

KDF LINK



When Despair is All That's Left

By Alina Tee

Entering the dialysis centre on a Friday morning, my colleague and I spotted an elderly lady sitting at the waiting area, pulling socks over her bony feet. That turned out to be our interviewee for the day, Mdm Cheong Chwee Huay.

As we walked a short distance to our interview venue, Mdm Cheong explains that she gets cold easily, while gesturing to the double layer of clothing she usually puts on. With her thin frame, 60 year old Mdm Cheong cuts a frail figure as she advanced slowly with the aid of a walking stick. Settling down, we waited for Mdm Cheong to catch her breath before continuing.

Diagnosed with end-stage renal failure some time in 2004, Mdm Cheong has been undergoing dialysis with KDF for almost a decade. "Time flies, huh!" remarked the chatty Mdm Cheong. It was during a routine health check at a hospital that Mdm Cheong became aware of her condition. Initially reluctant to undergo dialysis, she eventually relented upon the advice and insistence of her doctor, who urged her to commence dialysis soon. A lifelong struggle with kidney disease thus began.

As the saying goes, "when it rains, it pours." Misfortune never comes alone and this rings true especially in Mdm Cheong's case. In 2007, she developed coronary artery disease and underwent a heart bypass graft. She also started suffering from hypertension a few years back, a strange occurrence according to Mdm Cheong as she used to have low blood pressure. Apart from these medical conditions, Mdm Cheong's eyesight has also begun to fail, giving rise to blurred vision and she experiences the occasional body aches and giddiness. "It's like



This year, Renal Friends's brought our patients to Gardens by the Bay. Read on to find out more!

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when she first learnt of her mother's illness. Despite her anxiety, she is unable to accompany Mdm Cheong for dialysis as she needs to work, for she doesn't get paid if she misses a day of work. "She can't take a break, I feel so sorry for her", said Mdm Cheong with a sad look on her face.

Fortunately for Mdm Cheong, being put on KDF's subsidised dialysis programme meant that her treatment fees are greatly reduced, from the estimated \$2,000 to about \$200 per month. In 2011, the elderly couple was also forced to downgrade from their 3-room HDB flat to their current dwelling in a single-room unit, nestled in a quiet and peaceful neighborhood. Reminiscing the past, Mdm Cheong revealed that she still prefers and misses her old neighborhood. "I like hearing the voices of children around me", she added. While the couple still manages to get by at the present moment with their savings, allowance from their daughter and the occasional aid from welfare groups, Mdm Cheong is still frequently plagued by financial woes, to the extent of losing sleep at times. With the rising costs of living – food, utilities, transportation, medical expenses etc, she worries about the future, as well as the financial strain on her daughter. "Really cannot tahan, lah", grumbled Mdm Cheong as she shook her head.

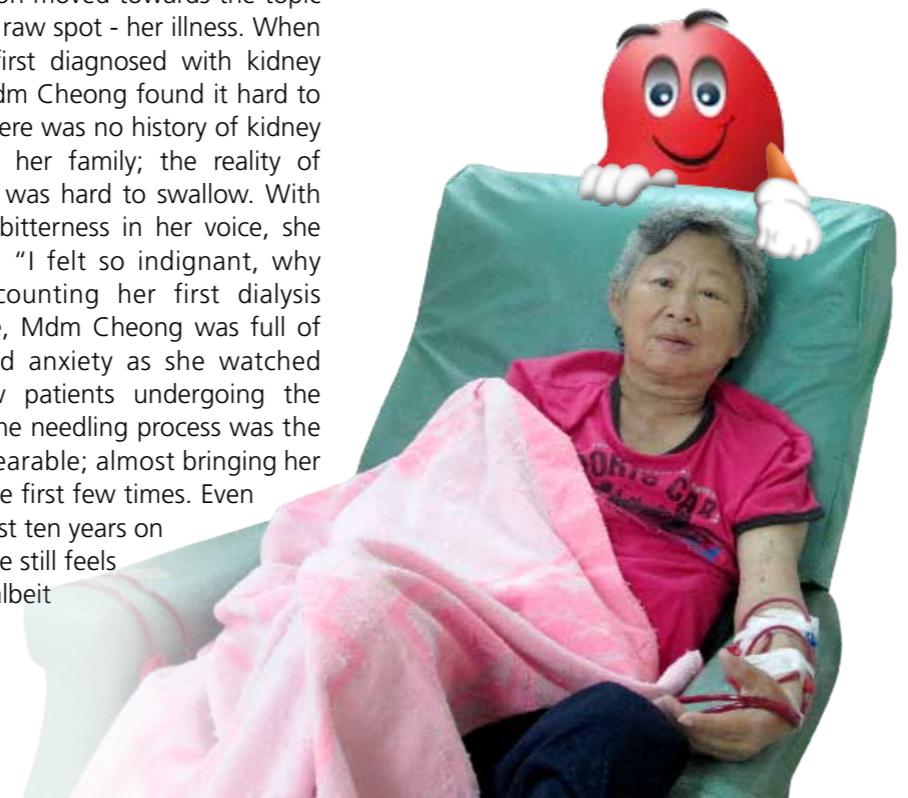
Presently, Mdm Cheong does her thrice-weekly dialysis treatment at KDF Kreta Ayer centre, located just a short bus journey away from the one-room flat she shares with her husband, 65 year old Mr Sum, who also accompanies her to and fro every dialysis session. The family's finances are quite strained - both Mdm Cheong and her husband are unemployed, and riddled with multiple health conditions. Mr Sum used to work as a cleaner but was forced to leave his job about 2 years ago as the strength in his legs slowly waned with age. Like Mdm Cheong, he faces difficulty with walking and has to rely on a walking stick as well. The burden of supporting the family now lies solely on their only daughter, who earns less than \$2,000 a month and has to take care of her elderly parents' medical bills.

When the topic came to that of her daughter, Mdm Cheong's eyes lit up immediately. It is not hard to feel the affection she has for this only daughter of hers, as she shares with us how her daughter was very anxious and worried

to a lesser extent. With her subsequent heart disease, and a host of other medical conditions, one can only imagine the agony and pain Mdm Cheong had to endure over the last decade.

With regards to the future, Mdm Cheong does not dare to think of it, preferring to take each day as it comes. Resigned to her fate, her anguish is deeply felt as she mumbled, "What hope do I have with such an illness? I'm just waiting to go to heaven." However, like all parents, Mdm Cheong too wishes the best for her beloved daughter. With a small smile on her face, she said, "I hope she has a good life. I want her to be happy".

Watching Mdm Cheong's frail figure and retreating back view as she left for her dialysis session, her words rang through my head, "Why me?" Indeed, why her? The anguish and hardships that people who are ill have to endure are way beyond the imagination of outsiders. Like Mdm Cheong, many of our patients also face financial difficulties, on top of their disease burden and misery. Join hands with KDF as we embark on a mission to look after the well-being of needy kidney failure patients by nurturing hope and confidence to make their lives more meaningful. Help us to keep the flames of life in our patients alive. You can support them by making a contribution via the enclosed business reply envelope. For more information, visit www.kdf.org.sg



Patient Education Seminar and Outing 2013

By Alina Tee and Jemin Chua



On the morning of 24th March 2013, 11 staff members from KDF gathered at Marina Barrage, not for work, but for a day of learning and fun! Once again, it is the time of the year where the Renal Friends' Patient Education Seminar and Social Outing takes place!

A massive gathering with 133 participants, including patients from KDF and SGH Renal Health, family members, volunteers and staff, the day kicked off with the patient education seminar – Diet Swap: Making the Right Choice, which was held at Marina Barrage. The guest speaker of the day was consultant dietitian Ms Lim Chi Lee. The informative talk touched on related topics such as nutrients of concerns during haemodialysis, balanced diet, reading food labels and more. To engage the participants, Ms Lim also conducted a quiz session at the end of the talk, which saw active participation from the patients.

Other highlights of the seminar included a short skit titled "Food Matters – Low Phosphate Diet", put up by KDF's Kreta Ayer Centre nurses and patient Mdm Tan on the importance of a low phosphate diet. The jovial and affable Mdm Tan also shared her experiences of controlling her diet with the participants, while dishing out words of encouragement to her fellow patients. Not to be outdone, nurses from KDF's Bishan and Ghim

admiring the various vibrantly coloured and unique species of flowers, while leisurely strolling through the garden. The children were especially delighted by the Easter-themed decorations strewn along the way.

Participants then made their way to the Cloud Forest where they were greeted by the sight and sounds of a majestic waterfall, which also holds the record for being the world's tallest indoor waterfall. The more adventurous participants even managed to experience "walking in the clouds" via the misty Cloud Walk; not recommended for the faint-hearted. The day ended with everyone feeling re-energised and contented from this short break away from their daily routine.

Renal Friends would like to thank all the volunteers who have helped to make this event possible. See you next time!



In the midst of the flurry of activity, we managed to capture a few snapshots of the key moments. Join us and sneak a peek at what went on behind-the-scenes on that day!



Celebrating World Kidney Month with Hope and Life

By Alina Tee and Jillian Lim

Flag Day 2013

The 30th of March 2013 was an exciting day for KDF staff members and volunteers. Months of planning and hard work cumulated in a successful Flag Day 2013 with an encouraging response of 520 volunteer sign-ups from schools across Singapore. All through the day, our hardworking volunteers stationed themselves across the island, braved through the unpredictable weather of rain and scorching sun, earnestly appealing to strangers for donations. Apart from our student

volunteers, there were also members of the public who spontaneously stepped forward in contributing a few hours of their Saturday to pick up a donation bag and do their bit in support of our needy patients.

At the end of all the hard work and efforts, a total sum of \$30,964.81 was raised for our Flag Day 2013. This is only made possible with the contribution of our street collection volunteers and the schools who organised internal collections among their students and teachers through the months of February to March 2013. In recognition and appreciation towards the support rendered, we are pleased to acknowledge Maha Bodhi School with the 'Highest KDF Flag Donation Award' for raising \$713.15, the highest sum of donations raised amongst the schools for internal collections and Beatty Secondary School with the 'Highest Number of Volunteers Participation Award' for sending 139 students as street collection volunteers. Lastly, we would

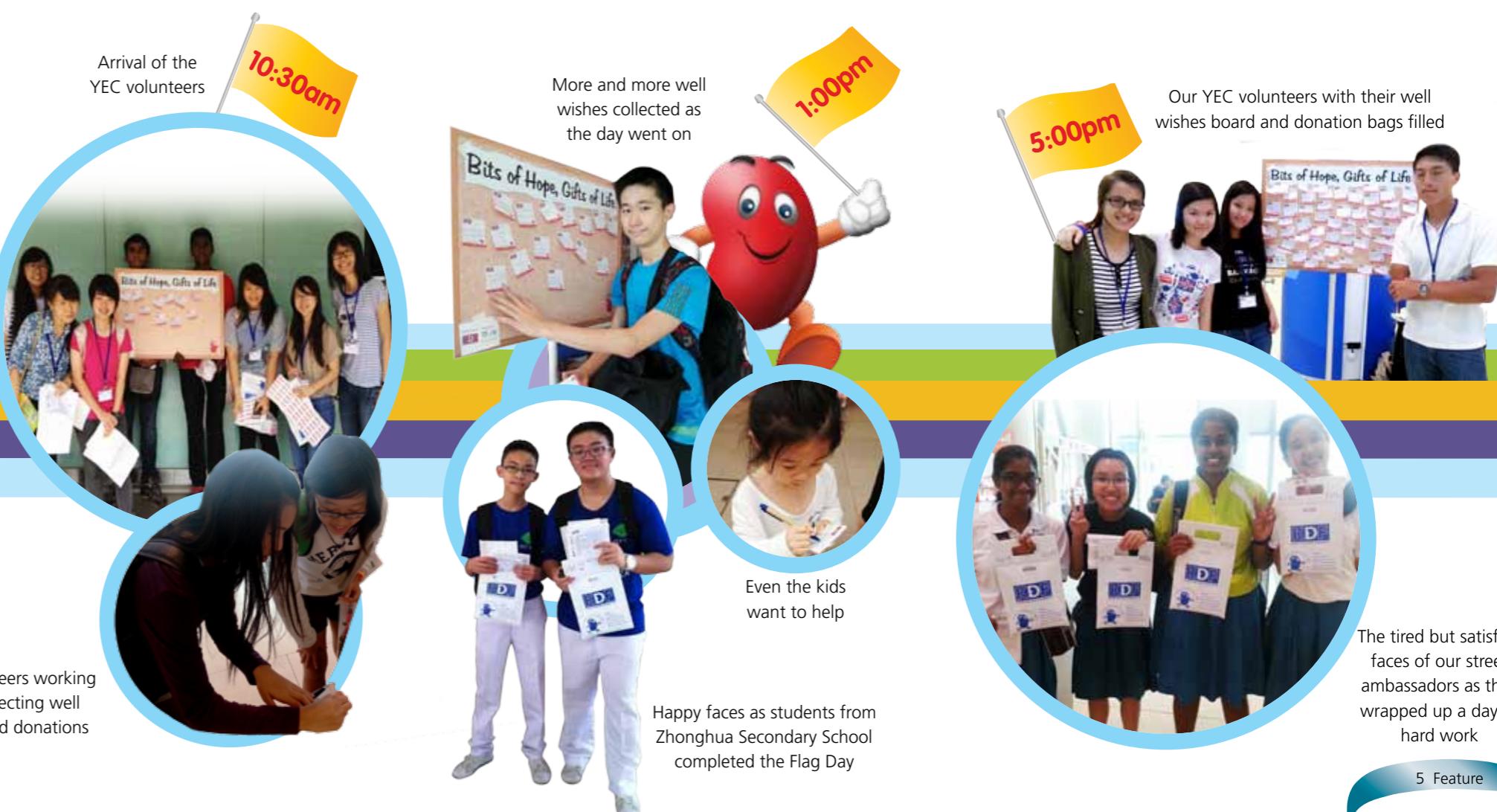
also like to thank all our donors and volunteers.

Bits of Hope, Gifts of Life

In line with the celebration for World Kidney Month in March, KDF also brought our "Bits of Hope, Gifts of Life" campaign to the streets on this special day by setting up well wishes collecting booths at JCube and Junction 8. Members of the public were invited to pen their well-wishes down on specially-designed KDF sticky note paper, and their words of kindness were then put up on a display board. At the end of this meaningful campaign, which spanned over a period of 3 months, \$53,507.65 was raised and about 240 well wishes were collected! A very big thank you to all our donors and supporters for their enthusiasm and generosity! We would also like to give a special mention to our volunteers from the Nee Soon South Youth Executive Committee (YEC) for dropping by to help out at the booths!



KDF's very own eBook "Bits of Hope, Gifts of Life", featuring all the well wishes collected, is now available online. Visit www.kdf.org.sg/publications-and-media/ebook to view it today!



KDF Welcomes Nanyang Girls

By Samantha Png



Our KDF Bishan Centre was unlike its typical setting early this year on 13th February. A group of 15 excited and expectant visitors from Nanyang Girls High School injected much life as their presence greeted the centre usually filled with our renal patients and healthcare personnel.

The visit consisted of 2 parts: A brief presentation where students were given an insight into the work done at our Foundation and a short tour around our dialysis centre. Having learnt more about the patient profile at KDF and the work done here, the group was further divided into two so as to provide better learning opportunities and a more conducive learning environment for the students. Their spirits were lifted when they got the chance to have a tour around our centres, and gain a better understanding of dialysis that

supplements what they learnt from their textbooks.

Students were also tested on their knowledge of renal related issues and what constitutes a healthy lifestyle with a short round of KDF's very own "Love Your Kidneys" game, coupled with some quizzes that were prepared.

The trip concluded with the students spreading words of encouragement to our patients and healthcare professionals by writing small notes as part of our "Bits of Hope, Gifts of Life" campaign.

Overall, it was a fruitful trip for the students from Nanyang Girls. Not only were they able to learn more from KDF to help them in their academics, they also had the chance to give back to the society through their words of encouragement and support to the

needy patients, and spurring on the dedicated healthcare professionals in the renal field.

The reflections of students Melissa Tan and Lim Xiao Hui summed up the whole experience. "The trip to the dialysis centre was a very meaningful and enriching experience for both of us. We feel that we have benefited from it greatly. Through the trip, we were exposed to detailed information such as the mechanisms of the dialyser. This information was a great supplement to our Biology knowledge, as during our biology class, we were only briefly introduced to the dialyser. As we do not personally know of anyone suffering from kidney failure, we feel that the trip has no doubt provided us with a platform to understand dialysis treatment better and more importantly, to empathise with patients suffering from kidney failure."

This learning journey fulfilled two aims – one of which to provide students a platform for them to interact with healthcare professionals first-hand, and the other, to give students an opportunity to empathise with the patients and medical professionals by offering words of encouragement to these important groups of people at KDF. KDF would like to thank the girls for their support and enthusiasm.

Loyang Tua Pek Kong

Cheque Presentation

Translated by Jemin Chua

The well-known Loyang Tua Pek Kong Temple organises a series of events annually, as part of the birthday celebrations for the Taoist deity Tua Pek Kong, whose birthday falls on the second day of the second lunar month. A main highlight of the celebrations is the awarding of bursaries to students from low-income families and the presentation of cheques to charity organisations in the spirit of providing help for the community from the community.

On the evening of 16th March 2013,

the temple was packed with devotees, Getai watching public, and guests invited to the charity dinner hosted by the temple. As a frequent beneficiary of their generosity, KDF was also invited to the charity dinner where we received a cheque of \$3,000 from the distinguished guest-of-honour. This donation would be channelled into our funds to help subsidise the cost of dialysis treatments for our patients.

KDF would like to extend our heartfelt thanks to Loyang Tua Pek Kong Temple, as well as the many



generous Chinese temples and devotees in Singapore who donate to us regularly. It is through their support that KDF can continue our mission to provide subsidised dialysis treatments for kidney patients from low-income families, ensuring that their lives can be prolonged.

Diabetes and Kidney Disease Part 1

How does diabetes affect your body?

Uncontrolled glucose level in the blood causes changes and damages the blood vessels. This affects not only blood vessels in the kidneys, but also blood vessels in other organs such as the eyes, skin, nerves, intestines, muscles and the heart. Both large and small vessels are affected. It is common to find patients who have had longstanding diabetes requiring amputation of a leg because of insufficient blood supply and infection.



Diabetes is the most common cause of chronic kidney failure in Singapore. It accounts for up to 50% of new patients with end stage kidney failure. Because there is no definite cure as yet for diabetes, prevention of kidney related complications is crucial.

What is Diabetes Mellitus?

Diabetes Mellitus, or simply called "diabetes" is a disease where the body is unable to make insulin or unable to utilize the insulin secreted from the pancreas properly resulting in glucose buildup in the blood. Insulin is a hormone that regulates the amount of sugar in the blood.

There are two types of diabetes:

• Insulin Dependent Diabetes Mellitus (IDDM) or Type 1

Usually occurs in children, also known as "juvenile diabetes". The pancreas produces little or no insulin. People in this group require daily insulin injection.

• Non-Insulin Dependent Diabetes Mellitus (NIDDM) or Type 2

Usually occurs in persons over 40 years old, also known as "adult onset diabetes". The pancreas produces insulin but the body is unable to utilize it properly. Blood sugar can be controlled by diet and/or medicine, although some may require insulin.

What are the signs of kidney disease in patients with diabetes?

Early stages of kidney involvement without kidney failure are characterized by:

- Protein in the urine
- High blood pressure
- Ankle and leg swelling
- Frequency of urination especially at night

When kidney failure sets in, other features become evident:

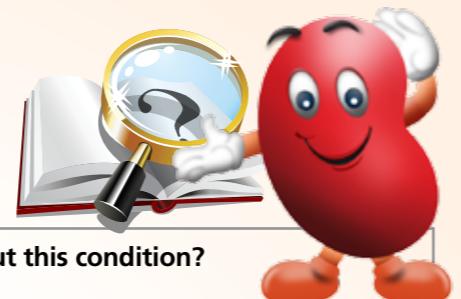
- Water retention becoming more resistant to medication
- Poor appetite, nausea and vomiting
- High level of urea and creatinine in blood
- Weakness and pallor from anaemia
- Itching

**Look out for
Diabetes and
Kidney Disease
Part 2 in the next
issue of KDF Link!**



Fun with Health!

"Who says health cannot be fun?"



Diabetes – a term that is familiar to you and I, but how much do you know about this condition?

Health Facts:

- Diabetes ranks #10 on the Principal Causes of Deaths list and contributed to 1.7% of the Total Deaths in Singapore in 2012. That makes about 306 deaths in 2012, up from 176 deaths in 2011!¹
- Diabetes is also one of the leading causes of kidney failure.

Try your hand at our short **quiz** and learn more about Diabetes today!

1. Diabetes Mellitus, or simply called "diabetes" is a disease where the body is unable to make insulin or unable to utilise the insulin secreted from the _____ properly, resulting in glucose buildup in the blood.
2. In Type 1 diabetes, the pancreas produces little or no insulin. This usually occurs in children, and is also known as _____.
3. Type 2 diabetes usually occurs in persons over 40 years old, and is also known as _____. The pancreas produces insulin but the body is unable to utilise it properly.
4. A person with Type 1 diabetes requires daily _____ to control their blood sugar level whereas for a person with Type 2 diabetes, blood sugar can generally be controlled by diet and/or medication.
5. One of the early signs of kidney disease in diabetic patients shows up as leakage of protein in the urine. This condition is known as _____.
6. To avoid fluid retention, the doctor may order the use of medication such as _____ to encourage more urine production.
7. When one reaches end stage kidney failure, it generally means that the kidneys are functioning at less than _____ % of its original capacity.
8. The progression of kidney failure from its early stage to advanced stage can be retarded with _____ and _____. Hence, it is important that a diabetic patient maintain close follow up with his or her doctor.

¹Statistics taken from Singapore Health Facts www.moh.gov.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 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.

Little gifts,

Big Smiles

By Alina Tee



Recognise the smiling woman in the picture? That's KDF patient Mdm Wong Wai Leng, who was featured in the April issue of KDF Link.

Since the story was published, we have received several cheques from donors who have been touched by Mdm Wong's story and the love for her son. These timely gifts will assist to cover the day-to-day expenses of Mdm Wong

and her family, and tide them over for the time being.

Mdm Wong Wai Leng is a happier woman now, all thanks to the generosity and concern from our supporters. We at KDF are very heartened by these acts of kindness and we hope that our patients' stories will continue to touch the hearts of all supporters out there.

Welcome KDF's New Look!

Pssst...have you heard? KDF's website recently underwent a total revamp and we're very excited to share this piece of news with you, our valued readers!

In May this year, we bid our old look adieu and welcomed our brand new site. Sporting a fresh look with brighter colours and a cleaner interface, we have also included a few new features in our website:

- An archive of KDF monthly e-Newsletter, K-Bytes
- A Fun with Health section featuring games and quizzes that will be updated periodically

- A new 'search' function that makes hunting for articles a breeze
- A listing of the locations of KDF's donation boxes via the 'How You Can Help' tab. Spot our blue boxes in your neighbourhood and don't forget to feed them with your spare coins and notes!

With easier navigation and an improved user experience, your ride through our new website will now be an easier journey, coupled with twice the fun!



小小心意， 迎来灿烂微笑



认得照片中笑得见牙不见眼的女士吗？那正是四月份《肾析简报》封面故事的病患Mdm Wong Wai Leng。

自从故事刊登后，几名善翁被Mdm Wong对儿子的厚爱深深感动，纷纷寄来支票给予援助。这些及时送来的小礼不仅可以帮助Mdm Wong一家人支

付生活费，更能稍微舒缓他们目前的经济状况。

因为得到了KDF支持者的关怀和慷慨相助，现在的Mdm Wong更快乐了！KDF的全体人员为这些善举感到很欣慰，我们更希望往后的病患故事能继续触动人心。

KDF新面貌登场！

您听说了吗？KDF网站最近改头换面，我们想第一时间与大家分享这令人兴奋的消息！

今年5月，KDF告别了网站的旧貌，迎来了焕然一新的网站！全新的面貌，加上更鲜艳的色彩和简洁的界面，网站还增设了几样新功能：

- KDF电子版月报（K-Bytes）存档
- 保健乐区 – 定期更新的游戏和小测验
- 新的“搜索”功能，帮您轻易寻找特定的讯息

- 通过网站的“您能如何帮忙”（How You Can Help）选项搜索KDF捐款箱的位置。如果在住所附近看到我们蓝色的捐款箱，请别忘了喂它们一些零钱！

有了更简易的浏览模式和改进的用户体验，现在穿梭我们的新网站将是一个更轻松，更有趣的旅程了！

今天就点击www.kdf.org.sg游览我们的新网站吧，同时试一试那些新功能。如果您对我们的新网站有任何意见或想法，我们很愿意聆听。您可以在KDF的Facebook主页留言，或者发电邮至feedback@kdf.org.sg。



译/池慧婷

保健乐区

谁说健康很无趣？



糖尿病 – 一个你我都熟悉的名词，但是您对这个疾病的了解有多少呢？

保健情报：

- 在主要死因名单中，糖尿病排行第十，并且促成2012年新加坡死亡总数的1.7%。这相等于306起死亡案例，和2011年的176起死亡案例相对有上升的趋势。¹
- 糖尿病也是导致肾脏衰竭的主要原因之一。

今天就尝试我们的**小测验**，多了解糖尿病吧！

1. 糖尿病是一种因身体的胰岛素分泌不足或无法充分运用_____所分泌的胰岛素而促使血糖含量升高的疾病。
2. 在胰岛素依赖型糖尿病（I型）中，患者的胰腺只能分泌极少量或无法分泌胰岛素。这通常发生在孩童的身上，又称_____。
3. 非胰岛素依赖型糖尿病（II型）通常在40岁以后发病，又称_____。这型患者的胰腺可分泌胰岛素，但无法被身体善用。
4. 患有I型糖尿病者必须每天注射_____来控制血糖含量。患有II型糖尿病者一般可通过饮食治疗和/或口服降血糖药物来控制血糖含量。
5. 当尿液出现泄漏的蛋白质时既是肾脏病的初期现象之一，医学上称为_____。
6. 为避免水分在体内的滞留，医生可以责令如_____的药物以激励更多尿液的生产。
7. 当肾衰竭的程度到达了末期，这通常表示肾功能只剩下原本的_____%。
8. 肾功能的衰竭从初期到末期的进度可通过_____治疗和_____来延缓。因此，定期复诊对糖尿病患者是非常重要的。

¹统计取至新加坡保健情报 www.moh.gov.sg

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。

尽管忙碌的一天下来，我们捕捉到一些关键时刻的快照。现在就与我们一同回味当天的幕后花絮吧！



义工们准备出发前积极和充满活力的脸孔

世界肾脏月： 赠与希望 和生命

译/池慧婷

2013售旗日

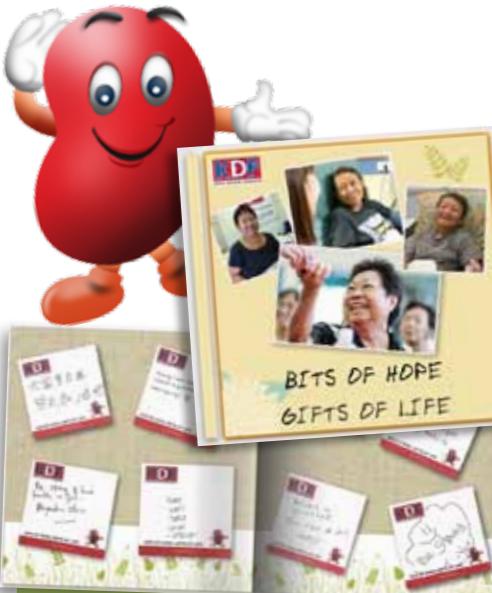
2013年3月30日对于KDF员工和义工来说是个令人兴奋的一天。数个月的策划及努力造就了一场十分成功的售旗日，而今年更有520名学生义工们报名参加。整整一天的时间，尽管日晒雨淋，辛勤的义工们驻扎在全岛各地，

不辞劳苦地向路人们募捐。除了学生义工，更有几名公众人士自告奋勇，慷慨的拨出几个小时的时间，提着募捐袋为肾脏病患筹款。

经过了一番的努力，2013售旗日活动总共筹集\$30,964.81善款。这当中包括所有街头募捐义工们和2月至3月份帮忙组织内部筹款活动的学校的功劳与贡献。为表示我们的认可与感激，KDF欣然承认两所学院的支持与贡献：组织内部筹款名列前茅的菩提学校（Maha Bodhi School）共捐款\$713.15，获颁“最高捐款数额奖”。派出139名学生义工的培德中学（Beatty Secondary School）则获颁“最多志愿者参与奖”。最后，我们还要感谢我们所有的捐款者和志愿者为KDF2013售旗日给予的鼎力支持。

点点希望，赠与生命

为庆祝3月份的世界肾脏月，KDF也在这特别的日子将我们的“点点希望，赠与生命”筹款活动带到了街头与公众人士进行交流。当天，我们在裕冰坊 (J Cube) 和碧山第八站 (Junction 8) 设置了祝福语收集站，邀请路人在特别设计的KDF便利贴纸上写下对肾脏病患和医护人员的祝福及鼓励话语，并且将这些祝福语贴在展示板上供大家观赏。经过为期3个月的时间，“点点希望，赠与生命”筹款活动总共筹集\$53,507.65善款，也收集了约240则祝福语。在此，我们想感谢所有捐款者和支持者的积极参与和慷慨相助。另外，我们也想特别感谢当天在我们的祝福语收集站帮忙的义顺南青年执行委员会 (YEC) 的义工。



所有收集到的祝福与鼓励的话语已编入电子书里。现在就点击www.kdf.org.sg/publications-andmedia/ebook观赏KDF“点点爱心，赠与生命”的电子书吧！



糖尿病和肾病(上)

在新加坡，糖尿病是引发慢性肾功能衰竭最常见的病原之一。据统计显示，在末期肾衰竭的新病例中，有50%是糖尿病患者。由于糖尿病仍无法根治，因此预防肾脏并发症是至关重要的。

什么是糖尿病？

糖尿病是一种因身体的胰岛素分泌不足或无法充分运用胰腺所分泌的胰岛素而促使血糖含量升高的疾病。胰岛素是维持血液中葡萄糖含量的激素。

糖尿病可分两型

• 胰岛素依赖型糖尿病(I型)

通常发生在孩童的身上，又称幼年型糖尿病。这型患者的胰腺只能分泌极少量或无法分泌胰岛素，所以必须每天注射胰岛素剂。

• 非胰岛素依赖型糖尿病(II型)

通常在40岁以后发病，又称成年型糖尿病。这型患者的胰腺可分泌胰岛素，但无法被身体善用。患者可通过饮食治疗和/或口服降血糖药物来控制血糖含

量，有些则可能需要胰岛素剂的注射。



糖尿病也会损坏神经，当膀胱的肌肉与神经之间的协调和神经的反射功能失常，患者就会有排尿的困难，尿滞留的压力会促使尿液逆流到肾脏造成伤害。尿液因无法完全排出而长时间蓄留在膀胱内，也会导致尿路感染。

糖尿病如何影响身体？

血糖含量的失控会导致血管损坏引发病变。不仅是肾血管，全身无论大小的血管包括其他的器官，如眼睛，皮肤，神经，肠，肌肉和心脏都会受到影响。由于血液循环不良和受到感染而被迫截肢的情况，在那些已长期患有糖尿病的人士中是很常见的。

糖尿病如何损害肾脏？

当肾功能还未衰竭，肾脏在初期受损时会有以下症状：

- 蛋白尿
- 高血压
- 腿和脚踝浮肿
- 排尿次数频密，尤其在夜间

当肾功能衰竭，其他症状会更明显：

- 水滞留身体对药物越加抗拒
- 食欲减退，作呕，呕吐
- 血液中含有高量的肌酐和尿素
- 贫血造成脸色苍白和体虚
- 皮肤发痒

请留意下一期的《肾析简报》，我们将刊登糖尿病和肾病(下)！

译/鲁旭

2013肾友教育讲座与郊游

得了病患们的热烈反响。



2013年3月24日清晨，11位KDF员工齐聚滨海堤坝，不是为了工作，而是一整天的学习和游玩！当天是肾友会一年一度举办的病患教育讲座和郊游的日子！

这个由133人参与的大规模聚会，包括了KDF和SGH Renal Health的病患、家属、义工还有KDF职员。在滨海堤坝举行的病患教育讲座 – “饮食交换：作出正确的选择”(Diet Swap: Making the Right Choice)开启了寓教于乐的一天。当天的讲座嘉宾是营养咨询师Ms Lim Chi Lee。内容丰富的讲座主题涉及血液透析时需要关注的养分、均衡饮食、如何阅读食物标签等等。为活跃气氛，Ms Lim还在讲座的最后安排提问环节，获

本次讲座上的亮点还包括一个名为“食

物那点事之低磷饮食”的短剧，由KDF三皇五帝中心的护士和病患 Mdm Tan联合演出，向大家展示低磷饮食的重要性。活泼又亲切的Mdm Tan还现场和大家分享她控制饮食的方法，通过自己的言行鼓舞其他病友。KDF碧山中心和锦茂中心的护士们也不甘示弱，运用满是水果和蔬菜的彩色卡片，一同带领大家玩起了一场“关于钾”的棋果游戏。病

患们在参与游戏的同时，还可以学习并识别钾在各种水果蔬菜中所占的含量等

级。KDF医疗总监助理教授Lina Choong也莅临现场以表示对病患们的支持。

讲座结束后，所有参与人员一同在滨海堤坝的中央庭院享受了一顿美味丰盛的自助餐。午餐后大家跳上巴士经由短暂的车程前往下一站：滨海湾花园。

与滨海堤坝咫尺之遥，众人一下车便对滨海湾花园郁郁丛丛的绿荫和如高塔般

林立的巨形树悚然起敬。从落车点到花穹(Flower Dome)仅几步之遥却使大家情绪高涨，各中心参与者纷纷组合拍起了集体照。

走进花穹，一股冷气伴随着一缕花香朝众人扑面而来。与外面的酷暑相比，这里的气温真是沁人心脾。大人们一边在花园中悠闲漫步，一边欣赏各色鲜艳而品种独特的花朵。孩子们则对沿途的复活节主题装饰格外喜欢。

之后大家一同前往云雾林(Cloud Forest)，在那里一座雄壮的瀑布迎接大家的到来，这也是迄今为止世界最高的室内瀑布。喜爱冒险的参与者甚至在云雾缭绕的云路(Cloud Walk)体验一把“云中漫步”，胆小的朋友就不用尝试了。一天的活动为大家重新注入了新活力，也让大家远离日常工作尽情享受这片刻的惬意。

肾友会感谢所有义工对本次活动给予的大力支持。我们下次活动再会！

岑先生曾经是一名清洁工，但随着年纪增大、腿脚也失去力气，因此两年前他不得不辞去这份工作。同钟女士一样，他也行动不便需要依靠拐杖行走。家里沉重的生活负担现在全都落在唯一的女儿身上，每月收入不到\$2000的她，还得为年迈双亲支付医药费。

当谈及自己的女儿，钟女士双眼立刻充满慈光。她同我们分享当初知道母亲得病的消息后，女儿是多么的焦虑和担心，言语中不难感受到她对女儿的疼爱。尽管心中万般忧虑，女儿却不能陪伴钟女士来洗肾，她不想因为没去工作而得不到酬劳。“她都不能休息一下，我觉得很对不起她”，钟女士心痛地说道。

所幸钟女士得到了KDF透析治疗补贴计划的援助，原本每月需要\$2000的透析费被大大降低到大约\$200。在2011年，这对年迈夫妇不得不从三房室组屋降级搬到只有一房的居所。这是个宁静的小区，但回想过去钟女士仍旧喜爱并怀念她的旧居所。“我喜欢那里四处都有小孩的声音围绕着你”，她说道。虽然钟女士夫妇目前还能靠仅有的积蓄、女儿给的生活补贴和福利机构偶尔的捐助勉强过活，但她仍然常常为经济问题困扰而彻夜

难眠。食物、水电、交通还有医疗费用等等生活成本的不断提高，让她对未来以及女儿的经济状况感到焦虑不安。“真的负担不起啊”，她边说边无奈地摇摇头。

原本轻松的闲谈因为话题转向她的病情而变得有些凝重。当被诊断为肾衰竭时，钟女士简直难以置信。她的家庭没有任何肾脏病史，因此她很难接受这一现实。“我当时真得觉得很愤怒，为什么会是我？”她伤心地说道，声音中带着一丝苦涩。谈到第一次洗肾的经历，她说当看到其他病友的洗肾过程时就无比紧张。扎针的过程最无法忍受的，前几次痛得她几乎落泪。即使已经洗肾有十来年，她仍然能感觉到那份疼痛，只是稍微轻缓一些。再加上还患有心脏疾病，和其他健康问题，钟女士这十年来所承受的痛苦和煎熬，旁人也只能想象。

对于将来，钟女士不敢想象，只希望过一天是一天。听天由命的她喃喃自语道，“得了这种病我还能有什么希望？我现在只等着去天堂。”钟女士心里的那份悲伤我们可深深感受到。然而，和所有父母一样，钟女士也希望将最好的留给她最亲爱的女儿。“我希望我女儿能过上好日子。我希望她快乐。”说

这话时她脸上露出淡淡的微笑。

望着钟女士去往透析中心时渐行渐远的脆弱背影，她的话仍然在我头脑中回荡。“为什么是我？”是啊，为什么是她呢？在病痛中苦苦挣扎的人，他们的痛苦和心酸远远超于外人的想象。和钟女士一样，许多KDF病患正承受着肾脏病带来的负担和痛楚，同时还面临着经济困难。和KDF携手一起为贫困肾脏病患创造希望和信心，让他们的生命更富有意义。一起帮助贫困病患让他们的生命火焰继续燃烧。您可以寄回随附的商业回邮信函，奉献您的一片爱心。查询更多详情，请浏览KDF网站 www.kdf.org.sg。



洛阳大伯公宫慈善捐款

文/鲁旭

农历二月初二是大伯公的千秋圣诞。每年这个时候，本地著名的洛阳大伯公宫都会举办一系列活动来庆祝大伯公生日，这其中向贫困学生分发助学金以及向社会慈善团体捐赠慈善金，以发扬国人相助之互爱精神，也是庆典中重要的环节。



2013年3月16日晚，前往祈祷的信众、观看歌台的民众和参加慈善晚宴的宾客将洛阳大伯宫挤得水泄不通。KDF作为洛阳大伯公宫多年来一

直资助的受益团体之一，也应邀参加了慈善晚宴，并在宴会上从大会主宾手中接过\$3,000的慈善金支票，这笔资金将被用于KDF贫困肾脏病患者的透析治疗补贴。

KDF所有员工感谢洛阳大伯公宫，以及众多定期向我们汇寄捐款的寺庙和信众。因为有了他们的支持和帮助，KDF才能持续不断地为贫困肾脏病患者提供受津贴的透析服务，以确保他们的生命得以延续。

肾脏简报



当生命只剩下绝望

译/鲁旭

星期五的早晨走进透析中心时，我和同事看到一位年迈的妇人坐在等候区，正费力地将袜子套上她那瘦骨嶙峋的双脚。她就是我们的采访对象：钟水花女士。

在走向采访的路上，钟女士一边指着平时身上都穿着的两层衣服，一边向我们解释说她很容易感到寒冷。60岁的钟女士借助手中的拐杖缓慢移动，本已瘦弱的身形显得分外单薄。坐下来后，我们静静地等待她慢慢地缓过气来，再开始采访。

在2004年被诊断为末期肾衰竭后，钟女士在KDF洗肾已经有近十个年头。“时间过的飞快啊！”，健谈的钟女士感叹道。在一次医院的例行检查时，钟女士发现了自己的病情。起初不愿意接受治疗的她，在医生的不断劝说下，最终听从了意见。从此开始与肾脏病的毕生斗争。



有句话叫“祸不单行”，不幸的事总是一波未平一波又起，而钟女士对此是深有体会。2007年，她被确诊患上冠状动脉疾病并接受了心脏绕道手术。前几年，她也被诊断患有高血压，这对钟女士来说是很奇怪的病况，因为她一直以来都血压偏低。除此之外，钟女士的眼睛也因视力不断下降而视线模糊，还经常全身疼痛并且眩晕。“人老了就是这样的啦”，她认命地说到。因为身体状况太差，除了来洗肾或有时买点食物，她很少出门，平时也就在家看看电视，如果头不晕就自己做饭。因为心脏问题，只要步伐稍微快一点她就喘不过气来，这对她来说是件极为辛苦的事情。“因为这个原因平时我很早就起程来洗肾中心，这样就不会太仓促了”，她补充道。

钟女士目前在KDF牛车水透析中心接受一周三次的治疗，透析中心离她的一房室组屋只有短暂车程，而她的先生，65岁的岑先生，每次都会陪伴着她来洗肾。钟女士和她的先生都没有工作，也都有着各种健康问题，家里一直经济拮据。



今年，肾友会带领KDF病患参观滨海湾花园。请继续看下去！



想了解更多有关糖尿病和肾脏病吗？翻阅至第3页的保健文章吧！



为庆祝世界肾脏月，KDF举办了售旗日和“点点希望，赠与生命”筹款活动！



KDF网站新面貌登场！

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4 和 5 特写

7 讯息



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