

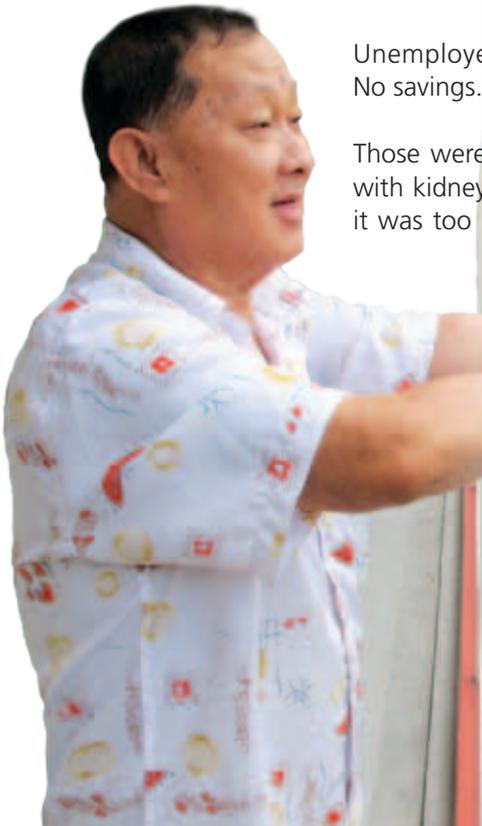


KDF LINK



Helping Hand for a Second Chance at Life

By Chen Yinglin



Unemployed. Alone. Illiterate. Uncertain of his future due to his deteriorating health. No savings.

Those were the characteristics that described Mr Ng Boon, 59, when he was first diagnosed with kidney failure 2 years ago. Forced to quit his job as a delivery man a few years before as it was too physically demanding, Mr Ng was not able to find work opportunities since. With these issues that plagued him, Mr Ng was fearful and unsure of whether he was able to undergo dialysis treatments as the cost was way beyond what he could afford.

Upon meeting Mr Ng for the first time, he looks just like the average middle-aged or retired man at the coffee shop. With his happy-go-lucky demeanour and pleasant attitude towards others, it is hard to imagine that Mr Ng is a kidney failure patient who had to endure adverse circumstances in his life.

Born into a family with 15 children, he had to see 5 of his older siblings being given away at a young age. He is now only in contact with 2 older brothers and lives with one of them. Being single, he does not have a wife or children to depend on, his brothers are his only pillars of support. Life still seemed manageable as he was able to work and support himself, until he was stricken with kidney failure. When he was unable to continue with the job which required physical labour, his livelihood was dependent on his 72 year-old brother who works as a cleaner. His brother, also single, earns \$700 a month and is the sole breadwinner of the family.



2012's Lunar 7th Month saw the auctioning of our charity icon, the "Treasure Bowl". A record-breaking amount was raised for our needy patients through this festival

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How good are you at unscrambling words? Try your hand at our Word Scramble now!

8 Fun



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household chores at home, keeps up with a good attitude. Previously, he used to ignore his health but now realizes the importance of complying with the dietary restrictions for kidney failure patients.

Mr Ng knows that going for dialysis has given him a new lease of life and wants to make the most out of it. From having a mindset of not taking his health seriously and eating whatever he wants despite his dietary restrictions, he now takes more responsibility as he knows that no one can help him if he doesn't help himself.

Mr Ng's attempt to look for a job was made even harder because of his age and deformed left wrist. His left arm is now significantly shorter than his right due to a bad fall during his teenage years.

"It is not as if I'm comfortable with living off my ageing brother, but it is difficult to find a job given my condition and education level," Mr Ng, who only has up to a Primary 2 education and is only proficient in Hokkien, said in despair.

Plagued with diabetes and hypertension years before he was diagnosed with end-stage renal failure, coupled with the lack of knowledge to take charge of his own health, Mr Ng had to be hospitalized on many occasions. During the several times he was admitted to hospital, he had no visitors. The only occasion when he sees his older sisters is during Chinese New Year when they would visit him at his house to give him angpaos.

As soon as Mr Ng came to terms with his condition, he started dialysis sessions at a private dialysis centre before being transferred to KDF. His brothers helped him with the administrative procedures to go for dialysis treatments as they wanted him to live on, even if it meant forking out money from their meager income and sacrificing their savings for old age.

Though the circumstances in his life are not favourable, Mr Ng, who spends most of his time doing simple

"I know that I can't drink too much water even though I really want to, or I'll have to go for extra dialysis sessions, which also means paying more for treatments each month."

Besides having a positive attitude, Mr Ng is also a friendly and pleasant personality at KDF's Kreta Ayer centre. Throughout the interview, he would make references and jokes about some of his fellow patients at the centre. He later lets on that they are his closest friends now and enjoys interacting with them.

As the meager income that his brother earns is used for daily necessities to support the both of them, Mr Ng has only one simple wish – to watch a movie with his friends. "The last time I caught a movie was when it only cost \$0.50 a show!" he recounted.



"Even though the big needles still scare me, I'm glad I'm still able to live on and lead a normal life as much as possible."

Mr Ng would not be the cheerful man he is today if the people around him did not give himself a second chance in life. For that, Mr Ng is grateful.

Although Mr Ng is still unemployed and has no savings, he is no longer alone due to the support and friends he has made at KDF. The subsidies he receives from KDF which allows him to pay only \$65 per month, have also greatly eased the financial load on his brother. With the dialysis treatments and the patient care he receives at KDF and with a heightened responsibility not to let his health deteriorate further, Mr Ng is able to lead a normal life.

KDF's primary vision is to ensure that no kidney patient will perish due to the lack of funds for dialysis. Help us as we continue our mission to give a new lease of life to patients like Mr Ng Boon, and to prevent them from taking the 'cheaper' way out because they cannot afford the treatments. To make a contribution, send in your donation via the enclosed business reply envelope. For more information, visit our website at www.kdf.org.sg.

Lunar 7th Month Charity Auctions

By Shelley Lu



During these auctions, the auctioneers were able to engage the community by raising awareness about what KDF does for its kidney patients. After giving them a brief account of who our patients are and the help they receive, the auctioneers go on to be involved in excited banter to attract the highest bidder.

Besides breaking the record for the highest amount raised, the 2012 Lunar 7th Month is also the first time TV artiste Mr Chan Tian Wen acts as our auctioneer, joining veteran auctioneers Mr Yap Say Ping and Ms Chen Ming Pai.

Another first was achieved when more than \$20,000 was raised from a single auction at the site at Loyang Offshore Supply Base, where Mr Yap Say Ping and Mr Chan Tian Wen were the auctioneers. Generous donor Mr Yap Thiam Meng Johnny made a bid of \$25,000 for the "Treasure Bowl" charity icon.

Our charitable bidders come from various walks of life, from those with humble backgrounds to the more well-off businessmen. Despite their diverse backgrounds, these donors had one thing in common, and that is to step up to the cause of giving to the less fortunate when the occasion calls for it.

KDF would like to extend its heartfelt appreciation to those who have been supporting us throughout the Lunar 7th month fundraising events all these years. We also wish to express our gratitude to all the organizing committees of the lunar 7th month events, for providing the platform so that we could reach out to more donors. On top of providing us with auction venues, the Ghim Moh Market and Shop Merchants Association have also made donations to KDF, further showing their support for our cause.

At KDF, we sincerely hope that the "Treasure Bowl" will not only bring luck and fortune to all the donors, but also contribute to giving a new lease of life to our needy patients. If you have missed the bidding opportunities and would like to purchase the "Treasure Bowl", do feel free to contact Ms Shelley Lu at 6559 2653 or email to luxu@kdf.org.sg. Alternatively, you can purchase it through our website at www.kdf.org.sg by clicking on the "Treasure Bowl" icon located at the right side of our homepage.

The Lunar 7th month is a widely celebrated festival by many Chinese Singaporeans and it is often associated with auctions and getais. During this month, KDF partakes in fundraising through the auctioning of our charity icon, the "Treasure Bowl" – a traditional fengshui mascot that symbolizes affluence and prosperity.

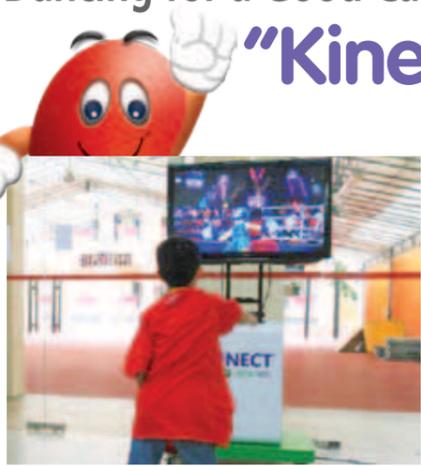
Through the efforts and contributions of the volunteers as well as KDF's staff, the 2012 Lunar 7th Month is our most fruitful one yet. With more than 50 auction sites, the campaign has managed to raise more than \$239,000 for our needy patients.



Dancing for a Good Cause –

“Kinecting for Kidneys”

By Denise Yuen (PAYM-YEC)



Photos by Nee Soon South YEC

Youths danced off in a Xbox Kinect Dance Central competition, titled “PAYM Loves Red: Kinecting for Kidneys”, to raise funds for the Kidney Dialysis Foundation (KDF). The event was held at Nee Soon South Community Club (NSS CC) on 18 August 2012 and was organized by the NSS CC’s Youth Executive Committee (YEC). Besides raising funds, “PAYM Loves Red: Kinecting for Kidneys” also aimed to increase awareness about KDF’s work.

The multi-purpose hall at NSS CC was a vibrant sea of red as everyone, including participants and organizers, wore PAYM Loves Red t-shirts, to show their love for the nation in her birthday month.

Once all the competitors had arrived, they were briefed on the rules of the dance contest. The round-robin

competition soon got underway. Catchy pop hits, which the competitors danced to, filled the multi-purpose hall, creating a fun and lively atmosphere. While the competitive dancers were battling it out on one side of the hall, leisure dancers were having fun on the other side. Eager participants, mainly families with young children in tow, took turns to try out the Xbox Kinect games such as virtual boxing.

To raise additional funds, the YEC also set up a stall which sold drinks, snacks and colourful KDF wristbands. There was also a booth where people could pose with wacky props and be photographed for a small fee. Guest dance performances by two youth dance interest groups were also well received by the audience.

The hall was still a hubbub of noise and activity when the Guest of Honour, Dr Lee Bee Wah, MP for Nee Soon GRC (Nee Soon South), arrived with KDF’s Board Director, Mr Watson Ong.

After touring the multi-purpose hall with Mr Ong, Dr Lee delivered a short speech where she commented that this fundraising dance event was a meaningful one, and expressed her hope that members of the community would participate enthusiastically in similar activities in the future.

Finally, it was the moment everyone was waiting for. The winners of the dance competition were announced to thunderous applause. Sisters Lai Kit Mun and Lai Kit Yeng emerged as overall champions!

All dancers, both competitive and leisure, were also entered in a special lucky draw, and two lucky winners went home with an iPod Touch each. In all, the event drew about 150 participants and raised over \$2,800. All proceeds were donated to KDF.

Swinging for a Cause



By Chen Yinglin

Since 2006, the GIA (General Insurance Association)’s Swing for Charity golf tournament has been an annual affair. The charity endeavour has since given to 9 charitable organizations and raised more than \$760,000 over the years.

This year, KDF is honoured to be one of two beneficiaries selected by the association for its 7th Swing for Charity event held on 5th of October. It was a significant day for both participants and the beneficiaries.

Besides providing financial protection against a wide array of risks, the GIA has proven that it is also a socially responsible organization helping the needy segments of society. The 2012 GIA Swing for Charity was a time for supporters of the event to network socially on the golf course and dinner whilst contributing towards a worthy cause.

On behalf of the needy patients at KDF, we would like to express our deepest

gratitude towards the GIA for their support and generous donation.

It is with the generosity of our donors that KDF is able to continue its mission of providing subsidized dialysis treatments for its patients. Once again, we thank the GIA and its supporters for not leaving the less fortunate behind as their industry progresses.

San Wang Wu Ti – KDF Centre

gets a facelift!

By Samantha Png

The San Wang Wu Ti (SWWT)–KDF Centre first opened its doors to needy kidney failure patients on 9 October 2004. Since then, the centre has been faithfully operating 6 days a week, 16 hours a day, fully dedicated to the patients under KDF’s care. Situated at the heart of Chinatown, patients residing in the area find convenience and accessibility in this sanctuary where they find rest and receive their dialysis treatments.

During the 12-week closure of the SWWT–KDF Centre, patients were temporarily relocated to KDF’s two other haemodialysis centres - Bishan and Ghim Moh. With the help of trained nurses, medical personnel and dedicated staff, this logistical challenge was managed and our patients relocated without any compromise in patient care.



Before



After

The refreshed SWWT–KDF Centre was spruced up with 16 brand new dialysis machines, new Haemodialysis Water Systems and 6 new sets of LCD TVs. The unobstructed walkways as a result of repositioning the furniture provide ample space for patients and nurses to move about. Nurse Farah echoed these

thoughts when asked about the new centre, “The walkway is very spacious now, as it was previously blocked by trolleys. The 6 new TVs are also an improvement compared to the 4 bulky TVs that had to be shared among all patients in the centre.”

Despite staying in Sengkang, dialysis patient Mdm Lim much prefers the SWWT–KDF Centre as she shares a close bond with the nurses at SWWT–KDF Centre. She finds the revamped centre spacious and easy to move around. The fresh coat of paint and new flooring also breathes new life to the centre.

Apart from the patients, nurses and doctors also enjoy the refurbished Doctor’s Room, as well as the Nurses’ Station and pantry. When asked about her thoughts of the newly renovated centre, Admin Assistant Cindy Tan thinks the renovated centre has a different layout and looks brighter and cleaner with the new furniture and extra space. She also finally has a space of her own; a new reception area is up in place of the vacant wall that used to greet visitors before the revamp.



Before



After



New Nurses’ Area



New Reception Area

As KDF constantly works hard at providing improved and comfortable environments for patients to dialyse, we hope that donors will support us in our work - to be the sculptors of this landscape that our patients call their home.

KDF not only supports the needy patients by providing quality and highly subsidised treatment and patient care but also supports research that will lead to the prevention and cure of kidney and kidney-related diseases. Our mission will not have been possible without the relentless support from our donors. All of us at KDF thank you for being with us as we cross yet another milestone in making a difference in the lives of our needy patients.

Doing Their Part for the Less Fortunate

By Shelley Lu

On 16th August 2012, the Kuan Im Tng Temple (Joo Chiat) cordially invited KDF to attend its annual charity and appreciation dinner. The hundred-year-old Kuan Im Tng Temple is one of the most well-known and widely supported temples in Singapore. This year, the charity and appreciation dinner coincided with Abbot Cheu Yok Beng's birthday and the atmosphere was merry throughout. Guests also drank a toast in celebration of this happy occasion.

During the dinner, the Kuan Im Tng temple presented gifts to more than 20 organizations which included various charities and schools. As one of its beneficiaries, KDF was presented

with a cheque of \$10,000. As the cheque was handed over, it was a step forward for KDF in fulfilling the wishes of the needy patients who yearn for more financial help, and a step taken in giving them a new lease of life.

Apart from Kuan Im Tng Temple, KDF has also received regular donations from other temples such as the Kwan Im Thong Hood Cho Temple, Buddha Tooth Relic Temple, Loyang Tua Pek Kong, to name a few. These temples, while fulfilling their main duties, do not hold back in giving back to society by donating part of their funds and these donations go towards helping the needy kidney patients from different races and religions.

KDF is grateful to have the constant support from so many donors from the Chinese community. All these years of unwavering support have contributed to helping us fulfill our great mission of looking after the well-being of our patients. On behalf of the patients at KDF, we would like to express our utmost gratitude to all temples for their generosity in supporting our cause.



By Shaun Paul Peh & Caleb Goh
Bedok South Secondary School

Reflections

Service to the Community by Bedok South Secondary School Students



which we identified as a class was the lack of awareness and knowledge of kidney disease and its preventive measures amongst youths. Thus, after researching more about KDF, we felt we could relate to KDF's mission and vision. Most importantly, we were inspired and touched by the stories of KDF's patients and its volunteers.

We crafted our own mission, which was to create awareness of kidney disease and its preventive measures amongst our fellow students and teachers. Before we embarked on our mission, we brainstormed on strategies and decided on planning fund-raising activities. Furthermore, we wanted to ensure we were equipped with the right knowledge before embarking on our mission. Our teachers invited KDF's CEO to give us a talk about KDF's organisation structure, the types of kidney diseases and its preventive measures. The talk was an eye-opener as we realised how important our kidneys are to our system.

One of our fund-raising activities was inspired by the television show, 'Minute

to Win It'. We encouraged the students and teachers to participate in our activity. Furthermore, we put up posters about KDF and its cause. It was a wonderful experience, as it gave us the opportunity to learn programme planning and through this, we became close-knit.

On the 18th of October 2012, we visited the KDF. We visited one of the centres to witness first-hand about how KDF is run. We were able to see how and who were involved in the running of the centre. We personally felt that the KDF's staff and volunteers work extremely hard in ensuring that the patients are well-taken care of.

On the day of our Learning Fiesta, we managed to raise funds by promoting the sale of the KDF's wristbands and calendar. We managed to sell all the items within 2 hours.

This whole experience serves as a reminder for us on the importance of serving the community. We hope that we will be able to contribute to the community further in the future.

Bone Problems in End-stage Renal Failure Part 1



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

What is renal osteodystrophy?

Renal osteodystrophy is the sum of various effects on bone occurring in a kidney failure patient. There are specific factors relating to the kidney failure as well as other factors present in the general population who do not have kidney failure such as aging.

What is osteoporosis?

Osteoporosis means porous bones or thinning of bones. This can be progressive and can lead to increase bone fragility and fractures. This process occurs in normal persons as well as kidney failure patients.

What is the natural history of bone thinning?

Bone density increases from birth through childhood and peak around mid 20s to early 30s. From the age of 30-50, bone density declines minimally. However, after the age of fifty, in males the rate of bone loss is around 0.2-0.5% per year whereas in females, is around 3-5% year. This rate of loss however slows down 5-8 years after menopause to 1-2% per year.

Who is more susceptible to bone thinning?

Many factors contribute to bone loss which include genetic, nutritional, environmental and hormonal factors. This condition is more common in the elderly and is associated with certain medical conditions such as end-stage renal disease (ESRD), Cushing's syndrome, steroid therapy and long term heparin use.

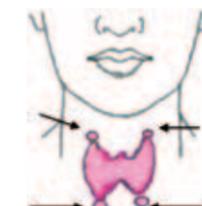
Why do people with renal failure have an increased risk of bone thinning?

Patients with ESRD have increased bone loss for the following reasons:

- Reduced active Vitamin D production from the kidneys
- Reduced phosphate excretion
- Increased bone breakdown with increased parathormone levels

This processes are not present in normal persons without kidney failure.

Normal healthy bone formation and maintenance requires the production of Vitamin D by the kidneys to maintain normal blood calcium levels. This is closely monitored in normal renal function via a feedback mechanism through parathormone (PTH), a hormone produced by the parathyroid glands situated behind the thyroid glands in the neck.



Location of parathyroid glands

When the blood calcium falls, the parathyroid glands are stimulated to produce parathormone and this in turn acts on the bones to release calcium so that the blood level can be normalised. While this is a good system for the short term, in ESRD, there is a constant deficiency of Vitamin D leading to reduced calcium levels. The parathyroid glands are being constantly stimulated in an attempt to maintain normal blood calcium level and as a consequence, calcium is perpetually being "stolen" from the bone.

Another stimulus to high PTH release is phosphate excretion. It is crucial to calcium metabolism. The normal kidney responds to high parathormone levels by increasing the excretion of phosphate through the kidneys. Unfortunately, in ESRD, there are no "good" kidneys to attend to this "message" and this results in calcium being released from the bone instead. In this instance, it is therefore important that the phosphate levels be kept within acceptable range so that parathormone is not stimulated.

How can we assess and monitor renal osteodystrophy?

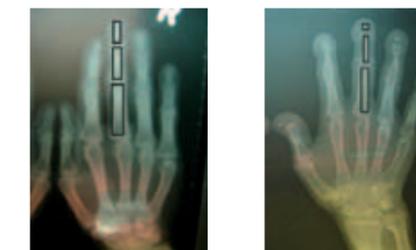
We can do it in the following ways:

a) Blood tests:

Regular testing of blood calcium, phosphate and alkaline phosphatase. Higher amounts of the enzyme alkaline phosphatase is formed from bone and released into the blood stream when the bone is stimulated by parathormone to increase the rate of bone formation and breakdown. Based on the results, medications are adjusted.

b) Dual-energy X-ray absorptiometry (DEXA) scan

This method estimates the bone density in relation to the normal population. Measurements are taken from the vertebral bodies and femoral head. Serial measurement can be done to monitor progression of bone disease at a yearly or 2 yearly interval but is costly.



Normal Hand

Affected Hand with Bone Problem

c) X-Rays

Detecting changes of bone disease with x-rays are rather late and generally not a preferred choice for monitoring.

What is the consequence of poorly controlled bone disease?

In severe renal failure, the automatic control of serum calcium and phosphate is lost and therefore the need to rely on medications to normalize these levels and maintain bone density arises. This leads to

- Symptoms such as bone aches, joint pains and itch.
- Fragile and thin bones. This predisposes to fractures with less trauma than normal bones.
- The maintenance of normal bone structure and skeletal shape becomes deranged. The patient soon assumes a characteristic posture in time because of changes in shape in the spine and chest cage.
- When serum calcium and phosphate level exceeds a certain level, it will cause deposition of calcium in blood vessels or muscles. Calcification of blood vessels can lead to blockage of smaller blood vessels. The surgeons may find it difficult to get a successful arteriovenous fistula for dialysis when the blood vessels have been hardened or blocked by calcium.

To be continued in the next issue: Prevention and Treatment of Bone Disease

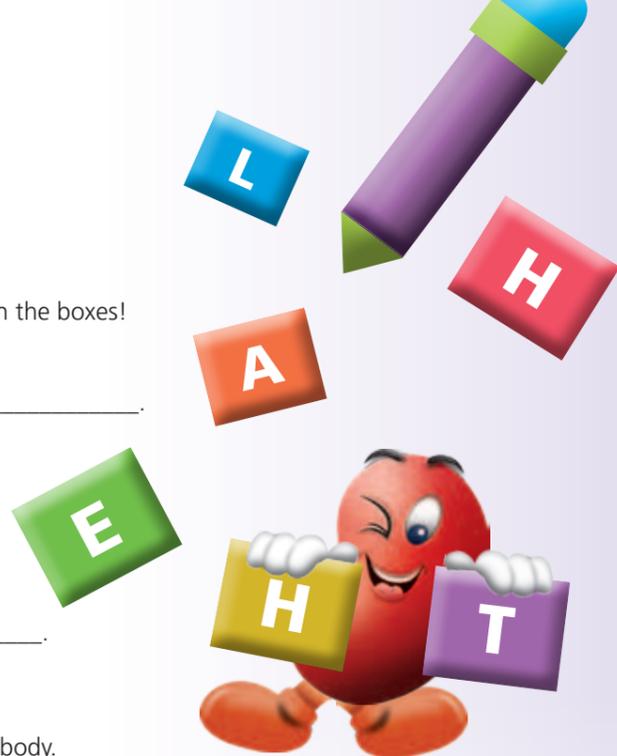
FUN with Health!

"Who says health cannot be fun?"

Word Scramble

Find out the answers to these questions by unscrambling the words in the boxes!
(Answers are provided at the bottom of the page)

- Filters or the functioning unit of the kidney are called _____.
N O P N E R H S
- Treatment of kidney failure involves _____.
I D A S Y I L S
- The most common cause of kidney failure is _____.
B A E D I E T S
- Your kidneys are part of the _____ system in your body.
N A U R Y I R
- If you have decreased kidney function, you should monitor sodium and _____ in your diet.
E T O R N I P
- A doctor who specializes in diagnosing and managing kidney disease is a _____.
R E L P H O G I S O T N
- The average kidney is the size of an adult _____.
S T F I
- Your kidneys help to get rid of waste products and excess _____ from your body.
I D L U F



Flag Day 2012

By Chen Yinglin and Jillian Lim



Despite the fact that 21 November 2012 was a regular work day and school holiday, volunteers from schools and across Singapore turned up bright and early at the 4 reporting centres, all eager and ready to pick up their donation tins and KDF stickers to kick-start their island-wide fundraising.

Throughout the day, our street collection volunteers stationed themselves across various spots in Singapore appealing to passers-by for donations. The heavy rain in the afternoon did not deter our volunteers' determination to raise funds for the needy.

Apart from students who willingly sacrificed a part of their school holidays,

there were also a few spontaneous volunteers from the public who stepped forward in contributing to this event. The street collection was also an opportunity for KDF to spread the word about the work we do for our patients. It was a mission beyond combing the streets to fill up the tins. Every dollar collected from the public meant more financial relief for our patients.

After a hard day's work, about \$26,100.83 was raised through our Flag Day. This is made possible with the support of the 96 street collection volunteers, and the numerous organisations and schools who have supported this project by organising internal collections through October and November 2012. One of our student volunteers, Deborah Lee, said, "As we asked for donations, although some were rushing off to work and had no time to donate, many came forward and donated without hesitation. We were greatly encouraged by that. Although it was tiring, it was an enjoyable experience." Her sentiments were echoed by her friend Shannon Lee, who said, "Most of the donors were working adults but despite

their busy schedules, they chose to stop and make a little donation. Some even took the initiative to ask about KDF. It was most satisfying to know that the money and our efforts will not be in vain as it would go to KDF and support their funds. I am glad that I have the opportunity to play a part in supporting KDF."

In recognition and appreciation of the support rendered towards Flag Day 2012, KDF is pleased to honour NetApp Singapore and Bedok South Secondary School for raising \$4,332.77 and \$861.20 respectively, the most amongst companies and schools for internal collections. We would like to thank all supporters and participants for generosity and support when it comes to reaching out for the needy.



Join us in bringing "Bits of Hope, Gifts of Life" to our patients!

If you have missed your chance to participate in our Flag Day last year, fret not! Join us at our next fundraising event in conjunction with our celebrations for World Kidney Month in March.

Be a part of our "Bits of Hope, Gifts of Life" campaign! Through this meaningful campaign, we aim to collect well-wishes and encouragements from members of the public for kidney patients and healthcare professionals, while raising funds and promoting kidney health at the same time.

What you can do:

1) Send us your well-wishes and encouragements

Show some care for the less fortunate and pay tribute to our healthcare professionals! Your well-wishes and encouragements will be compiled into

an e-Book and published on KDF website. We hope that this collection of well-wishes and encouragements would serve as a symbol of hope and encouragement for KDF's patients to strive on and not give up, letting them know that there are many others around who care, while giving recognition to this vital group of healthcare workers for their hard work and dedication towards their profession.

To send in your well-wishes and encouragements, simply email alina.tee@kdf.org.sg or leave a message on KDF's Facebook page <http://www.facebook.com/KDFsg>.

2) Make a donation towards our campaign

Drop by our main office with your donation or send us a cheque made

payable to "Kidney Dialysis Foundation Limited" indicating "WKD 2013" on the back, as well as your name/name of organisation, IC no./ROC/ROB no., contact number and address.

3) Take part in Flag Day 2013

Be our Flag Day Ambassadors to help the less fortunate during our island-wide street collection on 30th March 2013 (Sat).

Every little gesture of kindness on your part can make a difference in the lives of our patients. For more information, please contact Ms Alina Tee or Ms Jillian Lim at 6559 2651/652 or email alina.tee@kdf.org.sg/jillian.lim@kdf.org.sg or visit www.kdf.org.sg.

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

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) nephrons 2) dialysis 3) diabetes 4) urinary 5) protein 6) nephrologist 7) fist 8) fluid

2012年售旗日



尽管2012年11月21日是日常工作日并且是学校假期，来自学校和新加坡各地的义工仍然一大早就来到4个报到中心，心切地准备好他们的募捐罐和KDF贴纸，启动KDF全岛售旗筹款行动。

整整一天，我们的街头募捐义工们驻扎在全岛各地，倡议路人捐款帮助在KDF洗肾的所有病患。当天下午的瓢泼大雨也没能阻止义工们为贫困肾脏病患者筹款的坚定决心。

除了众多学生愿意牺牲他们的假期来为低收入肾脏病患者筹款，更有一些社会各界的民众自发前来为KDF售旗日出一份力。除了筹集善款，街头募捐也是KDF作自我宣传的一个良好机会。这是一个远超出搜寻街头募捐罐填满的伟大使命。募捐的每一分钱都意味着病患将得到更多的经济援助。

经过一天的辛苦劳动，KDF2012售旗日共筹得捐款\$26,100.83。这当中不仅有96名街头募捐义工们的帮助和支持，更有众多公司和学校通过在2012年10月和11月组织内部筹款活

动来支持这一项目。其中一名学生义工Deborah Lee说道：“当我们募款时，虽然有些人因为赶着上班而没时间捐款，但是还有许多公众毫不犹豫地伸出援手。这对我们而言是极大的鼓励。这次募款虽然很辛苦，但也很愉快。”她的同学Shannon Lee也呼应她的说法。她说：“捐款者多数是上班族，尽管很忙碌，他们却选择停下脚步捐款，有些甚至主动询问关于KDF的讯息。我们所筹集的善款和付出的心血不会白费，因为所有的一切能帮助KDF，这让我很有满足感。我很庆幸能有这个机会为KDF出一份心力。”

KDF很荣幸获得NetApp Singapore捐款\$4,332.77，其金额位居所有组织内部筹款的公司之首；名列学校内部筹款前茅的是新加坡尚义中学(Bedok South Secondary School)，共捐款\$861.20元，非常感谢以上公司和学校为KDF2012售旗日给予的鼎力支持。KDF衷心感谢每一位热心人士为我们的贫困肾脏病患者所付出的慷慨和爱心。



加入我们，为病患带来“点点希望，赠与生命”！

若您错过了参与去年售旗日的机会，不必烦恼！为配合3月份世界肾脏月的庆祝活动，我们将发起新一轮筹款活动，欢迎您的加入。

支持我们的“点点希望，赠与生命”筹款活动。通过这个富有意义的活动，我们希望能收集公众人士对KDF病患和医护人员的祝福和鼓励的话语，同时筹集善款和推广有关肾脏保健的讯息。

您可以通过以下方式帮助我们：

1) 送上您的祝福和鼓励的话语
送上祝福和鼓励的话语表达您对这些不幸人士的关爱，以及向我们的医护人员致敬！您的祝福与鼓励将被编入

一本电子书(e-book)并刊登在KDF网站上。我们希望这些收集到的美好祝愿象征着希望和激励，能鼓舞KDF的所有肾脏病患者与病魔顽强抗争、永不放弃，让病患们知道依然有许多人围绕他们、关心他们。另外，我们也希望对这群责任重大的医护人员的辛勤工作和奉献精神表示认可。

捎上您的一片祝福和鼓励，可发邮件到 alina.tee@kdf.org.sg 或在KDF的Facebook主页留言 <http://www.facebook.com/KDFsg>。

2) 筹款活动
一次性捐款给KDF，您可亲自到KDF办公室捐款或邮寄支票给我们。支票请写明支付给“Kidney Dialysis Foundation

Limited”，并在背面注明“WKD 2013”。同时请填写您的姓名/机构名称，登记证号码/企业注册号，联络电话及地址。

2) 参与2013售旗日
成为KDF售旗日大使，通过3月30日（星期六）的全岛街头募捐活动帮助不幸人士。

您的每一个善举都能为病患们带来新生命！有意报名或了解更多活动信息，请拨电至6559 2652/651，或电邮 jillian.lim@kdf.org.sg / alina.tee@kdf.org.sg 与Jillian Lim小姐或Alina Tee小姐联络。您也可以游览 www.kdf.org.sg 获取更多讯息。

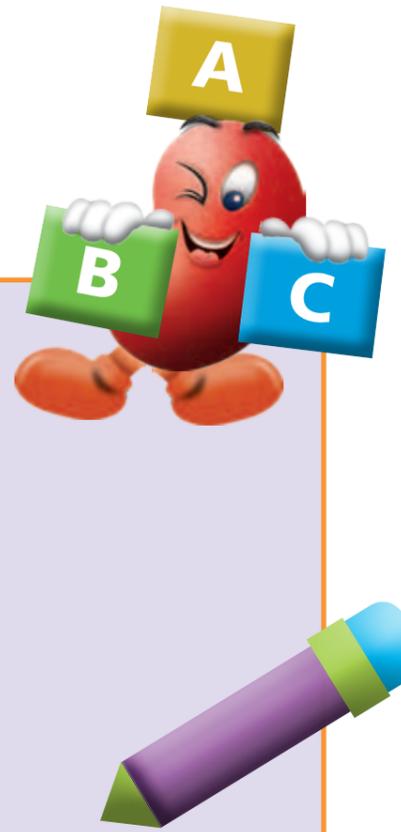
保健乐区

谁说健康很无趣？

保健小趣答

请从三个选择中找出正确答案！（标准答案在本页的底部）

- 在肾脏中起过滤作用的最基本功能单位叫作_____。
A) 肾元 B) 肾小球 C) 肾小管
- 治疗晚期肾衰竭的有效方法有_____。
A) 药物治疗 B) 血液透析 C) 食物理料
- 导致肾衰竭的最大元凶是_____。
A) 哮喘 B) 贫血 C) 糖尿病
- 肾脏是身体什么系统的一部分？
A) 消化系统 B) 泌尿系统 C) 免疫系统
- 如果肾功能下降，你需要在饮食中控制食用钠和_____。
A) 蛋白质 B) 碘 C) 铁
- 治疗肾脏疾病的医师称为_____。
A) 心脏科医师 B) 泌尿科医师 C) 肾脏科医师
- 成年人的平均肾脏大小等同于一个_____。
A) 手掌 B) 拳头 C) 鸡蛋
- 肾脏帮忙排除人体内的废物和过多的_____。
A) 血液 B) 分泌物 C) 水份



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。

8 (8) 8 (7) 7 (8) 6 (9) 5 (A) 4 (B) 3 (C) 2 (B) 1 (A) 1 (A)
: 孝景敏王

末期肾衰竭的骨骼问题(上)



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。

什么是肾性骨营养不良？

肾性骨营养不良是肾衰竭患者各种骨骼病变的总称。除了肾衰竭的特定因素，常人因年龄的增长等因素，也会导致骨骼疾病。

什么是骨质疏松症？

骨质疏松症是指骨质流失或骨质稀疏。这是种持续性的病症，它会削减骨骼的硬度，并造成骨折问题。这种疾病不仅会发生在常人的身上，更会发生在肾衰竭病患的身上。

骨质疏松的自然形成过程

从婴儿诞生的那一刻开始，骨质的密度便会随着成长岁月而逐年增加，并在约25岁至33岁间到达高峰期。从30岁至50岁，骨质的密度则会微缓地疏减。在50岁后，男性骨质每年的流失率则会增加到大约是0.2-0.5%，而女性则是约3-5%。然而女性的流失率却会在更年期的5至8年后开始减低至每年1-2%。

哪些人最容易患有骨质疏松症？

造成骨质流失的因素很多，如遗传、营养、环境和荷尔蒙等。这种情况在年长者中最为普遍。此外，这病症也常见于某些状况，如末期肾疾病，库欣综合症(Cushing's syndrome)，类固醇治疗或对肝素长期使用的副作用。

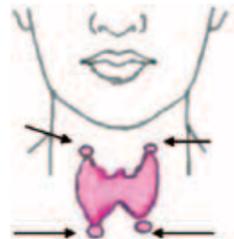
为什么肾衰竭会增加病患的骨质流失风险？

以下的因素会增加肾衰竭病患的骨质流失：

- a) 肾脏的活性维生素D分泌的递减
- b) 磷质排泄量的递减
- c) 因体内促甲状腺激素的增加而使骨质分解加速

没有肾衰竭病症的普通人士是不会有这些问题的。

健康骨质的形成和维持需要肾脏所分泌的维生素D来保持血钙的正常水平，并由肾功能的反馈机制通过促甲状腺激素进行严密监控。这激素是由位于颈部甲状腺后面的甲状旁腺所分泌的。



甲状旁腺的位置

当血钙水平一旦下降，甲状旁腺就会受到刺激分泌激素，促使骨头释放钙质，维持血钙的正常水平。对短期性的缺血钙问题，这的确是个好系统，但对持续性缺乏维生素D的肾衰竭病患来说，甲状旁腺不停地被刺激，也意味着骨头内的钙质将不断地被“窃取”。

另一个刺激甲状旁腺分泌激素的因素是高血磷水平。磷质的排泄与钙质的代谢有着关键的影响，正常的肾功能对高促甲状腺激素的反应是增加磷质的排泄量。然而肾衰竭病患的肾脏却无法发挥这方面的本能，最终导致骨头释放钙质。因此为了防止甲状旁腺增加激素的分泌，必须把血磷维持在正常的水平。

如何诊断和监测肾性骨营养不良？

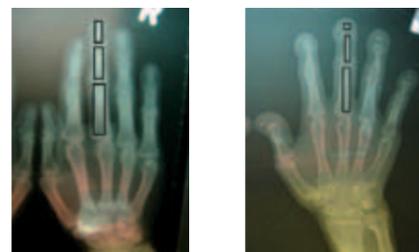
可通过下几个方法进行测断：

a) 血液检验：

定期进行血钙、血磷和碱性磷酸酶水平的检测。由于促甲状腺激素会刺激骨头加速骨质的新陈代谢，致使骨细胞所形成的碱性磷酸酶大量释放入血液里。医生会根据验血报告调整药物服用的分量。

b) DEXA扫描：

这方法可推断正常人的骨质密度。每年或每两年通过对脊椎骨和股骨头的扫描，可以监测骨骼病变的进展，但这扫描的费用相当昂贵。



正常的手

骨骼形状变异的手

c) X光摄片

这不是好的监测方法，因为当X光摄片显示骨骼病变时，病情早已是到了末期。

不良的骨头疾病控制会有怎么样的后果？

严重的肾衰竭，可丧失血钙和血磷的自动调控功能，因此需要借助药物来平衡它们的水平，以维持骨质的密度。不良的骨头疾病控制将导致以下问题：

- a) 产生症状，如骨痛、关节疼痛和皮肤瘙痒等。
- b) 骨质变薄，易折。与正常骨头相比，患者只须轻微的碰撞即可导致骨折。
- c) 骨头结构和骨骼形状的维持受到干扰。骨质长期的稀削，导致脊柱和胸廓的形状变异，病患将持有特定的形态。
- d) 若血钙和血磷的水平超出一定的范围，就会使钙沉积在血管和肌肉中。血管钙化可导致小血管阻塞。由于血管的硬化或阻塞，对外科医生的动静脉瘘管手术造成一定的困难，影响了手术的成功率。

下期将继续探讨骨骼疾病的预防措施及治疗...

三皇五帝-KDF透析中心 旧貌换新颜

译/ 鲁旭

三皇五帝-KDF透析中心(San Wang Wu Ti-KDF Centre)自2004年10月9日成立以来，中心一直执行一周六个工作日、每天16个小时满负荷运作，竭尽全力为每一位病患提供周全服务。坐落于牛车水的中心位置，牛车水透析中心为居住于这一区域的病患提供了极大的便利，成为他们休息和接受透析治疗的理想之地。

在为期12周的装修期间，三皇五帝-KDF透析中心的所有病患暂时被安置在KDF碧山和锦茂两间透析中心作治疗。在我们所有颇具经验的护士、医务人员及专职工作人员的精心照顾下，病患重新安置的后勤挑战被合理管控，我们的病患对KDF的安排也都极力配合没有任何怨言。



装修前



装修后

装配有16台全新的血液透析机、全新的血液透析水处理系统和6台崭新的液晶电视，这一切让三皇五帝-KDF透析中心焕然一新。在重新调整摆放设备用具之后，走道显得更为通畅，也为病患和护士提供了更多的使用空间。当被问及对新中心的感受时，护士Farah回应道：“装修前走道总是被医护推车给挡住，现在真的宽敞了很多。6台新液晶电视，和之前整间中心的患者一起看4台笨重的大电视比，也是提升了不少。”



装修前



装修后

尽管住在盛港，透析中心的病患林女士仍然愿意到三皇五帝-KDF透析中心来治疗，因为她和这边的护士更为亲近。她觉得装修过的中心更为宽敞了，而且更方便四处移动。新喷漆的墙壁和全新铺设的地板，也给中心带来了全新的气象。

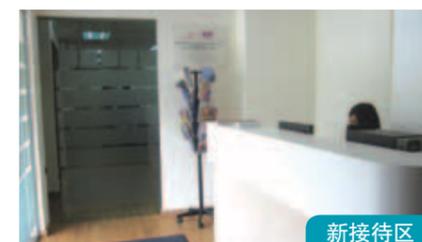
我们的护士和医生也都能享用翻新后的医生室、护士中心和茶水间。当被问到对新装修的中心有什么看法，行政助理Cindy Tan觉得新中心有着完全不一样的布局，加上新的家居和更多的空间，整体看起来更加明亮整洁。她也终于有了一个自己的工作岗位。此前只是空空一面白墙迎接访客的位置，现在被装修成了接待区。

KDF一直努力为来接受透析治疗的病患提供更好更舒适的治疗环境。同时，我们也希望所有的善翁们能支持我们的工作—与我们共同营造这个被病患们称之为“家”的美好环境。

KDF不仅为贫困患者提供高质量高补贴的治疗和护理，同时还支持有关预防和治愈肾脏及肾脏相关疾病的研究。但是，如果没有所有仁慈的善翁们提供爱心援助，我们的使命也无法达成。所有KDF的员工都十分感激所有善翁们，在与我们一同为贫困肾脏病患者创造新希望的道路上，又迈向了一个新的里程碑。



新护士站



新接待区

大爱慈悲之心

译/ 鲁旭



2012年8月16日，KDF受如切观音堂热情邀请参加该寺举办的年度慈善与答谢晚宴。拥有近百年历史的如切观音堂，在新加坡有着广泛的声誉得到众多信徒的拥护。今年的晚宴当天

正巧也是该寺住持周育民老师的生日，所有宾客一同欢庆这一难忘的时刻，整晚大家都沉浸在欢乐祥和的气氛中。

在晚宴上，如切观音堂向二十多家慈善团体和学校捐献公益基金。KDF作为受益团体之一，也收到\$10,000元的慈善金。当支票呈交给KDF的这一刻，也寓示着KDF为帮助贫困肾脏病患者的责任向前迈进了一步，为病患创造新生机的意愿更前进一步。

除了如切观音堂，KDF每年还得到其他各寺庙的鼎立支助，如观音堂佛主

庙、佛寺寺龙华院、洛阳大伯公等，在此不一一列举。这些寺庙在履行自身职责的同时，不忘回馈社会。他们所捐赠的善款将恩惠于来自不同宗教、不同种族的贫困肾脏病患们。

KDF真心地感激来自华社的善翁们一如即往的支持。因为有了你们多年来的支持，KDF才能履行我们为病患无私付出为病患造福的伟大使命。在此，我们代表在KDF接受洗肾治疗的病患们，对所有为我们提供援助的寺庙宗教人士和信徒们献上最真诚的谢意。

农历7月 慈善喊标



经过所有义工和KDF员工的共同努力和付出，2012年的农历7月是我们最富成果的一年。KDF一共在50多场中元会中为我们的贫困肾脏病患筹得善款达23万9千元之多。

在喊标过程中，喊标大使通过宣传提升公众对KDF肾脏透析基金的认识和了解。在大致介绍了KDF的情况：贫困肾脏病患的处境以及KDF能为病患们做什么之后，喊标大使通过鼓励会场宾客踊跃竞标奉献爱心，来吸引最高得标者。



除了今年筹得的善款位居历年之首，2012年农历7月也是电视艺人陈天文先生首次当任KDF慈善喊标大使，一同加入老将叶世平先生和陈明佩小姐的中元节喊标行列。

另一个“第一次”在罗央合作社的中元会现场产生——第一次单场次福物义标超过\$20,000。当晚，由叶世品先生和陈天文先生共同驻阵喊标，慷慨又富有爱心的Yap Thiam Meng先生以\$25,000的高价标得KDF2012慈善福物《聚宝盆》一尊。

农历7月中元节是一个被新加坡华人广泛庆祝的节日，中元庆典常常伴随着福物喊标和歌台秀。今年农历7月，KDF推出慈善福物《聚宝盆》，通过在中元庆典中喊标筹集善款。《聚宝盆》是华人传统风水宝物，它寓意着财富和兴旺。

为慈善挥杆



自2006年起，新加坡普通保险协会(GIA)慈善高尔夫球赛已成为一年一度的盛会。该会至今已筹得善款达76万之多，分别捐献给9家慈善机构。

今年，KDF很荣幸地被GIA选中，作为第七届慈善高尔夫球赛的两家慈善受益团体之一。这对参与方和受益方来说都是意义非凡的一天。

除了提供针对各种风险的财务保障，GIA也通过帮助社会弱势群体来证明他们是个对社会负责的组织。2012 GIA慈善高尔夫球赛不仅



译/鲁旭

到富裕的商人。虽然背景不同，但这些善翁们都有一个共同的目标，就是在需要时为那些不幸人士伸出援手。

KDF很感激所有每年在中元节通过义标福物一路支持我们的善翁们。KDF也对提供中元会平台，为我们获取更多善翁支持的各中元会主办方深表感谢。特别有主办方如锦茂巴刹商店联合社，不仅每年为KDF安排筹款机会，社团本身更在中元会上向KDF捐献善款。

KDF真诚希望《聚宝盆》不但可以给所有善翁带来幸运，更能为我们的贫困肾脏病患者创造新生机。如果您有意向认购《聚宝盆》但却错过了中元节的义标，您还可以与KDF鲁旭小姐联系购买，联系电话65592653，电邮luxu@kdf.org.sg。另外，您也可以登录KDF网站www.kdf.org.sg，点击首页右方的《聚宝盆》图标进行在线支付购买。

译/鲁旭

让活动支持者们，在高尔夫球场上和晚宴中建立社交网络，更促进公益慈善事业。

KDF代表所有贫困肾脏病患者，对GIA的大力支持和热心捐款表示最深诚的感谢。

因为有了所有善翁的慷慨解囊，KDF才能延续我们为所有患者提供受津贴的透析治疗的使命。我们再一次感谢GIA和所有支持者们对这些不幸人士的持续关爱。



在被诊断为晚期肾衰竭之前，他已患有多年的糖尿病和高血压，再加上缺乏对自身健康的照顾，Mr Ng已经多次住院。在他住院的那几次，没有人来探望他。他唯一能与姐姐们会面的时候是在农历新年期间，她们去他家看望他并且给他一个红包。

被转到KDF之前，Mr Ng因病情需要在一家私人透析中心开始洗肾。即使要从本已微薄的收入中挤出钱来而且还得花光养老金，他的哥哥仍帮他办理了透析治疗的行政手续，他们都希望他能活下去。

虽然生活并没有对他有所眷顾，Mr Ng仍保持着乐观的心态，大部分时间他都在家做些简单的家务。之前，他曾忽视自己的健康，但现在他意识到控制饮食对肾衰竭病人至关重要。

Mr Ng知道洗肾给了他新的生机，他也希望能好好利用这个机会。所以现在他重新审视对健康的态度，不再不顾饮食限制。因为他知道他需要对自己负责，如果自己都不帮自己那就再也没人会帮助他了。

“即使有时很想喝水，但我知道我不能喝太多，否则的话就得做额外的洗肾治疗”。

除了拥有积极的心态，在KDF牛车水洗肾中心洗肾的Mr Ng还是位和蔼可亲、快乐善良的病人。在整个采访过程中，他也会拿同在中心的病友举例子或开玩笑。之后他提到这些都是他现在最亲密的朋友了，他享受和他们在一起的时光。

Mr Ng的哥哥赚取的微薄收入只能支付兄弟俩日常所需。Mr Ng说他只有一个简单的愿望——就是和朋友一起到戏院看场戏。“上一次我去看戏，那时戏票还只是五毛钱一张！”他回忆道。

“虽然洗肾用的大针头仍然让我很害怕，但我很庆幸我还活着，还能尽可能地过着正常的生活。”

如果没有周围热心人士帮助他重获第二次生机，Mr Ng也不会像现在这样快乐。对此，他心怀感激。

虽然Mr Ng还是无业也没有积蓄，但因为有了新朋友，有了KDF的支持，他不再是孤军奋战。因为有了KDF的治疗补贴，他每月只需要支付\$65元治疗费，这也大大减轻了他哥哥的财务负担。本着不让自己的病情再度恶化的高度责任心，经过定期的透析治疗和KDF医护人员的精心护理，Mr Ng终于可以和普通人一样地生活。

KDF的首要宗旨是确保所有肾脏病患者不会因为缺少洗肾经费而丧失性命。请伸出援手帮助KDF继续履行我们的使命，为像Mr Ng Boon这样的病患铸造新的生机，防止他们因为无法承担治疗费用而寻求不当的出路。如果您愿意，敬请用随信附上的商业回执信封回邮捐出一份善款献上一片爱心。更多信息请访问我们的网站www.kdf.org.sg.



照片由义顺南青年执行委员会提供

心系肾脏 为慈善而舞

By Denise Yuen (人民协会青年团-青年执行委员会PAYM-YEC)

Loves Red)字样的红色T恤，在国庆月这一特别的时刻展示他们对新加坡的热爱。

所有到场参赛选手在大致了解了比赛规则之后，循环赛便迅速展开。选手们踩着动感的舞步舞动现场，整个多功能厅四处洋溢着欢笑和活力。当大厅的一侧所有选手们正沉浸在激烈的比赛之中时，另一边一群舞者则踏着轻松休闲的舞步自娱自乐。许多参加者对现场的Xbox Kinect游戏也饶有兴趣，众多家长带着小孩排队等候尝试下诸如拳击之类的电玩游戏。

为帮助KDF筹得更多善款，YEC还特别设立摊位出售饮料、点心以及各色KDF特制手环。现场还有照相亭只需付小额费用，参与者就可以用各种古怪道具摆造型拍照。主办方还邀请两组年轻舞者现场表演烘托气氛，也深受观众喜爱。

当活动特邀嘉宾义顺集选区(义顺南)议员Dr Lee Bee Wah 和KDF董事Mr. Watson Ong抵临现场时，全场仍沉浸在一片喧闹和欢笑声中。二位在活动场地游览一圈后，Dr Lee发表了简短的演讲。她提到这种将舞蹈和筹款结合的活动非常富有意义，她希望社区成员今后都能积极地参与到类似的活动之中。

最后，大家热切期盼的时刻终于来临了。在一片如雷鸣般的掌声中，舞蹈比赛的优胜者诞生了！姐妹花Lai Kit Mun 和Lai Kit Leng在众多参赛者中脱颖而出，夺得了总冠军的头衔。

现场所有舞者包括参赛选手和表演者，都有机会参加主办方特设的幸运抽奖，其中两位幸运者分别获得iPod Touch一台。整个活动大约有150人参加，共筹得善款\$2,800元。该善款全部捐献给KDF肾脏透析基金。



肾析简报



用双手铸造 生命的新曙光

译/ 鲁旭

失业、单身、文盲、因健康恶化而渺茫的未来、无积蓄。

Mr Ng Boon, 59岁, 当两年前被诊断为肾衰竭时, 以上这些词语是他当时状况的真实写照。那时因为无法负荷操劳, 他无耐地辞去送货员的工作。从此之后, 他就再也找不到工作。被诸多烦恼缠身的Mr Ng当时对未来充满恐惧, 他不知道自己要如何才能承担高额的洗肾费用。

第一次见到Mr Ng时, 他与咖啡店中那些中年或退休的大叔并无两样。他看起来无忧无虑, 快乐地对待他人, 很难想象Mr Ng是一位生活艰辛的肾衰竭患者。

出生在有15个子女的大家庭, Mr Ng曾眼睁睁地看着他的5个兄长和姐姐在年幼时被迫送人。现在他只和两个哥哥联系, 并和其中一位住在一起。一直单身的他没有妻小可以依靠。当他还有份工作生活还是可以维持自给自足。患上肾衰竭后, 无法继续作劳力工作的他, 生活完全依靠已72岁高龄当清洁工的哥哥。Mr Ng的哥哥也是单身, 每月挣得的\$700元是全家唯一的经济来源。

“并不是我想依靠年迈的哥哥, 实在是依我现在的条件和文化水平很难找到一份工作。”只有小二学历只会说福建话的Mr Ng语带哀伤地讲到。年龄偏大加上畸形的左手腕, 使他的就业机会变得更渺茫。因为在十多岁时严重摔伤, 他的左手臂明显比右手短。



2012年农历7月, KDF推出慈善福物《聚宝盆》在中元节庆典中喊标, 为我们的低收入肾脏病患者筹集善款。此次中元节喊标筹得款额也列居历年之首...

3 活动



KDF牛车水洗肾中心旧貌换新颜! 新环境、新设施、病患们全新的家...

4 特写



关注晚期肾衰竭患者的骨骼问题。为什么肾衰竭患者发生骨质疏松的风险更高?

5 健康



尝试下我们推出的保健知识小趣答, 看看您对肾脏的了解有多少...

6 互动



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