-33 S(080333). Alternatively, you could mail it back to us together with your donation in the Business Reply Envelope provided.

Answers:

- 1) Renal pyramid
- 2) Interlobular artery
- 3) Renal artery
- 4) Renal vein
- 5) Renal hilum
- 6) Renal pelvis
- 7) Ureter
- 8) Renal capsule
- 9) Interlobar vein
- 10) Nephron
- 11) Renal papilla
- 12) Renal column

KDF Donation Boxes:

No Donation Too Little



Do you have loose change after purchasing your groceries or meals? Or do you have leftover coins and notes after a holiday? Do you know that KDF has got donation boxes placed at foodcourts, coffeeshops and grocery stores across Singapore? Donations received from the donation boxes would aid in the subsidised dialysis treatment cost for the poor and needy kidney patients who are under our care.

Did you know?

A vast majority of our patients at KDF earn less than \$1,000 income per capita, holding blue collared jobs such as cleaners, hawkers, store assistants

and taxi drivers. The cost of the dialysis treatments are therefore a huge expenses as compared to their meager salaries. Feed your loose change into our hungry donation boxes the next time you see them! It only takes a small effort to make a difference in the lives of our kidney patients. Every cent counts, there's no donation too little.

KDF would also like to take this opportunity to thank all our partners for adopting and placing our donation boxes at their outlets. For more information about our donation box project, please contact Ms Jillian Lim at 6559 2652 or jillian.lim@kdf.org.sg.

Health Brochures for You and Me

Non-English speaking supporters of KDF, rejoice! We have heard your requests for health materials in more languages and we would like to share this piece of exciting news with you, our valued donors!

Causes of Death list, Urinary Tract Infection ranks the 8th and contributed to 2.5% of the deaths in 2010. If left untreated, both Hypertension and UTI may lead to kidney failure.

As part of KDF's ongoing efforts in public education and outreach, and to cater more to the needs of the community, we have recently updated two health brochures - Hypertension and Urinary Tract Infection, and they are now available in the Malay language!

Our full range of 19 health brochures, covering a range of topics from general information about the kidneys, diseases and problems associated with kidney failure, to tips on dietary management and travelling guide, are also available in Chinese! Check them out today at the "Health Guide" section of our website www.kdf.org.sg.

Did you know?

According to the Health Facts Singapore 2011, published by the Ministry of Health, the prevalence of Hypertension among adults aged 18 to 69 years is 23.5% in 2010. On the Top 10 Principal



肾脏透析基金捐款箱： 分毫也是爱心



您去杂货店购物或在食阁用餐后是否有找回的零钱呢？您在度假后是否有剩余的钱币呢？您可知道KDF在新加坡各食阁、咖啡店和杂货店都放置有捐款箱？通过捐款箱收到的捐款可为所有在KDF治疗的贫困肾脏病患提供受津贴的透析治疗。

您知道吗？

KDF大部分的病患来自蓝领阶层如清洁工、小贩、店员或德士司机，每人每月的收入少于\$1,000元。与他们微

薄的收入相比，洗肾费用是一笔庞大的支出。下一次当您看到它们时，请喂些零钱给我们饥饿的捐款箱吧！只需一点小小的付出，将为贫困肾脏病患换来大不同的明天。即使是一分一毫，对我们都一样重要。

KDF也想借此机会感谢所有允许KDF在他们商店网点放置捐款箱的合作伙伴们。更多有关KDF捐款箱项目信息，请联系Ms Jillian Lim 电话 6559 2652，电邮jillian.lim@kdf.org.sg。

你我的健康手册

所有肾脏透析基金的非英文支持者们，欢呼吧！我们已经听到了您需要更多种语言版本的保健资料的心声，所以我们希望能和您——我们尊贵的善翁们分享这一激动人心的喜讯。

作为KDF正努力进行的公众教育和宣传活动的一部分，为更好地满足社会需求，我们最近更新了有关高血压和泌尿系统感染两种健康手册，现在已经有马来语版本了！

您知道吗？

根据卫生部公布的2011年新加坡健康报告，在2010年我国高血压的患

病率在18-69岁的成年人中达23.5%。在导致死亡的前10个主因中，泌尿系统感染占据第八位，2010年有2.5%的死因源于此疾病。如果没有及时治疗，高血压和泌尿感染都可能导致肾脏衰竭。

我们全系列19种健康手册，包含了从肾脏、肾脏疾病以及与肾衰竭相关问题探讨的基本信息，到肾脏病患的饮食管理和旅游指南小贴士，现在都有华文版本可供阅读！今天就马上到KDF网站 www.kdf.org.sg 点击“健康指南” (Health Guide) 阅读吧！



与肾脏透析基金 分享您的想法

《肾析简报》的读者们，您是否想表达您的意见？或您是否喜欢前几期《肾析简报》里的故事，想分享您的感受？

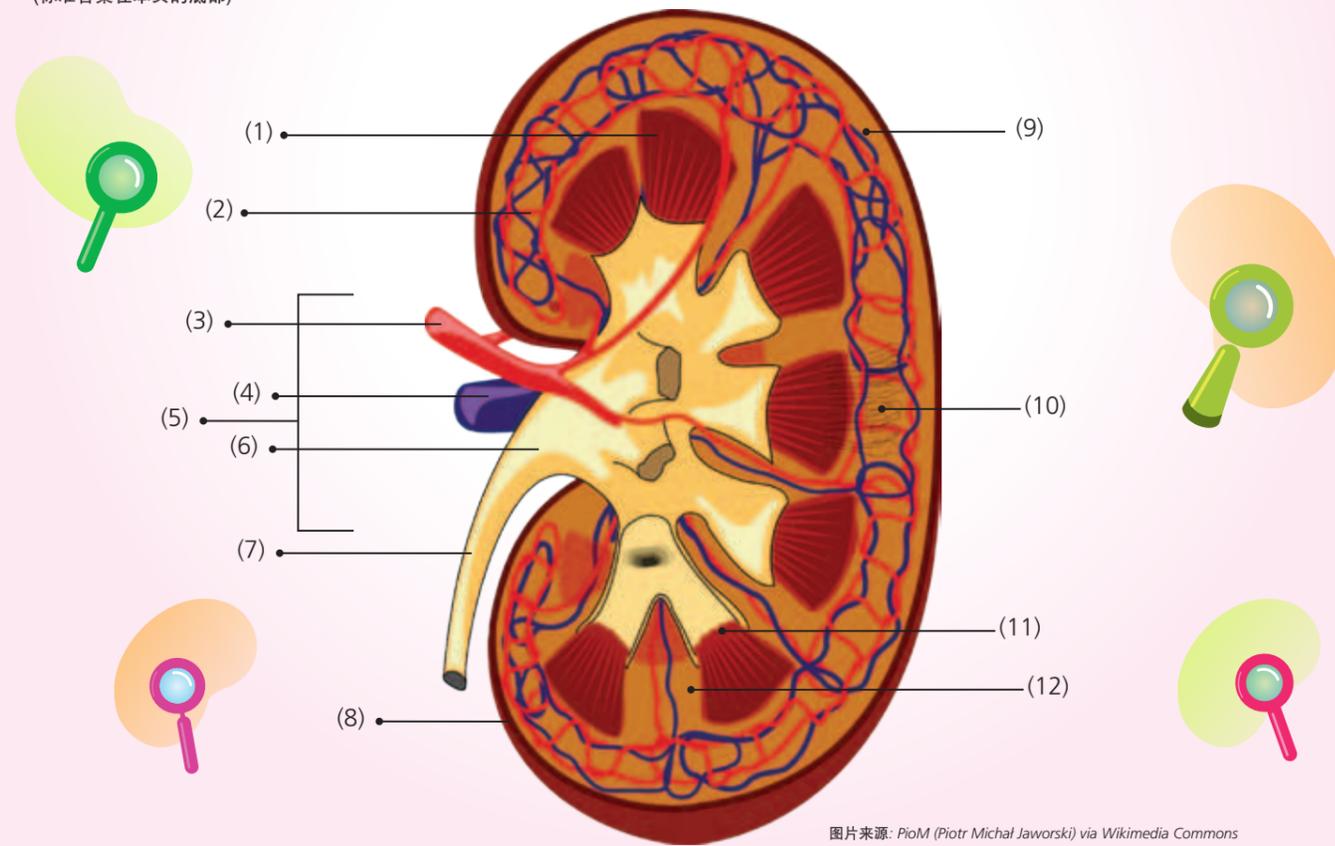
您的机会来了！我们诚邀您与《肾析简报》的编辑团队和读者们分享您的想法。无论是就一篇触动您心灵的病患故事或其他文章阐述您的感受，还是提出改善建议，我们都热烈欢迎！

加入肾脏透析基金日益增长的支持团体，让您的声音被聆听。把您的想法和意见寄到 alina.tee@kdf.org.sg。我们将挑选部分回信刊登在下一期的《肾析简报》中。大声说出您的想法，我们都在倾听！

保健乐区 谁说健康很无趣？

肾脏的外貌你我都非常熟悉，但您可曾想过肾脏内部是什么样子呢？在这一期的《肾析简报》，我们将通过肾脏的横截面一探究竟，识别肾脏内的不同部位吧！

(标准答案在本页的底部)



图片来源: PioM (Piotr Michal Jaworski) via Wikimedia Commons

您的意见对我们很重要，请与我们分享您的看法。

您想在《肾析简报》看到更多哪一类型的内容？

- 活动报导 保健资讯 健康测验及小贴士
 病患专访 其他：请注明 _____

简报的理想篇幅应该有多长？

- 少过12页 12页 16页 多过16页

姓名 _____ 年龄 _____

电邮 _____

请将这份问卷传真到6225 0080 或邮寄到Blk 333 Kreta Ayer Road #03-33 S(080333) – 资源发展与通讯部。您也可以将问卷连同捐赠通过随附的商业回邮信封寄交给我们。

1) 肾锥体 2) 肾动脉 3) 肾静脉 4) 肾髓质 5) 肾门 6) 肾盂 7) 输尿管 8) 肾被膜 9) 肾静脉 10) 肾元 11) 肾乳头 12) 肾柱

正确答案：

末期肾衰竭的骨骼问题(下)

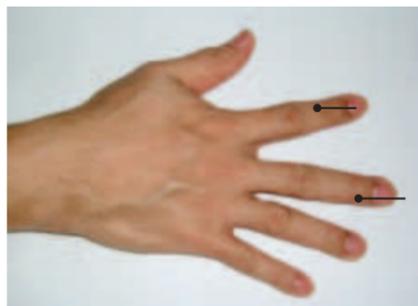
当肾脏一旦衰竭，骨骼的矿物质平衡和维生素的新陈代谢功能将受到影响，进而导致肾性骨营养不良。

有什么预防措施?

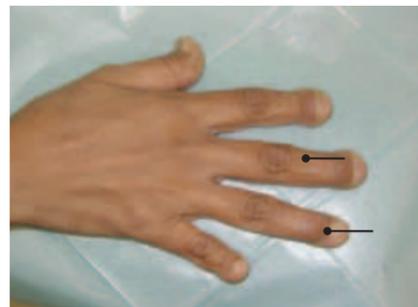
以下措施可预防肾性骨营养不良:

- a) 严格遵守饮食忠告。这能协助减少磷质的摄取和磷结合剂的服用
- b) 定时的举重运动能刺激骨质的新陈代谢，并维持它的完整性
- c) 保持适宜的体重
- d) 按时服用药物，特别是磷结合剂和维生素D补充剂

预防是很重要的，因为甲状旁腺一旦变得活跃，病患就算在过后有按时服药，也不容易获得良好的治疗效果。



正常的手



骨骼形状变异的手

如何治疗?

每位肾衰竭病患在开始接受洗肾治疗时，都已患有某些程度的骨头疾病。治疗主要是减缓和延缓骨头疾病的发展。

a) 维生素D制剂是补充钙产量不足的常用药物。患者每周只须服用二至三次，常用的维生素D制剂有1-alpha-calcidol 或calcitriol。然而维生素D的补充也会促使血钙吸收更多的磷质，提高血磷的水平。因此，当血磷水平升高时，就必须停止服用。

b) 磷结合剂，如Calcichew, Calcium Acetate 和 Alutab。含钙的磷结合剂会与食物中的磷结合，形成一种磷酸钙化合物，然后通过粪便排出体外。磷结合剂必须在进食时服用，否则肠胃中不会有磷质可供结合。有些病患不喜欢Calcichew的味道，而较喜欢无需咀嚼的Calcium Acetate，然而两者都有同样的效果。对必须服用含钙磷结合剂的病患来说，钙含量较少的Calcium Acetate会较适合那些血钙水平偏高的病患。Alutab也是一种非常有效的磷结合剂。但是由于含有铝，而过多的铝会阻碍骨质的形成，造成骨质变稀，这机制与先前所提的不一样，是属于另外一种不同的形成机制。所以当血钙水平过高，需要暂停服用含钙磷结合剂，改服Alutab时，医生很少会配予长期服用Alutab的处方，通常每次只会限制在二至四周的用量。

c) 甲状旁腺切除术：当药物治疗无法控再抑制促甲状旁腺激素的分泌，就必需接受甲状旁腺切除术的治疗。这不是项小手术，病患需要住院和接受全身麻醉，所以除非病情严重，否则医生是不会施予这项治疗的。

预防胜于治疗

在疾病造成骨骼永久性的变异前，先做好预防措施，是很重要的。因为骨头疾病一旦变得严重，要重整骨骼恢复原状是不可能的了。所谓“预防胜于治疗”确实是很实在的警世名言。

预知详情，
可参阅以下的网站：

- <http://www.kdf.org.sg/health.aspx>
- <http://www.davita.com>
- <http://www.uptodate.com/patients/index.html>



2012/13 Club HDB筹款活动

译/ 鲁旭



作为KDF的员工，我们感到最温暖人心的事是，在努力为贫困肾脏病患创造更美好的明天这条路上，我们并不孤单。2012年，KDF很荣幸被建屋发展局俱乐部(Club HDB)特别甄选为年度筹款活动的受益团体。Club HDB是根据社团法注册成立，所有建屋发展局员工都自动成为Club HDB成员。俱乐部的主要目标是促进参与运动、比赛、社交及文娱相关活动。

在过去的几个月中，Club HDB基金小组的成员不倦地向HDB员工们宣传推广，以提升员工对KDF的认识，并为本次活动筹募善款。他们发起的筹款活动包括在线捐款、与新电信合作销售慈善卡片以及慈善义卖会等。

2012年12月4日，结合此次活动KDF还受邀为建屋发展局员工举办了一次午餐健康讲座。当天讲座的主讲人是肾脏专科顾问兼KDF医疗总监Dr Grace Lee，和Endocrine诊所的内分泌专科与内科顾问医师黄俊明医生。讲座内

容丰富话题引人入胜，主题涉及糖尿病和高血压，这两者都是导致肾脏衰竭的关键因素。现场听众还获得了难得的机会，在提问环节向主讲医生寻求专业咨询和疑难解答。

为期数月的筹款活动于今年3月结束，而Club HDB共为KDF筹得超过\$70,000的慈善款额。这笔善款将用于赞助KDF三皇五帝透析中心三台透析机器，以使我们的病患长期受益。在今年的2月19日，Club HDB还专程到访KDF三皇五帝透析中心参加机器交付仪式。这三台标识有捐赠方名字的机器，是Club HDB热心慈善的重要标志。

2月23日对Club HDB成员来说也是特别的一晚，因为当晚是他们的周年晚宴。KDF有幸被邀请为活动特别嘉宾。当晚，Club HDB颁发了一张*\$64,000的模拟支票给两位KDF代表，使本次晚宴更富意义也为双方留下美好回忆。KDF也特别准备了一块牌匾和证书呈赠给HDB主席Mr. James Koh Cher



Siang和HDB行政总裁兼Club HDB主席Dr Cheong Koon Hean，以表感谢。

Club HDB助理社会主席兼基金小组组长Mr Lim Seam Teong就此次筹款活动和我们分享了他的看法：

“新加坡作为一个发达国家已经取得了许多经济成果。然而，社会中的弱势群体必然会受到高生活成本的压力。慈善组织如KDF扮演着社会保障的重要角色，及时向那些弱势群体伸出援手。作为Club HDB基金小组成员，我们非常荣幸能够为此次筹款作贡献。虽然筹到的慈善金只够向KDF捐赠3台血液透析机，但我们知道我们所做的是可以帮助晚期肾衰竭病患创造生存机会的善事。”

在此我们代表KDF所有病患感谢Mr Lim和他的团队所付出的努力，也感谢HDB所有员工的仁慈和慷慨。

(*截至2013年1月筹集的款项)

KDF机器赞助

译/ 鲁旭

在肾脏透析基金，各种机器在我们透析中心的日常运作中扮演着极为重要的角色。一些机器甚至能代替病患体内的肾脏，帮助清理他们身体里的毒素和废弃物。其他机器则为洗肾设备消毒，或有其它医疗功用。

作为透析中心最宝贵的资源，机器也会磨损变旧。它们有着一定的使用寿命并会折旧贬值。机器维护也是笔昂贵支出，当他们无法在最佳状态下运作时，不管是替换还是维修都需要一定的资金。

肾脏透析基金致力于为贫困肾脏病患提供高品质、低成本的治疗服务，我们希望我们努力实现这一承诺时，不会因为机器或资金短缺而受到影响。

在2012年，以下善翁慷慨地赞助透析机器以帮助贫困肾脏病患。每一台机器都将会为许多病人提供多年的服务，这一善举将使众多病人得益。

以下是我们尊贵的赞助人/公司名单：

- Dynamic Investments Pte Ltd
- ForLife Research Singapore Pte Ltd
- Mr John Lee
- Mr Wong Yee Lih
- Ms Josephine Cheng

这些机器都登记于各赞助善翁名下，也是他们慷慨贡献的代表。没有这些善翁的支持，我们的病患将无缘享受这清洁无菌的治疗。



想以不同的方式帮助我们的病患? 那就赞助一台机器吧!

有意愿的团体或个人可捐献一定金额来赞助机器，机器将以您的姓名/公司名命名放置在我们各透析中心。有关机器赞助事宜，请联系Mr Derrick Ong 电话6559 2638，电邮derrick.ong@kdf.org.sg。

传递希望，善待生命

译/ 鲁旭

除了为他们的治疗提供经济支援，肾脏病患往往还需要周围的人们给予支持和鼓励来支撑他们与病魔抗争。一点点鼓励的话语却是意义深远，可以为他们的情感带来奇迹般的改变。

今年，为配合三月份的世界肾脏月，肾脏透析基金发起名为“点点希望，赠与生命”的最新筹款活动。在这一意义丰富的活动中，我们希望为所有肾脏病人和医护人员向社会大众征集

祝福和鼓励，并在同期进行筹款及肾脏保健知识推广。

在此，我们想和您分享部分KDF支持者的爱心之语。

给病患们的话语

“每天以微笑迎接新一天的来临，你会发现人生其实很美丽。” - Koh Hwee Koon

“无论发生什么，生命总是富有生存的价值。继续前进，不要放弃。我向所有病患的勇气和毅力致敬。” - Miss T

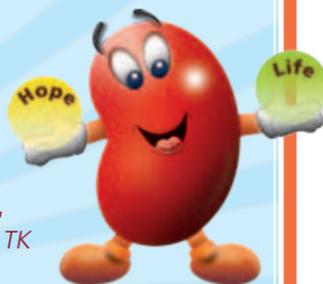
“请一定要坚强并继续与病魔斗争!!” - Teo Cathay

给医护工作者们的话语

“你们是病患的天使，是他们的精神支柱。请保持您们的爱心和怜悯，让它们同你们一起发光。我们支持你们，好样的，加油！” - John Tan TK

“感谢你们的辛劳工作！你们是病患的福音。” - Pamela Pang

“感谢你们的无私和善良。你们提醒了大家应多为他人服务、关心他人。” - Jammie Ng



我们希望通过为病患收集祝福和鼓励，促使大家关注新加坡的贫困肾脏病患，并强调健康的重要性。通过这一活动，我们也希望能鼓励公众给予社会中的不幸人士更多的关心和爱护，同时突出医护人员所扮演的重要角色。

您还可以捐献一份善款进一步支持我们的活动。每捐款\$2，您将获得精美的KDF便利贴一本，它将提醒您健康的重要性、应更多地关心社会中的弱势群体。每获得\$140捐款意味着一名病患在补贴计划中的一次治疗费得到保障。献上您的一份爱心礼物，或想了解更多详情，请游览KDF网站www.kdf.org.sg/BitsOfHope.aspx。

我们向您保证，您的每一点希望，您馈赠生命的每一份礼物，都将为我们的病患带来更灿烂更美好的明天。

如果您错过了在这里表达祝福的机会，不用担心。所有祝福和鼓励的话语都将被编入电子书(eBook)，并展示在更大的平台—KDF网站上！现在发出你的爱心祝福语还不太晚。只需简单将您的祝福留言在KDF的面薄主页www.facebook.com/KDFsg或发送到电邮alina.tee@kdf.org.sg。



译/鲁旭

感谢您的善举



Mr Ng 是肾析简报2013年1月刊封面报道的病患，他近来一直身体虚弱。所以您可以想象当他从我们的病患福利专员那听到这个好消息时脸上所显露出的喜悦。这对于正在住院的Mr Ng和在病床边照料他的哥哥Mr Ng Gin来说，都可谓是在拨开乌云见晴天。

两张各\$500元的支票不仅可以帮助他支付洗肾治疗费和生活费，还可以稍微缓解他目前的经济状况。在为他拍照时，Mr Ng的脸上不仅洋溢着喜悦，更是满怀感激之情。

肾脏透析基金的所有员工都为这一善举所鼓舞，也再次感谢这位善翁对本基金会的大力支持。



这只是一月份里的一个普通工作日，但这一天对于肾脏透析基金的病患Mr Ng Boon来说绝对是不同寻常的一天。两张来自同一位匿名善翁的捐款支票寄到KDF办公室，指明用于支付Mr Ng的洗肾费用和他的日常开支。



面对这突如其来的打击，忍受着常人无法想象的心酸和痛苦，Mdm Wong没有任何怨言，而是坚强地扛起了照顾爱子的重担。身高1米6不到的Mdm Wong，每天要为1米70多高的儿子打理起居。为他刷牙洗脸换尿布、旧式组屋只能容一人进出的狭小浴室里为他冲凉换衣服、煮好饭菜一口一口地喂他。日复一日的细心照料，转眼便是十年。

大约五六年前，Mdm Wong的丈夫因无法承受家庭的负担和累赘，离开了Mdm Wong和三个子女，一人独自生活。Mdm Wong只得在组屋当起清洁工，一周七天每天早晚一小时打扫楼道卫生，每月赚取四百多元的生活费

来补贴家用。节俭的Mdm Wong平时几乎不出门，与商场戏院更是无缘，只有每两周去一次巴刹买些蔬菜、生活用品。买回来的鱼肉自己舍不得吃，煮好了给儿女们改善伙食补充营养。

Mdm Wong在患上肾衰竭后选择了腹膜透析治疗，这样她可以在家里洗肾的同时，照顾子女并多做些家务。腹膜透析治疗需要进行外科手术，安装透析用的导管。因为手术住院无法照顾大儿子，他被安排住进了全天候的家护中心。Mdm Wong说那是她近十年来第一次和儿子分离。对自己病情只是轻描淡写的Mdm Wong，一想到和儿子分开，忍不住两眼泛起泪花。

现在儿子住在家护中心，每周Mdm Wong去看望他，给他做些平时爱吃的饭菜，边喂他边和他说话，有时也回忆下儿子小时候的往事。虽然儿子讲话语速迟缓还有些模糊不清，但母亲对他的慈爱他看在眼里记在心里。有时看到母亲憔悴的样子，他会关心地说“妈妈你老了。”听到这些，Mdm Wong感到心里很是温暖。

经历了人生的起起落落，Mdm Wong仍然保持着乐观开朗的心态。在采访中，Mdm Wong总是提起的一句话是“我真得很幸运”，因为有着这么多好心人的帮助。洗肾原本需要近两千元费用，因为有了KDF的津贴，现在每月只

需支付一百多元。大儿子在看护中心，也得到医护人员的细心看护。

当被问到对将来有什么期望时，Mdm Wong说自己也是尝遍了酸甜苦辣，能够活着已经很开心。她只希望小儿子能够有个稳定工作，照顾好他自己的小家庭。小女儿能在理工学院毕业后顺利找到一份好工作。至于大儿子，她真的不敢有什么奢望，只希望自己能好好地活着，能多活一天就能多看一天。

在KDF洗肾的病患中，还有很多和Mdm Wong一样顽强而伟大的母亲，她们也都希望自己能继续活下去，能够继续尽一份母亲的责任。希望您能伸出援手，让母爱的光辉延续。您可以用随附的商业回邮信函寄回捐款给我们，奉献您的一片爱心。您也可以通过浏览KDF的网站www.kdf.org.sg了解更多信息。



竹林寺 新年亮灯及慈善晚宴

文/鲁旭

2013年1月26日，位于狮城西部的竹林寺内滴水观音铜像下张灯结彩、华乐飘香，一年一度的竹林寺农历新年亮灯及慈善金颁发仪式于当晚8时在这里隆重举行。

依佛教说法，亮灯代表着点亮光明和智慧。当晚全场宾客在竹林寺住持开祥法师的带领下进行庄严而隆重的亮灯仪式，一同点亮手中的蜡灯为新年祈福。

除了以亮灯形式，为新加坡祈祷新年吉祥如意，竹林寺还通过公益慈善行动履行佛家以慈悲为怀的修行之道，在新年亮灯这一吉祥的时刻，向全岛近30家慈善机构颁发慈善金、并为贫困学生家庭颁发助学金。

今年竹林寺共计颁发慈善金二十五万多元。KDF作为竹林寺每年支助的慈善机构之一，也收到\$2,000元的慈善基金，这笔基金将为在肾脏透析基金洗肾的病患带来实在的经济支持。



在全岛华人欢庆农历蛇年到来的喜庆时刻，众多寺院庙宇如星洲灵隐寺、韭菜芭城隍庙、风火院等等，都以不同的形式向KDF捐献慈善金，或为我们提供筹款平台。在此，我们仅代表所有在KDF透析中心治疗的贫困肾脏病患们送上真诚的谢意，希望所有寺庙蛇年香火旺盛、所有信众们事事顺利、身体健康！





肾析简报



活着，为了我的孩子

文/鲁旭

从巴士站到看护中心只是几十米距离，Mdm Wong Wai Leng却走得气喘吁吁。Mdm Wong说最近几个月身体差了很多，整个人没力气，走路也东倒西歪的。但她的声音里透着些许愉悦，手上小心翼翼地提着热腾腾的老火汤和蒸肉，因为在组屋楼下的看护中心她将看到最心爱的儿子。每周与身患残疾的儿子见一面，喂他喝自己亲手煲的老火汤，是Mdm Wong一星期中最开心也是最期盼的时刻。

Mdm Wong Wai Leng今年56岁，在KDF洗肾已经有近一年时间。早在20年前生了小女儿之后，被检查出尿蛋白偏高，Mdm Wong一直服药来稳定病情。然而十多年过去了，过度操劳使得病情未能控制住反而恶化。几年前医生给她下了最终判决书，叫她有心理准备，她的病情迟早会转为肾衰竭，洗肾是唯一的活路。

这已经不是命运第一次和Mdm Wong开玩笑了。Mdm Wong曾经管理一间家私厂，由于经济不景气，工厂不得已关门大吉。Mdm Wong也只好当起家庭主妇，专心照顾家人和子女。孩子们的将来成了她唯一的希望。

但老天并没有因此而怜悯眷顾她，让她万万没想到的是，更沉重的打击还在后头。那一年，大儿子正是19岁，踌躇满志地准备参加国民服役。19岁的天空看起来是那么地美好，服兵役、参加工作、成家立业、孝敬父母，一切如迎风飞扬的风筝越飞越高，人生新篇章也即将展开。

然而风筝却在这时断了线.....在准备入伍的日子里，孝顺的大儿子到夜店做临时工补贴家用。儿子一直有剧烈头痛的问题，为了不让母亲担心他一直隐瞒着。这天晚上下班后强烈的头痛让他晕晕睡去，一直到第二天下午也没醒来，于是被朋友送往医院。初期被诊断为脑部出血，却因细菌感染引起更严重的脑膜炎而留下了可怕的后遗症：从此以后行动依靠轮椅、大小便不能自理、无法自己进食。



想知道KDF支持者对我们的“点点希望，赠与生命”筹款活动所留下的祝福与鼓励？请看下去！

3 特写



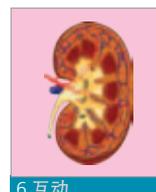
一名KDF病患收到了一份由善心人士赠予的意外礼物...

3 特写



末期肾衰竭的骨骼问题(下)：预防与治疗

5 保健



可曾想过肾脏内部是什么样子的呢？这期的“保健乐园”教您如何识别肾脏内的不同部位...

6 互动



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