

# KDF LINK

JUL-SEP  
2021

## The Contentment in Life

by Caroline Oh

As I walked towards the KDF Bishan dialysis centre, I spotted a petite lady waiting alongside with other patients for their dialysis sessions to begin. There she was, my patient to interview for the day.

Once the nurses were ready to welcome them in after the disinfection routine, Mdm Toh Poh Giek, 64, walked in confidently with her ART test

in hand. Even with enhanced testing measures in place due to the COVID-19 spread in the community, Mdm Toh's spirits continue to remain high.

After introducing myself, I followed Mdm Toh to her assigned seat and she started to unpack the items required for her dialysis session. "I have done this for so many years!" chirped Mdm Toh as she laid out medical tapes on her pull-out table. While waiting for the nurses to make their rounds, she got busy with her own preparations and measured her own blood pressure.

When asked why she is doing the preparation work on her own, Mdm Toh looked at me with a big smile and said: "I keep myself moving by doing all these before the nurses come." Her independence has indeed helped to relieve the dialysis nurses from some of these menial tasks.

Once Mdm Toh was settled in and the nurse had attended to her to commence her dialysis treatment for the day, she started sharing her life story with me.



### IN THIS ISSUE



**04**

A Healthy Step Forward -  
Got To Walk 2021



**06**

KDF Happenings

### One Day at A Time

Halfway through our conversation, she shared that her husband has been unconscious in the hospital for the past month due to a work accident. He had a fall at the hawker stall and landed on his head. Due to her dialysis schedule and the COVID-19 enhanced measurements in place at the hospital, her eldest son is currently taking care of her husband.

Behind her stoic features, Mdm Toh has accepted the fate of her husband and her family. Having been on dialysis treatments for 24 years, nothing seems to come as any surprise for her.

“One day at a time,” she smiled weakly.

### Taking Life By the Hand

Mdm Toh currently lives in a rented two-room HDB flat with her husband and her two sons. Her eldest son used to be living alone but moved back in the recent years to look after the elderly parents. He works full-time as a retail staff. Her daughter has since moved out and started her own family.

While her daughter does not call often, she still understands and appreciates that her daughter comes by often to visit her. “She has her own family, and she is busy as well. She has young children, and it is not convenient for her too. I don’t even chase her for a second grandchild! Only if she wants to have another,” she laughed.

Even though her younger son was already 36 years old, she still worries for her him. He used to have a job, but it has been almost 8 years since he had worked due to him suffering from mental health issues. Diagnosed with schizophrenia, he has to go for regular follow-ups at the Institute of Mental Health (IMH) to prevent relapses. He receives subsidies from IMH for his medications.

When asked if Mdm Toh if any further assistance could be of help to her family, she concluded with great contentment, “There are others who need the help more than us.” We would like to wish Mdm Toh and her family good health and a speedy recovery for her husband.

### Above All, Love

by Beryl Leong

Many would liken transitioning into their forties as optimistic and even promising as they commemorate a new milestone. But for Mdm Lim Guek Kee, this age window represented one of the darkest periods of her life.

Mdm Lim was 43 years old when she reached end-stage renal failure. “I used to be able to climb stairs without difficulty, but I started feeling unusually breathless after a small flight of steps. I also had foamy saliva and my breath smelt like bleach!”, she recalled.

These symptoms persisted until Mdm Lim went for her half-yearly women’s health screening at the polyclinic. “At the doctor’s, my blood pressure readings were extremely high. I was scheduled for further testing at the Singapore General Hospital. It was there when the doctor told me my kidneys have failed and recommended that I undergo dialysis as soon as possible.”

### Against All Odds

The diagnosis marked a new low in Mdm Lim’s life. Her then-husband was an odd-job worker, and she was a homemaker, taking care of their 2 young children. The couple had a strained relationship and argued constantly over finances. Eventually, he stopped contributing to the family and left.

With 2 school-going children in tow, Mdm Lim took on ad-hoc jobs as a seamstress and even sold clothing to make ends meet. “I was now the sole breadwinner of what’s left of my family. When I was diagnosed, so many thoughts ran through my mind. How was I going to take care of my children? How was I going to afford the medical fees?”

Due to Mdm Lim’s unique family situation, her doctor recommended for her to undergo Continuous Ambulatory Peritoneal Dialysis (CAPD). This machine-free process is done using a peritoneal dialysis bag system and gravity. Dialysis solution and wastes are exchanged through the peritoneal membrane via a catheter in the abdomen. The contaminated solution is then drained out and replaced with new solution. Mdm Lim remains mobile during the process.

The full cost of dialysis, excluding medications and other treatments will set a kidney patient back more than \$2000 monthly. This is an impossible

amount for low-income families like Mdm Lim’s to afford. As such, Mdm Lim was referred to dialyse at KDF, where she received subsidies for her dialysis treatments, alleviating her financial burdens.

### Unconditional Love

Peritoneal dialysis was not without its challenges. Pointing to her back, Mdm Lim grimaced, “I had to carry close to 2kg of solution in my belly during dialysis. I pulled my lower back muscle once during a session and could not walk for 2 days!” Mdm Lim continued with peritoneal dialysis for more than a decade until a serious infection disrupted this routine.

Mdm Lim suffered an infection through her catheter opening, resulting in a damaged peritoneum. She was no longer able to undergo peritoneal dialysis and had to make the switch to haemodialysis. Life showed no signs of easing for Mdm Lim. Being on haemodialysis meant that she could not continue working to support her children, and she was close to losing her will to live.

But one particular incident served as a timely reminder that Mdm Lim was not alone in her fight with kidney failure. “I received a phone call from my son’s secondary school form teacher. She said, “Mdm Lim, your son’s grades are worrying. He told me that he does not want to continue schooling to take care of you.”

“I remember promising my son that I will go through haemodialysis, so that he will continue with his studies and not worry about me. Something just clicked. I had no husband, I had no money, but I still have my children. My love for them kept me alive.”

### Silver Linings

Now that Mdm Lim could no longer work, her children took on part time jobs during school holidays to help with the expenses. The simple act of eating out was a luxury for this family of 3, but there were no complaints. It was a difficult time, but they led a simple life.

Today, 61 year old Mdm Lim undergoes haemodialysis at the KDF Kreta Ayer San Wang Wu Ti Centre. Her eldest son has since moved out and is looking to settle down with his partner soon. She lives with her younger daughter, who remains as her primary caretaker.

Mdm Lim chortled, “If not for KDF, I won’t be where I am with my children today, savouring my golden years. They are my greatest blessing in this lifetime.”

**No donation is too small. With your donations, our underprivileged patients can receive:**

-  **\$160** 1 dialysis session

---

-  **\$50** 1 month of medications

---

-  **\$10** 1 flu vaccine

---

-  **\$1** 1 blood glucose test

We have many other patients who maintain a positive outlook in life and have so much to live for, including wanting to spend more time with their loved ones. Your gift can help to extend the lives of our underprivileged patients. You can make your donation using the Business Reply Envelope (enclosed), or you can choose to donate by scanning the QR code below using your PayNow app or via our UEN: 199600830ZK33



SCAN TO DONATE



**Editor-in-chief:** Watson Ong  
**Assistant Editors:** Beryl Leong, Caroline Oh, Triston Siew  
**Editor:** Chan Soo Sen  
**Editorial Intern:** Karis Yuen  
**Published by:** Kidney Dialysis Foundation, Blk 333 Kreta Ayer Road, #03-33, Singapore 080333, Email: events@kdf.org.sg, Tel: 6559 2630  
**Printing:** Refine Printing Pte Ltd, MCI (P) 019/03/2020  
 KDFsg  
 kdf.sg

# A Healthy Step Forward - Got To Walk 2021

Less than a decade ago, 3 new patients were diagnosed with kidney failure every day in Singapore. Today, this statistic has since risen to 5 new patients daily. Chronic kidney disease is irreversible, and is physically and financially draining. With figures rising at an alarming rate, more must be done to educate communities on preventive measures.

The virtual walkathon *Got to Walk* was ideated in 2020, with the aim of raising awareness to promote prevention of kidney diseases and to raise funds for our underprivileged kidney patients. Last year, the event fell on the week of Singapore's 55th birthday and participants were encouraged to clock 55,000 steps in 10 days. KDF's debut virtual walkathon saw a total of 1,064 participants clocking an impressive 58,520,000 steps. \$100,000 was raised by the end of the event.

To mark 25 years of serving the needy, all registered *Got To Walk 2021* participants were encouraged to complete a distance of 25km from 6 to 15 August 2021. They can track their progress with their preferred health tracking app and upload their proof of distance. Participants were also encouraged to rally their friends and family as a *Got To Walk 2021* Trailblazer to help raise funds for KDF's underprivileged kidney patients.



Participants were also motivated to share their *Got To Walk 2021* journey through pictures and videos on Facebook and Instagram with the tag - **#GotToWalk2021**. The post with the most likes would get a chance to win a Fitbit Charge 4 steps tracker, proudly sponsored by Singapore Pools. *Got To Walk 2021* was featured on popular media platform, *The Smart Local*, and was a resounding success.



The event saw a total of 1,223 participants clocking an impressive 43,951km and participants received a Certificate of Accomplishment and a limited edition *Got To Walk* tote bag. Special shoutout to Jean, the winner of our social media contest! She triumphantly clocked 86km in her third trimester, before being a newly minted mother to a healthy new-born son. Thank you for making us part of your family's milestones!



We would not have come this far, if not for the generous support of our Lead Sponsors and dedicated Trailblazers. *Got To Walk 2021* raised close to \$300,000, and the amount will go into supporting the dialysis treatments and medications of our underprivileged kidney patients, who belong to the lowest 10% income tier in Singapore.

Special thanks to our Lead Sponsors,



Special mention to our supporters,



As we continue the fight against kidney disease and fortify educational outreach efforts with the public, thank you for going the extra mile to extend hope and the lives of our patients!

## Revisit 'Got To Walk 2021' with our dedicated participants and Trailblazers!



**Lina Yong (@imlinayong)**  
What are the top 3 things that I learned over the past 10 days?

- 1. Rest and Recovery** - Have a good sleep and diet allows the body to rebuild itself.
- 2. Try a different route** - Adding in new excitement to the run, exploring places that you don't usually go. Begin with the end in mind, this would help you stay motivated, and complete the distance.
- 3. Mental Health** - Running helps to sharpen our mind and control stress



**Carlo Angelo Magno (@charlemagne\_xii)**  
We don't know how strong we are until being strong is the only choice we have.



**Scan-Bilt Pte Ltd**  
Thank you once again for the opportunity for Scan-Bilt to par-take in the meaningful event and to be able to support the Kidney Dialysis Foundation!



**Amaz-Jean Xji**  
Ended the KDF #gottowalk2021 challenge with a total of 86km instead of just clocking the minimum of 25km in the 3rd trimester. Because when I can give more, why not?  
Happy August, blessed me, happy family!



**AWAK Technologies Pte Ltd**  
In support of Kidney Dialysis Foundation, Singapore (KDF)'s GOT TO WALK 2021 initiative, AWAK employees together crossed 5 Million+ steps in 10 days!  
Special shout out to our amazing colleagues for making a mark for #AWAK on the #Singapore map!



## Wear Your Support On Your Shoulders!



The Got To Walk event may have ended but advocating for better kidney health never stops!

Purchase your own limited edition Got To Walk tote bag for \$25 from the **KDF Lazada** shop!

Proceeds from the sale will go to supporting the dialysis treatments and medications of our underprivileged patients.



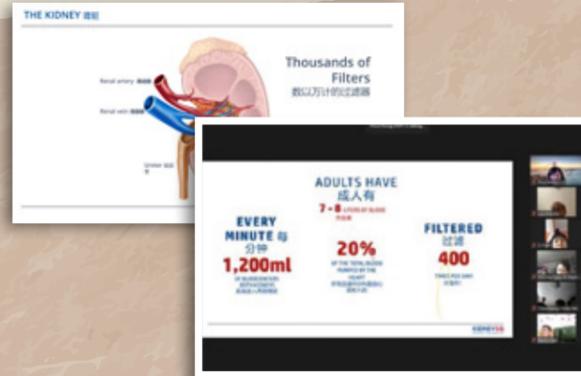
s.lazada.sg/s.ZoTtM



5 August 2021

**Donation of Hand Sanitisers by Sourceability SG Pte Ltd**

In efforts to give back to the community and do their part to support our healthcare frontliners, Sourceability SG Pte Ltd made an in-kind donation of 100 hand sanitisers to KDF. These sanitisers will be used to ensure that our main office and dialysis centres maintain an optimum level of hygiene during this crucial period in our fight against COVID-19.



14 August 2021

**Health Webinar with Limbang Green RC**

KDF's Clinical Services conducted a bilingual health webinar with 35 residents of Limbang Green RC. Facilitated by our Head of Clinical Services Sister Petra and Nurse Clinician Sister Ma, we shared with the community on the importance of maintaining good kidney health and spotting early symptoms of kidney disease.



22 August 2021

**Enhanced COVID-19 Preventive Measures for KDF Dialysis Centres**

To safeguard the health of our staff and patients, KDF has implemented enhanced COVID-19 preventive measures for both our dialysis centres and main office. Patients and their caregivers will be required to undergo Antigen Rapid Test (ART) self-testing every 72 hours. We are currently in close communication with MOH to ensure smooth implementation of this system.



3 September 2021

**Health Webinar with Samwoh Corporation**

Long-term sedentary office work is known to have long-term detrimental effects to our health. As part of KDF's efforts to reach out to a more varied audience, we organised a corporate health webinar for the employees of Samwoh Corporation. For more information about KDF's outreach efforts through health webinars, you may reach out to us at [enquiries@kdf.org.sg](mailto:enquiries@kdf.org.sg).



24 September 2021

**KDF & Hui Master International Geomancy Appreciation Award Ceremony**

An online appreciation award ceremony was organised and livestreamed on 24 September 2021, to thank Hui Master International Geomancy Pte Ltd for their outstanding efforts of raising more than \$100,000 during the Vesak festive period and donating 4 dialysis machines to our dialysis centres.



25 September 2021

**KDF Mid-Autumn Sing For Charity 2021**

On 25 September 2021, a Mid-Autumn edition of Sing for Charity 2021, an online singing performance, was organised in collaboration with The Serangoon Community Club (SRCC) to raise funds for KDF. Residents from Serangoon and celebrities banded together to sell mooncakes and perform for a charitable cause. The digital concert was live streamed on Facebook, and more than \$50,000 was raised for KDF's underprivileged patients.



**Launch of Annual Report Microsite**

To better engage and rejuvenate our outreach efforts with our stakeholders and supporters like yourself, KDF launched its FY20/21 Annual Report in the Foundation's first-ever microsite. Experience 25 years of milestones with us through dynamic pages and unique call-to-actions by scanning the QR code below!



Scan here!



Draft illustrations only. Actual product may vary.

**KDF Charity Calendar 2022**

25 years of serving the needy is only possible with the promise of commitment from us to our patients. That's why the theme of our KDF Charity Calendar 2022 is 'Commitment', and we are proud to collaborate with the talented students of NAFA for this annual project. Each calendar is available at \$12. Any purchase of two or more calendars will be entitled to an exclusive discount. Please contact **Mr Triston Siew** at **6559 2650** or email to [triston.siew@kdf.org.sg](mailto:triston.siew@kdf.org.sg) for all calendar orders and enquiries.

## The Heart of Healthcare

As Singapore continues to navigate through the fight with Covid-19, the healthcare industry has had to undergo fast and major transformations to keep up with the challenges faced within the past year. Social workplace sacrifices had to be made, and our clinical team was put on a split-team work arrangements. As such, they were not able to bond over meal breaks.

This Nurses Day, to thank our nurses for their hard work, for all the sacrifices made, and the sheer tenacity displayed during these challenging times, we gifted everyone with a unique 3-tier tingkat lunchbox, perfect for all their takeaway lunches. Until group mealtimes are allowed again, we hope that this special gift will serve as a reminder that we are all in this fight together, and it will only get better from here.

**Thank you nurses, for being the light in our patients' lives!**



## Season of Gifting

As the season of gifting draws near, we share our love and appreciation by exchanging gifts and presents with our loved ones. This year, double your love by helping to grant the wishes of our patients!

Between the month of November to December 2021, KDF will be organising a hybrid festive campaign to donate items to our needy patients. Patients will be encouraged to share a wish list of items with us, and we will try our best to fulfil their wishes and needs. These can range from regular household items such as a rice cooker, standing fans, or even a computer.

These wish lists will be shared with individuals like yourself, and you can help make their wishes come true by donating these items to any of our 3 dialysis centres. More information will be shared closer to the date. Do follow us on our social media platforms to stay updated on the Season of Gifting!

For all further enquiries regarding donation-in-kinds, please contact [caroline.oh@kdf.org.sg](mailto:caroline.oh@kdf.org.sg).



## 致敬护士，感恩有你！

2019冠状病毒侵略了全世界，打乱了生活步调，带给了我们许多的未知数。我国公共医疗资源处于紧缺状态。KDF的前线医疗人员们都得分组办公，不能在一起社交或用餐。

8月一日是新加坡的护士节。为了向我们的护士们致敬，感谢他们在这段艰难时期所付出的努力和牺牲，我们赠送了在洗肾中心的每位护士一个精美的多层饭盒。随着新加坡疫情好转，希望这特别的饭盒能够给与KDF医疗前线人员们所需的鼓励与支持！

**感谢KDF护士们，对病患亲切热情的态度和精心照料！**

## 《小包裹，大爱心》

转眼，又到了送礼季节！今年，让我们加倍爱心，实现KDF肾病患者们的季节愿望！

在11月至12月之间，KDF将举办一场《小包裹，大爱心》混合式年度慈善捐赠活动。我们会鼓励肾病患者与我们分享他们的愿望单，好让我们尽力满足他们的需求。愿望单的物品可以是家居用品，例如电饭煲、立式风扇，以及电脑等。

我们也会把病患们的愿望单上载到KDF网站。您可以把捐赠物品交给KDF的任何透析中心或办公室。更多信息将在近日分享。您更可登入我们的Facebook及Instagram官方主页，追踪《小包裹，大爱心》年度慈善捐赠活动的最新信息！

想了解更多详情，请联系[caroline.oh@kdf.org.sg](mailto:caroline.oh@kdf.org.sg)。

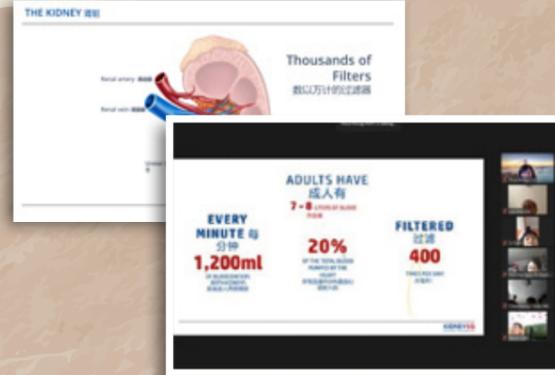




2021年8月5日

**Souceability SG Pte Ltd 的捐赠**

为了回馈社区以及支持我们的医疗前线工作人员, Souceability SG Pte Ltd 捐赠了100瓶消毒洗手液给KDF。在这关键的抗疫期间,我们会使用这些消毒液,以确保透析中心以及办公室保持最佳的卫生水平。



2021年8月14日

**保健讲座: 林邦绿园居民委员会**

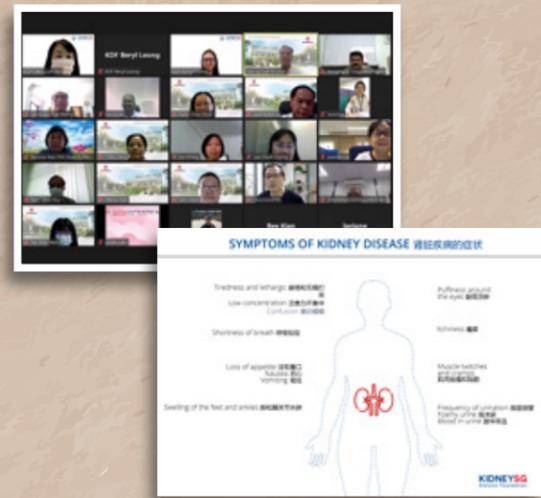
KDF在8月14日与林邦绿园35名居民举办了双语的保健讲座。在我们的主讲者的协助下,我们分享了如何保持良好肾脏健康和发现肾脏疾病早期症状的重要性。



2021年8月22日

**KDF透析中心冠病安全管理措施**

为了确保我们的肾病患者以及员工的健康,在卫生部(MOH)的指导下,KDF已在我们的透析中心和办公室加强了冠病安全管理措施。肾病患者及护理人员需要每72小时接受一次抗原快速检测(ART)。我们目前正与卫生部保持密切沟通,以确保顺利执行安全管理措施。



2021年9月3日

**保健讲座: 三和私人有限公司**

众所周知,长期久坐办公会对我们的健康产生负面影响。在KDF的外展及教育活动中,我们为三和私人有限公司的员工举办了保健讲座。主讲者与员工们分享些关注肾脏健康的提示。想了解更多KDF的外展及教育活动,请联系enquiries@kdf.org.sg。



2021年9月24日

**《慧心献爱慈善夜》答谢颁奖仪式**

今年6月,为了庆祝卫塞节,纪念佛祖鼓舞人心的教义,鼓励向善和行善的精神,华社委员会民俗顾问慧师傅义卖佛灯,呼吁信徒们积极筹款,筹得超过10万元,成功为KDF赞助4台洗肾机。为了感谢华社委员会民俗顾问慧师傅以及信徒们全体不懈的努力,本基金举办线上答谢颁奖仪式。



2021年9月25日

**《好歌献爱心2021》**

KDF与实龙岗民众俱乐部联合主办了《好歌献爱心2021》中秋版线上演唱会。当晚,知名艺人和实龙岗民众,一同为KDF义卖月饼,献唱筹款。线上演唱会吸引了接近25,000人观赏,也为KDF的弱势病患筹得超过\$50,000。



**KDF年度报告微型网站**

为了加强与KDF有利益攸关方接触,我们初次为本基金的年度报告启动在线微型网站。你能扫描以上的二维码,游览活动的官方网站上,体验KDF创始25年的阶段标志。



请扫描



**2022 年KDF慈善日历**

KDF成立25周年之际,我们我们更是真诚地呼唤、坚持信念,为低收入家庭的末期肾衰竭病人提供优质的洗肾服务。就此,我们与南洋艺术学院的美术学生们合作设计2022年KDF慈善日历。日历主题为《承诺》。日历会近日出售,价格为\$12,若购买两张以上就会有特别折扣。想订购KDF慈善日历,请致电6559 2650与邱永威先生联系,或发送电子邮件至triston.siew@kdf.org.sg

以上只是草稿插图,实际设计可能有所不同。

# 迈向健康人生 - Got To Walk 2021 健步活动

不到十年前，新加坡每天都有三人被新诊断患有肾衰竭。至今，这数字已上升到10名新病患。慢性肾衰竭是个不能根治，使病患和家人感到经济及身心俱疲的病症。新加坡患有肾衰竭的病患数据渐渐增加，我们在日常生活中要学会保护自己肾脏。

为了提倡更多新加坡人注意个人的肾脏健康以及为KDF所服务的弱势肾病患者们筹款，本基金在2020年首次举办了一场线上健步活动-Got To Walk。我们鼓励参与者行最少55,000步。参与者可利用科技程序记录每天的步行量。2020年的Got To Walk健步活动成功吸引了1,064名民众参与，共走了58,520,000步，在两个星期内为KDF筹得\$100,000。

今年疫情爆发时，各国国际边界关闭。我国呼吁人民保持警惕，严格遵守安全管理措施。但这些措施阻挡不了国人对出外运动的热爱。2021年，为了庆祝KDF成立25周年，本基金再次举办Got To Walk 2021线上健步活动。我们鼓励参与者在8月6日至8月15日行最少25公里，同时呼吁亲人朋友担任Got To Walk 2021“健步先行者”积极为KDF筹款。参与者可利用科技程序记录每天的步行量。



我们也鼓励参与者以#GotToWalk的线上标签，把自己的健步行程照片或短片上载到Instagram及Facebook与大家分享。成功完成至少25公里者都得到了参与证书和一个限量版的Got To Walk布袋。获得点赞数量最高的分享图，也有机会获得由新加坡博彩公司所赞助的FitBit Charge 4电子计步器奖品！我们再次



恭喜Jean赢得FitBit Charge 4电子计步器。她在怀孕的第三期间走满86公里，真是令人佩服！



2021年的Got To Walk健步活动也在著名网站Little Day Out和The Smart Local突出显示。此活动成功吸引了1,223名民众参与，共走了43,951公里，圆满结束。KDF所服务的肾病患者来自我国最低10%层次的低收入家庭。这当中不乏因年老或健康不佳而未能就业，有些则刚被他们服务的公司裁退。多数的末期肾病患者都是需要接受终身洗肾与治疗的较脆弱年长者。因为有赞助商、善翁和“健步先行者”的热心捐助，我们在这健步活动中为KDF弱势病患筹得近\$300,000，给与他们在透析治疗、药物和护理方面的资助。

特别感谢赞助商，



非常感谢我们的特别支持者，



在这多年来，您给予肾脏透析基金的热心捐款与支持，为本基金的病患延续生命与希望，让他们感受到祝福与善念的温暖，我们在此衷心跟您致谢。健肾健心，你我同行！

## 与参与者重温他们的健步行程！



**Lina Yong (@imlinayong)**  
参与健步活动中所学到的三件事！

- 1. 歇息及小休时间** - 睡眠要充足，保持均衡饮食，好让身体快速恢复。
- 2. 尝试不同路线** - 尝试在你平常的步行路线中探索新景点。这会让你保持动力，完成你的步行目的地！
- 3. 精神健康** - 每天步行锻炼，不但能解压，也对身心有多余的好处！



**Carlo Angelo Magno (@charlemagne\_xii)**  
你永远不知道自己有多坚强，直到有一天你除了坚强再无选择。



**Scan-Bilt Pte Ltd**  
感谢KDF让Scan-Bilt有这个�机会通过Got To Walk 健步活动，为你们帮助弱势肾病患者！



**Amaz-Jean Xji**  
2021年，我为了家人成功完成KDF Got To Walk 线上健步活动，在怀孕第三期间总共走了86公里！  
家人的开心，也是我最大的幸福！



**AWAK Technologies Pte Ltd**  
为了支持KDF Got To Walk 2021 线上健步活动以及为KDF的弱势病患筹款，AWAK的员工们一同参与此活动，在10天内共走了5亿步！



## 保持肾脏健康，由你开始！



您可以扫以下的二维码，从KDF的Lazada官方网店义购限量版的Got To Walk健步活动手提布袋。布袋价格为\$25。

义卖的所得将用于为KDF的弱势病患提供优质透析治疗、药物、护理以及其它服务。



s.lazada.sg/s.ZoTtM

每个月高达\$2000的医药费用，对卓女士一家来说，是个难以承受的数目。一名社工将卓女士介绍到KDF洗肾。她也得到洗肾所需的全额辅助，大大减轻了家里的经济负担。

我们俩谈话之中，卓女士透露，丈夫仍在昏迷中，住院一个多月了。之前，丈夫工作时，在小贩摊位内不小心摔倒，伤到头部。由于她每个星期得做三次的洗肾治疗，加上医院因疫情而加强保护措施，卓女士无法常去看丈夫，长子目前负责照顾他。

虽卓女士表面坚忍，但可以感受她身心丝丝的疲倦。她在KDF洗肾已经有24年了，一家经过了种种波折，卓女士也接受了自己的命运。

她说到：“一天过一天吧。”

目前，卓女士与两个儿子住在一间两房式政府租住单位。女儿已结婚成家，长子担任全职零售工，近几年前搬回家帮忙照顾年老父母。

虽然女儿不常来探望，但卓女士并无抱怨。她笑着说：“她已经成家了，自己又有年幼小孩要顾，身为个母亲，我非常了解。我也不催她几时给我机会抱第二孙！”但她还是会为36岁的小儿子担心。小儿子患有精神分裂症，因病情，八年前辞掉工作，至今仍处于失业状态。他需常去心理卫生学院(IMH)接受复诊治疗，也可获得医药补助。

当我问卓女士她是否需不需要进一步的辅助时，她说：“我们周围还有比我们更需要帮助的人。”我们祝愿卓女士一家身体健康，也盼望她的丈夫早日康复。

## 无微的爱

梁伟倩 译

许多人会把40岁当作人生一大门槛，仿佛跨过了40岁的人，就会乐意分享中年，懂得人生智慧。但对林月枝女士，这年龄代表着她人生最黑暗的章节。林女士43岁时，被诊断患上末期肾病。她回顾：“之前，我能轻易走上楼梯。但现在，走几步就会气喘，唾液出泡沫，口中也常有异味。

这些症状持续存在，直到林女士在综合诊所做每半年的女性健康检查。她说：“我的血压升到危险水平，医生把我转去中央医院做进一步的检查。经过诊断，他说我的肾严重受损，患有晚期肾衰竭，得尽快接受洗肾治疗，维持生命。”

医生的诊断，代表林女士生命中的最低点。她的前任丈夫当时担任临时工作，而她自己选择在家全职照顾两个年幼的孩子。夫妻俩感情不和，常因金钱问题而吵架。丈夫最终离开家属，停止为家庭做出经济贡献。

林女士为了自己的洗肾费用和抚养年幼孩子们所需的开销，担任临时裁缝和卖服装来维持生活。她说：“我现在需要担任家里的经济支柱。当我被诊断有肾衰竭时，脑子里尽是各种焦虑。有了这种病，我怎么照顾我的孩子，如何负担高的医疗费用？”

因为林女士特殊的家庭状况，医生建议她接受持续性非卧床腹膜透析治疗(CAPD)。CAPD是一种腹膜透析，它使用重力而非机器将旧的透析液“交换”为新鲜溶液。为此，将一袋透析液连接到进入腹部的试管中。首先将系统的排水袋部分放在地板上，然后将用过的溶液排出腹腔，然后再进行更换。在此治疗中，林女士可以随意移动。

肾病患者每个月得付的洗肾医疗费高达\$2,000，让像林女士的低收入家庭们难以负担。医疗社工将林女士介绍到KDF洗肾。在KDF，林女士得到洗肾所需的全额辅助，大大减轻了家里的经济负担。她接受腹膜透析治疗，并非毫无挑战。

林女士指着自己的背，说到：“经过透析治疗时，我得在腹部内过滤两公斤的透析溶液。有一次，我不小心在透析中拉到腰，两天不能走路！”林女士继续接受10多年的腹膜透析治疗，直到她面临了一个改变人生的挫折。

不幸的是，林女士的腹部试管部位发炎，使她的腹膜严重受损。她不能继续接受腹膜透析，只好转换去血液透析治疗。林女士因此而不能继续就业。当时的她，已经准备放弃治疗和生命。但她深情地回忆起一件事，让她意料到，肾脏疾病不是她一个人能够单独面对的。

“我收到儿子的中学老师的电话，告诉我他的学业明显退步。老师也说儿子为了想全职照顾我，有着要退学的念头。我记得我对儿子做个承诺，好好接受透析治疗，好让他继续读书，不必为我担心。这个承诺让我恍然大悟。虽然我没了丈夫，自己也没什么钱，但是我还有我两个孝顺的孩子。为了他们，我会继续活下去。”

虽林女士现在无法工作，但她的儿女俩都会在学校假期时做点临时工，帮忙补贴家用。在那艰

难时期，一家三口无抱怨，三餐吃着家常便饭，过着简单生活。至今，61岁的林女士在KDF-三皇五帝透析中心接受洗肾治疗。大儿子准备成家，已搬了出去，自己和未婚的小女儿居住，靠着两个孩子的小额津贴过活。

林女士笑着说：“感谢KDF，让我有机会继续与孩子度过晚年。他们是我这一生中最大的幸福！”



**聚沙成塔**  
您的捐助能给予弱势肾病患:

-  **\$160** 一次洗肾费用
-  **\$50** 一个月的医药费用
-  **\$10** 一剂流感疫苗
-  **\$1** 一次血糖检测

在肾脏透析基金，我们有很多保持积极乐观的肾脏病患。他们都会把握和珍惜与亲人相处的时间。您的慷慨解囊能帮助我们的肾脏病患。

您可把捐款支票的受益者写上‘KDF’，并在支票背面注明“KDF”以及您的联络资料，放入我们所提供的BRE寄回本基金。您也能选择通过手机扫描以下的PayNow QR 条形码或输入UEN: 199600830ZK33进行无限捐款。



扫描捐款二维码

主编：  
王春发 (Watson Ong)

助理编辑：  
梁玮倩 (Beryl Leong)  
胡慧蓉 (Caroline Oh)  
邱永威 (Triston Siew)

肾透析报出版方：  
肾脏透析基金  
Blk 333 Kreta Ayer Road  
#03-33, Singapore 080333  
电邮: events@kdf.org.sg  
电话: 6559 2630

印刷：  
Refine Printing Pte Ltd  
MCI (P) 019/03/2020

 KDFsg  
 kdf.sg

# 肾析简报

 七月-九月  
2021

## 在平凡生活中寻找乐趣

胡慧蓉 译

当我走向碧山的KDF洗肾中心时，看见了一位身材娇小的女士和其他肾病患者在外等待透析治疗的开始。那就是卓宝玉女士，是我今天所需采访的病患。洗肾中心的消毒程序完成后，护士们开始开门迎接病人。为了确保病人和护士的健康而加强洗肾中心的测试措施，护士确认了卓女士的自助拭子检测仪后，她才进入洗肾中心。在这过程中，卓女士的一点也不气馁。

在等待护士的同时，卓女士在桌位上准备了洗肾之前所需的医用胶带，开始测量了自己的血压。她笑着说：“我每次都会自己做准备。已经做了好多年了。这能让我的脑子更加灵活，不会老化！”她的举动能帮助护士们微微减轻他们的工作量。

不久后，护士们过来为卓女士准备开始血液透析治疗，她也同时与我分享她的生活故事。

卓女士过着1970年代新加坡人所欲望的梦想。她24岁结婚，不久后家里添了两个儿子和一个女儿。丈夫从事为小贩，收入一般。身为一名家庭主妇，她忙着带孩子，处理家务。卓女士的家婆也伸出援手，帮忙照顾她的女儿。一家五口过着平淡的生活。

卓女士40岁时，皮肤出现了异常肿块，让卓女士感到担心。她去做身体检验后，医生确诊这症状是体内感染的迹象，卓女士也被诊断患有急性肾衰竭，得接受血液透析治疗。虽孩子们都已经在工作了，丈夫还是家庭的主要经济支柱。

### 本期内容


**12**

 迈向健康人生 -  
Got To Walk 2021 健步活动

**10**

KDF活动

