

KDF LINK



Alone in Four Walls

By Jemin Chua

Brows furrowed and palm over chest, she let out a few difficult coughs as her eyebrows tightened further. "It's very painful," she explained as I looked over concernedly.

Mdm Lum Lin Foong, 79, my interviewee for the day, had just been discharged from the hospital as she experienced pain in her chest when she coughed – a condition that was evidently still bothering her.

It was by chance that Mdm Lum first discovered she had kidney failure. Going about her daily routine, she felt under the weather for several days before consulting a doctor. Upon further investigation, she was diagnosed with end stage kidney failure.

Mdm Lum also suffers from hypertension, high cholesterol, and hyperuricemia. Having underwent knee surgery twice, her legs are rather weak. As such, she requires the aid of a walking stick to move about, and at times even a wheelchair.

Of late, she has been plagued by the ill effects of low blood pressure after each dialysis session. "When I first started dialysis, it was all very good. I didn't feel any after effects at all. But recently, I always feel giddy after my sessions, most of the time I feel so tired that I skip dinner and sleep through the night once I reach home. Every session is such a torture," Mdm Lum said in a resigned tone.

Although family members take turns to fetch her to and fro her dialysis sessions, and makes sure that she is safely settled down before leaving, the most part of her days are spent alone in her 3-room HDB flat. "Even when they send me home, they never stay around to accompany me," she said wistfully.



Come February, 40 cyclists will be riding from Singapore to Malaysia and back in four days, to raise funds for KDF.

4 & 5 Feature



KDF Bishan centre welcomes students from Raffles Institution.

6 Event



Do you know what is Glomerulonephritis? It is the second most common cause of kidney disease in Singapore.

7 Health



KDF supports #GivingTuesdaySG with our Christmas activities on the streets.

9 Event



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Living Alone

Mdm Lum has been living alone in a HDB flat within the Ghim Moh estate ever since her husband passed away close to 10 years ago. She manages simple household chores like sweeping the floor and doing the laundry in between her dialysis treatments, albeit slowly.

Rotating between four simple dishes, Mdm Lum cooks her own meals, but scrimps by having the same dish for lunch and dinner. On the days which she has dialysis, she has to start cooking in the morning in order to be in time to pack her own lunch to the centre. Groceries however, are brought to her by her daughter so she doesn't need to leave the house alone.



As Mdm Lum also has a history of falling in the toilet, she has now made it a habit to always have her mobile phone within reach, so she can seek help should anything happen to her.

On why she didn't think of staying with any of her four children, her frank reply was: "their place is already so crowded!" Mdm Lum further stressed that it was her own responsibility to take care of herself, and that her children should only worry about taking care of their own children.

Her favorite pastimes include watching television and Cantonese opera, as she can immerse in the storyline without having to think about anything else. A regular activity which she looks forward to is the weekly outings to shopping malls that her children take turns to accompany her on.

Despite being exceptionally independent, Mdm Lum still longs for the companionship of her children and grandchildren, unmistakable from the yearning in her eyes and wide smile she had when she was sharing her Chinese New Year memories.

"All my children and grandchildren will gather at my house to have reunion dinner. It is nothing too elaborate, just a simple Chinese dinner with dishes like chicken, roasted pork, duck and soup."

Despite the humble fare, Chinese New Year is the only time of the year when all of her family is gathered together and by her side.

Her only regret is that she doesn't have the means to shower her grandchildren with new clothes for the festivities. "I don't have the money nor the energy," she shared.

As Mdm Lum's daily expenses and medical fees are completely borne by her four children who earn meager salaries and each have their own family to support, she doesn't have the privilege of a lavish celebration, nor any extra money to spoil the little ones. With ailing health and medical bills to fret over, a chance to be a 'normal' grandmother is merely a distant dream.

The Dialysis Journey

Mdm Lum first started dialysis in 2009 and has been dialysing at our Ghim Moh Centre ever since. "I like it here as

it is close to my home, so I can save on transportation costs. Taxi fares nowadays are so expensive you know!" she lamented.

Apart from convenience, Mdm Lum has also made many friends at the dialysis centre and is an active participant of the activities organised by our social support group - Renal Friends.

Although she has been with us for just four years, to Mdm Lum it seems like a lifetime ago. For kidney patients, it is easy to lose track of time due to the monotony of their schedule, as half of their time is suddenly taken up by dialysis treatments.

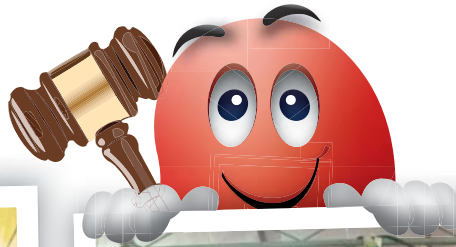
With the public's support, Mdm Lum pays slightly over \$200 per month for her dialysis treatments. This has not only helped to lighten her children's financial burden, but also alleviated many of Mdm Lum's concerns about taxing her children.

At KDF where 41% of our patients are aged above 60 years, it is not uncommon for our elderly patients to worry about their treatment fees and how it will burden their families. Some do not even have family to depend on.

In this month of celebrations and family reunion, extend some warmth to our patients by sending in your donations via our business reply envelope. For more information, visit our website at www.kdf.org.sg.



Lunar 7th Month Charity Auctions



Translated by Jemin Chua



It has always been a tradition of KDF to participate in Lunar 7th Month auctions to raise funds for needy kidney patients. As one of our anchor fundraising events, this year was no exception. For the whole Lunar 7th Month, KDF's fundraising staff and volunteers went out in full force to support various auction sites islandwide.

Through the efforts and hard work of our Chinese Community Committee members, KDF charity ambassadors, volunteers and staff, this month-long campaign was an enormous success.

A grand total of \$327,000 was raised for our patients through over 50 auctions sites and the charity launch dinner; our most successful year yet.

'A Safe Voyage', our Charity Icon for the year, was extremely well-received by members of the Chinese community. Some of them even nostalgically recounted how they braved treacherous waters many years ago, to seek a better life here in Singapore.

'A Safe Voyage' is not only a reminder of how our forefathers endured the choppy seas to come to Singapore, it also encompasses the aspiration for a wholesome life and successful career. Moreover, it signifies benevolence and a spirit of mutual help through charitable acts.

It was most encouraging to find that at some auction sites our charity icon not only drew bids from Chinese guests but also from fellow Indian and Malay Singaporeans.

This year, three charity icons were successfully auctioned off at \$250,000 each and another five at more than \$10,000 each.

Loyang Offshore Supply Base once again emerged as our top site which received the highest bid in a single auction. Outbidding other charitable men and women, Mr Lim Ah Hoo brought home 'A Safe Voyage' with his winning bid of \$250,000 that night.

KDF would like to extend our deepest gratitude to the organising committees of these Lunar 7th Month events, for generously providing us with a platform to reach new donors and allocating precious time for KDF to conduct our charity auctions.

We are particularly thankful towards the group of altruistic organisers who made the effort to ensure that KDF was given the best time slot of the evening, and also organisers like ASPRI, who warmly extended an invitation to KDF to auction our charity icon at their site.

Last but not least, KDF would like to thank all who supported us during the Lunar 7th Month, especially our donors. We sincerely hope that 'A Safe Voyage' would bring you good fortune and a little bit more hope to our needy patients.

If you would like to acquire 'A Safe Voyage' and aid us in our cause at the same time, please contact Ms Shelley Lu at 65592653 or email luxu@kdf.org.sg.

Ride of the Millennium

by Jemin Chua

KDF has begun a new journey to organise a charity event from Singapore to Malaysia and back, on two wheels. Aptly named the 'KDF Millennium Ride 2014', this long-distance, cross border ride is sure to become the new accolade for KDF in 2014.

From the 25th – 28th of February, a group of cycling enthusiasts will be cycling from Singapore to Malaysia and back, challenging 1,000 kilometres in four days, in a bid to raise at least \$300,000 to help defray the costs of dialysis treatments for our patients. Each cyclist will be flying the flag of KDF and is required to raise a minimum of \$500 from friends, family and members of the

public in support of their participation in this charity cycling marathon.

KDF's affinity with cycling first began in year 1998 when we were chosen as the beneficiary for a charity cycling event, we benefitted again subsequently in year 2000 and 2006. This year however, KDF will be organising our very own cycling event with help from a group of big-hearted cyclists who believe strongly in combining their interest with contributing to the betterment of society.

The EPIC Cyclist group was formed approximately two years ago and brought

together by veteran volunteer and seasoned cyclist, Mr Clifford Lee. The seven founding members of the group include: Clifford Lee, Kathryn Lee, John Koh, Heng, Lawrence Loh, Benny Goh and Kelvin Tan. Find out more about five of them in the cyclist profile section below.

Having conducted several trial rides last year, the EPIC Cyclist group is now stronger than ever, with a pool of top performing local cyclists hailing from diverse backgrounds on board. Visit the event Facebook page for the latest news and timely updates on <http://www.facebook.com/the.epic.ride>

Lawrence Loh (28)
a.k.a.

IRONMAN

"I think it is a brilliant idea to put charity together with cycling to raise funds for the needy. There is nothing better than riding with a bunch of good friends and helping a good cause at the same time."

In his 8 years of riding, this competitive and endurance rider has been all over the globe (China, France, Thailand, Edinburgh, England) in search of greater challenges.

In 2013, he left his mark in England by being the first cyclist from Singapore to participate in the London-Edinburgh-London 1,400 kilometres challenge within 106 hours. Three years prior, he even rode from Singapore to China.

His dream is to qualify for the world's toughest bicycle race – the Race Across America (RAAM).

Passionate about cycling and equally concerned about the community, he sees the KDF Millennium Ride as an opportunity for a bunch of good friends and fellow cyclists with a good heart to make a difference to society.

His motto: "Nothing is impossible. EPIC Cyclist will make it happen!"



Kelvin Tan (39)
a.k.a.

The GUARDIAN

"The will of each cyclist to complete this journey as a team demonstrates the true spirit of cycling for charity. As cyclists, we move forward together to complete the journey, leaving no man behind. This attitude also applies to how we should treat the needy within our society."

This home décor and furnishing specialist hails from humble beginnings, having left school at a young age to take on manual jobs and eventually developing the prized skill-set he has today.

Cycling first started off as a means of transportation for this down-to-earth individual, when he shuttled between school and his workplace.

It was only two years ago that he started competitive cycling. He now spends his weekends cycling in Malaysia and has also participated in several overseas cycling events. Reluctant to elaborate on his achievements, he humbly offers that he once rode from Singapore to Malacca and back in one day.

Strict on cyclists' safety, he meticulously watches out for others when cycling in a group. He also makes an effort to mentor and impart his experience and skills with newer cyclists, whom he hopes can assume his role and pass it on.

His motto: "Opportunities are open only for those well prepared."



Benny Goh (41)
a.k.a.

The EXPLORER

"Cycling for charity has been a great experience, as it is not only about cycling but also about meeting new people. For this upcoming 1,000 kilometres ride, I can only share that it will be yet another challenge."

Technical manager by day and avid mountain biker in his spare time, cycling became his new found passion after a post-surgery hiatus from physical activities 15 years back.

Just four years ago, he started cycling and it helped to regain his fitness and health. He then started cycling more frequently, now almost thrice a week to Malaysia.

It is the freedom of travelling alone, discovering new places and people-watching the locals that he enjoys the most. He then shares these new 'discoveries' with fellow cyclists who also enjoy venturing into new places.

The Millennium Ride 2014 will be his second charity ride and he is looking forward to this new challenge.



Fundraising efforts for the event are currently ongoing; you can show your support for individual cyclists by donating through GIVEasia (http://www.giveasia.org/movement/kdf_millennium_ride_2014/) or by sending us a cheque stating which cyclist you wish to root for. You may also make an outright donation to KDF to support this event.

For more details on how you can help or to explore sponsorship opportunities, please contact Ms Samantha Png at 65592647 or email samantha.png@kdf.org.sg. Your support will most definitely go a long way to help the needy kidney patients under our care.



John Koh (44)
a.k.a.

BIG JOHN

"There is much to learn by being among those challenged by life's circumstances. The connection has always been set in stark reality. Cycling for charity is a natural progression, to help further their medical care and well-being."

This former corporate high-flyer resolutely traded his suit and tie for more time with his two lovely daughters and loving wife some years ago.

He currently works as a physiotherapist and spends his free time cycling and enjoying the great outdoors with his equally active family.

Three years ago, he took to cycling under the influence of his clients. It was tough and painful from the start, and it got more challenging as he began riding with different groups. Although he does not cycle competitively, he has participated in several endurance rides overseas.

The Audax ride in Bali was his most humbling trip thus far. There, he braved mountains and alps, covering 400 kilometres a day. It made him understand that one has to earn his place in nature before nature embraces him, but only a few will make that mark.

His motto: "Take small steps."



Kathryn Lee (54)
a.k.a.

The SUPERMUM

"Cycling for charity is great! It not only helps to raise funds and create awareness, it also promotes a healthy lifestyle by encouraging people to take up sports, even at our age (past 50). It's doing two wonderful things at one go."

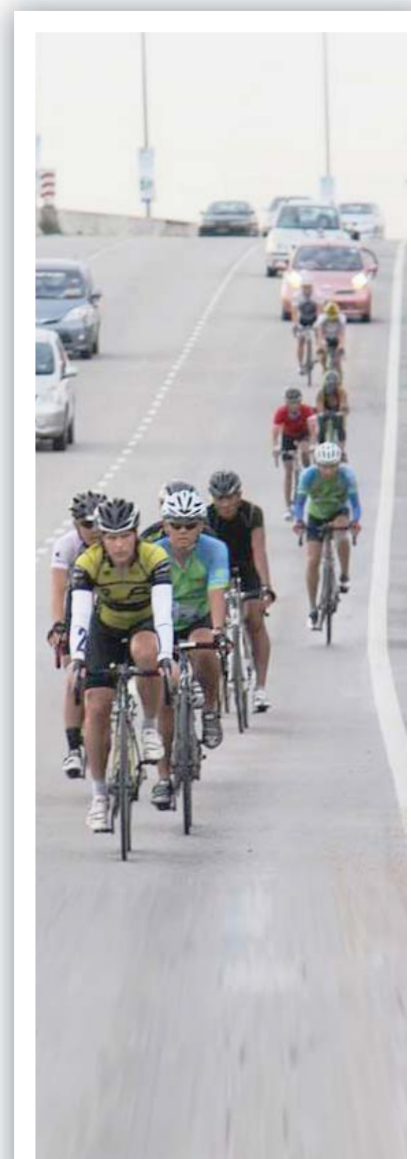
This petite mother of two is a sports enthusiast who not only cycles, but also enjoys inline skating and ice-skating.

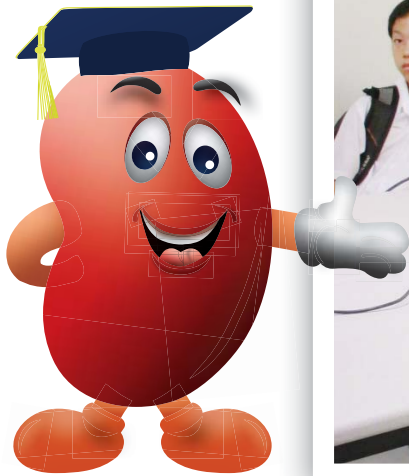
Some years back, she and a group of cyclists started cycling to Malaysia over the weekends, and it was on one such trip that she met Heng. She was awestruck when she heard that he had completed the Paris-Brest-Paris that was more than a thousand kilometres, and started wondering if she could accomplish that.

Gradually, she started participating in long distance rides, and was the only woman to complete a two-day round trip from Singapore to Malacca in EPIC cyclist's first charity ride.

Although she cannot cycle as fast as the others, she takes pride in her determination and level of endurance in cycling long distances.

Her motto: "Just try and go for it. Don't have to worry too much."





On 22nd August 2013, KDF played host to a group of seven students from Raffles Institution at our Bishan centre as part of their learning journey. A unique and rare opportunity, the visit allowed the boys to gain valuable insights into kidney failure, the process of dialysis and the operations of a dialysis centre.

The visit kick-started with a short presentation on KDF and its programmes, adding more meaning to their trip as this enabled the students to learn more about KDF's patient profile and the work of the Foundation. Next, an educational presentation was conducted to introduce the boys to kidney disease and dialysis. It was a heartening sight to witness the students and teacher taking part actively during the presentation and Q&A segment.

The second part of the visit included a tour around KDF's Bishan centre. Having been introduced to the basics of dialysis during the earlier presentation, the tour served to enhance their knowledge and understanding of dialysis. The students were visibly excited as they were led around the dialysis centre in two groups. Not only were they given the opportunity to view the dialysis process up close, the tour also allowed the students to become more empathetic towards the needy and ill as they

witnessed our patients undergoing treatment. Overall, the students enjoyed their field trip and left our centre with a better understanding of how kidneys work and the dialysis process. The reflections of the teacher and students of Raffles Institution summed up their experience at our centre as they shared with us their learning points from the trip.

The learning journey to KDF's kidney dialysis centre enriched the students with proper knowledge of kidney function, kidney failure and the operation of kidney dialysis machines.

Sharing from the staff enabled the students to better understand the limitations of patients in terms of lifestyle and diet, and the pros and cons of treatment methods. The students were humbled by the fact that these patients, despite having to be on dialysis daily, had a positive outlook on life. This understanding prompted them to share their knowledge of kidney failure with their loved ones and friends.

Looking at the bigger picture, students who attended this learning journey are in some ways, ambassadors to advocate the public on a better understanding of kidney failure and the various ways to prevent kidney failure.

- Ms Geraldine Tan Shu Hui, Teacher at Raffles Institution

The lifestyle of the patient (struck me the most during this field trip). Dialysis is very time-consuming and patients will have to make significant changes to their daily schedules in order to cope. We should take care of our body and watch what we eat in order to prevent such things from happening to us.

- Morris Yang Cheng Yuan, Raffles Institution Year One student

Kidney failure can change one's life forever. He/she has to change their entire lifestyle completely and be under dialysis for the rest of their lives, or at least until they receive a transplant. Despite their fate when they are diagnosed with kidney failure, they still face life with smiles, so from this, I learnt that we have nothing to complain about our lives, and should appreciate it when we are still healthy and do not have to go through the type of pain and suffering that these patients have to undergo.

- Ryan Siew Jin En, Raffles Institution Year Three student

One of KDF's commitments is to promote public awareness and education of kidney diseases and we are very thankful for this opportunity to spend an afternoon with the Raffles Institution students. Until the next visit!

Glomerulonephritis Part 1

Glomerulonephritis is the second most common cause of kidney disease in Singapore, the first being diabetes mellitus.

What is glomerulonephritis?

Glomerulonephritis refers to the inflammation and scarring of the kidney filters. There are different types of glomerulonephritis. Infections by bacteria, virus and parasite can cause glomerulonephritis through its effect on the immune system. Autoimmune diseases such as systemic lupus erythematosus (SLE) and IgA Nephropathy are other types of glomerulonephritis. In Singapore, IgA Nephropathy is the most common form of primary glomerulonephritis.

How does glomerulonephritis come about?

When a person has infection or autoimmune disease, the fighter cells in the body react to cause antigen and antibody complexes to form in the blood stream. When the blood with these complexes reaches the kidney filters (glomeruli), the filters become inflamed and scarred from the insult. In severe cases, kidney filters die and the ability of the kidney to remove the extra waste products and water decreases.

How are these antigen and antibody complexes formed?

Antibodies are made by the body in an attempt to eliminate foreign matter (antigen). An antibody is an agent, which can attach to an antigen that it is trying to destroy, thus forming antigen and antibody complexes. When the immune system is over-reactive, abnormal antibodies or abnormally high levels of antibodies are produced. Other problems include an inability of the body to clear these complexes from the blood stream. In many types of glomerulonephritis, the antigen is often not known. Occasionally the antigen is the body's own tissues or even the kidney itself. It is often not clear why these complexes form.

What are the signs and symptoms of glomerulonephritis?

Glomerulonephritis usually has no signs and symptoms until the kidney filters are damaged. Therefore, if the disease is in an early stage, it is usually detected following pre-employment or life insurance screening as presence of blood or protein in the urine. In Singapore, cases of young men with glomerulonephritis are picked up through a routine medical examination during their National Service. Some other types of glomerulonephritis are associated with skin or joint disorders and may be detected when patients seek treatment for their joint or skin problems.

When the kidneys are severely damaged, a person may present with complaints related to kidney failure, which include:

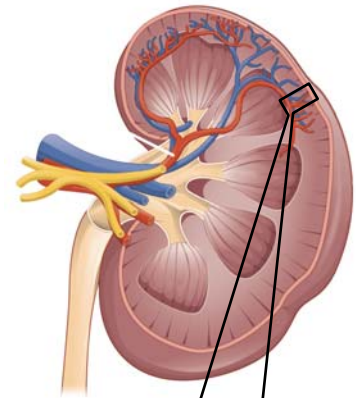
- Headache, nausea, vomiting, fever, chills
- Less urine output because of reduced urine production
- Swelling especially in the face, hands and feet (edema) due to water and salt retention
- High blood pressure which is $>130/80$ mmHg (Hypertension)

What investigations are performed to identify glomerulonephritis?

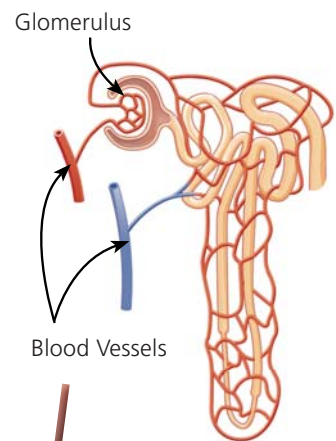
- Urine sample to check for presence of blood protein.
- 24 hours urine collection and blood samples to assess kidney function and amount of protein passed out in the urine.
- A renal biopsy (a tissue taken from the kidney) to determine the type of kidney disease. It is usually done when the disease is more advanced and more specific treatment options need to be considered.

Now that you have the basic knowledge of Glomerulonephritis and the signs to look out for, in the next issue of this two-part series, we will be touching on the outlook and treatment options for patients diagnosed with Glomerulonephritis. This will be published in our April issue.

Cross-Section of Kidney



Nephron



Fun with Health!

"Who says health cannot be fun?"

Name a word that frequently appears in KDF's publications and collaterals. If your answer is 'Dialysis', give yourself a pat on the back!

In this issue, we challenge you to test your basic knowledge of dialysis with this short quiz and compare scores with your friends and family. Have fun!

(Answers can be found at the bottom of the page)

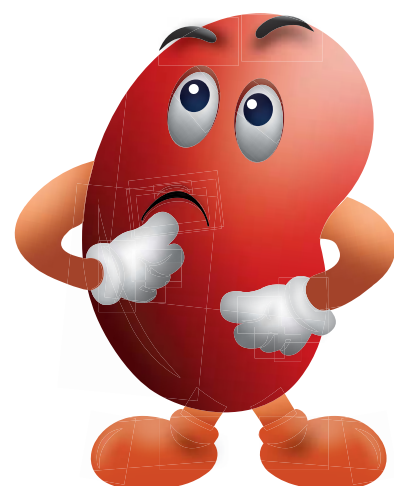
Question	Answer
1) Dialysis is the only treatment option for kidney failure	True / False
2) Dialysis can replace all of the functions of our kidneys	True / False
3) There is only one form of dialysis	True / False
4) The moment one is diagnosed with kidney failure, dialysis must commence immediately	True / False
5) Haemodialysis allows for waste and excess fluid to be removed from the blood	True / False
6) Typically, haemodialysis is performed 3 times a week, and usually takes about 4 hours each time	True / False
7) Patients undergoing haemodialysis cannot travel overseas	True / False
8) Peritoneal dialysis can only be done at home	True / False
9) Patients on peritoneal dialysis face lesser dietary and fluid restrictions	True / False
10) Peritoneal Dialysis uses the membrane in the patient's abdominal cavity as a filter	True / False

On a scale of 0 to 10, my score is:

0-4: Looks like I have to build up on my knowledge of dialysis.

5-7: I'm doing okay but there is still room for improvement.

8-10: Great! Seems like I have a sound understanding of the basics of dialysis.



What would you like to see more of in our Fun with Health section?

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

- | | |
|--|--|
| <input type="radio"/> Word Puzzles | <input type="radio"/> Cut-Out Puzzles |
| <input type="radio"/> Health quizzes and trivia | <input type="radio"/> Picture/Illustration-based games |
| <input type="radio"/> Others: please specify _____ | (eg. Draw your kidney, Spot the difference) |

What do you think of this issue's quiz?

- | | | | |
|-------------------------------------|------------------------------|--------------------------------------|---|
| <input type="radio"/> Too Difficult | <input type="radio"/> Boring | <input type="radio"/> Moderately Fun | <input type="radio"/> Please have more of this! |
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Name _____ Age _____

Email _____

Please fax this section to 6225 0080 or mail it back to Resource Development & Communications 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) False 2) False 3) False 4) False 5) True 6) True 7) False 8) False 9) True 10) True

Thank You for Your Kindness

by Alina Tee

KDF is fortunate to receive continuous assistance from our longstanding supporters in the community. In recent months, we were selected as beneficiaries of several third party fundraising events. Our sincere gratitude goes out to these organisations for their unwavering support and contribution over the years.

SICC May Day Charity 2013

An annual tradition of the Singapore Island Country Club (SICC), 2013 marks the 42nd anniversary of the SICC May Day Charity campaign. Supported by SICC members, corporate sponsors and other donors, the SICC May Day Charity comprised of a series of events, including a gala dinner graced by President Tony Tan Keng Yam, a charity auction and the iconic golf tournament.

On 16 September 2013, KDF was invited to an appreciation luncheon

at the Island Clubhouse where the generous sponsors were acknowledged with tokens of appreciation. KDF Director Mr Peter Tan also received a cheque donation of \$10,000 during the event. In all, the SICC May Day Charity 2013 raised more than \$900,000 for various charities, benefitting the less fortunate in our society. We would like to thank SICC and its members and sponsors for the generous donation.

SCAL Annual Charity Golf Tournament 2013

In September 2013, KDF was once again chosen as one of the beneficiaries of The Singapore Contractors Association Limited (SCAL) Annual Charity Golf Tournament 2013. Golfing enthusiasts stood united in their shared goal as they teed off in the name of charity.

KDF had the pleasure of attending the SCAL Annual Dinner 2013, held on



27 September 2013 at the Shangri-la Hotel Island Ballroom. Graced by Acting Minister of Manpower Mr Tan Chuan-Jin, the dinner was a grand affair with sumptuous cuisine and entertaining performances. During the dinner, KDF Director Mr Bernie Poh was presented with a cheque donation of \$30,000. Thank you SCAL for the generosity.

The Christmas Ensemble

In the month of December, several groups of KDF volunteers gathered amongst the streets of Orchard Road and shopping malls to spread the festive cheer. The theme we adopted this year was "The Gift of Time" – volunteers from the local tertiary institutions gave their time by participating in our Christmas busking activity all in the name of charity.

Over a span of two weeks, groups of students from Nanyang Technological University, Ngee Ann Polytechnic and Nanyang Polytechnic took to the streets to entertain the festive crowd with their voices by belting out Christmas tunes ranging from the commonly sung carols to popular songs usually associated with the festival.

While the public delighted in the melodic tunes, a fringe event also took place – a team of roving Christmas Photo Booth volunteers partook in the festivities by engaging the public through photo taking opportunities with fun Christmas props. They were

encouraged to share their photos on social media platforms using the hash-tags: #KDFsg and #GivingTuesdaySG (as popularised by the nation-wide Giving Tuesday campaign.)

Donations streamed in through our donation boxes as passers-by displayed their charitable spirit in supporting the vision of KDF – ensuring that no kidney patients perish due to the lack of funds for dialysis.

Photographs of the event and videos of the performances may be viewed on our KDF Facebook page (www.facebook.com/KDFsg) as well as on our Youtube channel (www.youtube.com/KDFcomms).

KDF is encouraged by these groups of youths as they exercise their spirit of volunteerism through this partnership. All of us at KDF would like to thank them for their support towards the Foundation and we hope for more of such opportunities in future!

by Samantha Png



肾小球性肾炎

在新加坡，肾小球性肾炎是导致肾病的第一号病因，第二号病因是糖尿病。

什么是肾小球性肾炎？

肾小球性肾炎是指由于肾小球细胞发炎而导致的肾脏过滤功能障碍。当细菌、寄生虫等微生物感染人体时，由于免疫系统的介入，可导致肾小球性肾炎。此外，某些自身免疫性疾病如：红斑狼疮（SLE）和免疫球蛋白A抗体性肾疾病（IgA Nephropathy）也是肾小球性肾炎的另一类病因。在新加坡，免疫球蛋白抗体性肾疾病（IgA Nephropathy）是最常见的原发性肾小球性肾炎的发病原因。

肾小球性肾炎如何形成？

当一个人有微生物感染或患自身免疫性疾病时，体内的免疫细胞可产生特异性的抗病抗体，当抗体与病原体反应时，就在血液中形成了抗原-抗体（Antigen - Antibody）复合物。这些抗原-抗体复合物循环至肾小球时，可造成肾小球的损伤。若情况严重，肾小球细胞会被完全破坏，这就严重影响了肾脏的过滤功能和清除废物的能力。

抗原-抗体复合物是如何形成？

抗体（Antibody）是体内为消灭外来异物（抗原-Antigen）而产生的特异性免疫球蛋白。它和抗原特异性地形成抗原-抗体复合物而清除外来异物。当免疫系统功能异常时，体内就会产生过量的

抗体或不正常的免疫反应，从而导致过量的抗原-抗体复合物的形成。在肾小球性肾炎的病例中，导致疾病的抗原成份可能是自身的组织，但目前还不清楚为什么会有这种抗原-抗体复合物的形成。

肾小球性肾炎有什么征兆？

在肾小球被损伤时，肾小球性肾炎通常都没有先兆和症状。因此病症的初期通常都是通过雇前，人寿保险或国民服役前的身体检查，包括尿液检验来确定。其他种类的肾小球性肾炎与皮肤或关节失调有关。这可以在患者寻求皮肤或关节问题治疗时发现。

当肾脏严重受损，病人可能会因肾衰竭有以下症状：

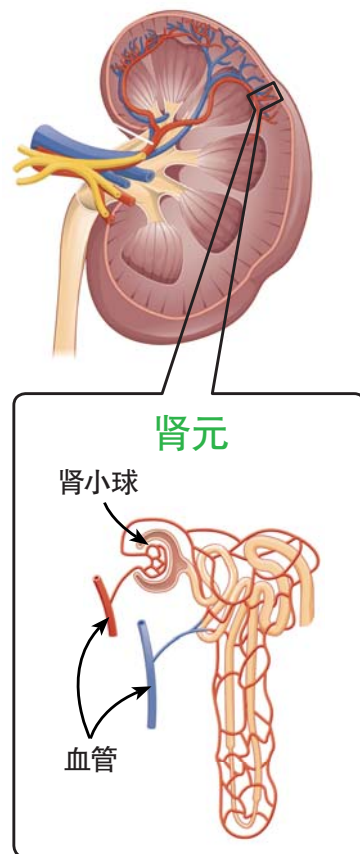
- 头痛，恶心，呕吐，发烧，发冷。
- 尿量减少而使排尿次数减少。
- 水份和盐份的滞留而导致脸部和四肢浮肿。
- 血压过高130/80mmHg（高血压）。

要鉴定肾小球性肾炎需要什么检验？

- 尿液样本，检验是否存在蛋白和血细胞。
- 24小时尿液收集和血液样本，检验血液和尿液中的肌酸酐含量，以确定肾脏的排泄功能和24小时内尿蛋白的含量。
- 肾活组织检验（从肾脏取出小量肾小球细胞），以确定肾脏的种类。这类检验通常是在疾病进一步恶化而需要专门的治疗时才进行。

通过这一期的保健文章，希望您掌握了肾小球性肾炎的基本知识和该注意的症状。下一期《肾析简报》我们将探讨肾小球性肾炎患者的病程发展以及其治疗方案。

肾脏的横切面



圣诞欢歌

译/鲁旭

在十二月圣诞前夕，肾脏透析基金（KDF）有几组可爱的义工们共聚乌节路及购物商场向路人传递节日的喜悦。来自本地大专学府的义工们为了慈善特别献出他们的宝贵时间，参与我们主题为“时光的恩赐”（The Gift of Time）的圣诞街头表演筹款行动。

整整两个星期，来自南洋理工大学、义安理工学院和南洋理工学院的学生们在来往的人潮中为路人放声高歌圣诞。从通俗歌谣到流行金曲，他们以不同曲调的圣诞歌曲向人们传递愉悦和祝福。

当众人沉浸在美妙的旋律中时，KDF特别准备的周边活动也在一旁展开。另一群参与此次庆祝活动的义工组成流动照相亭队伍，邀请路人用各种有趣的圣诞道具拍照留念。他们还在义工的邀

请下将照片分享到网络社交平台并打上“#KDFsg”和“#GivingTuesdaySG”的标签。

路人们的捐款也纷纷涌入我们的捐款箱，他们的举动充分彰显了KDF确保每一位肾脏病患不会因为无力承担透析治疗费而失去性命的使命。

此次活动的照片和视频可在KDF的面簿（www.facebook.com/KDFsg）和Youtube的KDF频道（www.youtube.com/KDFcomms）浏览。

KDF被这群年轻义工们积极并认真履行义工责任的无私精神所鼓舞。在此感谢他们对我基金会的大力支持，同时也期待在将来有更多的机会继续合作。

保健乐区

“谁说保健很无趣?”

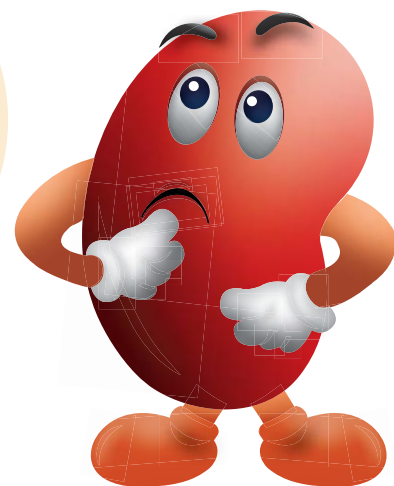
哪一个词语最频繁地出现在肾脏透析基金(KDF)的出版刊物和宣传资料里? 如果你的答案是“透析”,那么给自己一个掌声吧!

在这一期保健乐区中,我们将测测你对透析基本知识的了解程度。用这些简单的问题,和你的朋友和家人比比看谁得的分数高哦。

问题	答案
1) 透析是肾衰竭的唯一治疗途径。	(对/错)
2) 透析可以替代人体肾脏的所有功能。	(对/错)
3) 目前只有一种肾脏透析治疗方法。	(对/错)
4) 当被确诊为肾衰竭后,必须马上开始透析治疗。	(对/错)
5) 血液透析可以清除血液中的废物和多余液体。	(对/错)
6) 通常,血液透析每周需要进行3次,每次耗时4小时。	(对/错)
7) 接受血液透析治疗的病患不可以进行长途旅行。	(对/错)
8) 腹膜透析治疗只能在家里进行。	(对/错)
9) 接受腹膜透析治疗的病患面临较少的饮食限制。	(对/错)
10) 腹膜透析利用病患体内的腹腔膜为过滤器。	(对/错)

我的得分是:

- 0 - 4: 看来我需要加强对透析知识的了解。
 5 - 7: 我做得还不错,不过还有进步的空间。
 8 - 10: 太棒了! 看来我对透析基本知识有一定的了解。



您想在《保健乐区》看到更多哪一类型的游戏?

您的意见对我们很重要,请与我们分享您的看法。

- ☐ 文字类游戏 ☐ 拼图
☐ 健康或肾脏有关的问答题 ☐ 绘画或寻找图片的不同之处
☐ 其他: 请注明 _____

您对这期的游戏看法如何?

- ☐ 太难了 ☐ 不好玩/无聊 ☐ 普通 ☐ 非常好玩

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。

答案: 1) 错 2) 错 3) 错 4) 错 5) 对 6) 对 7) 错 8) 错 9) 对 10) 对

千里行, 献爱心

译/鲁旭、蔡永馨

肾脏透析基金(KDF)将在今年2月底举办首个大型跨国义骑活动,为我们旗下的病患筹募善款。这项命名为《KDF2014慈善单车马拉松》的长途远行,聚集众多脚车好手,拉大队从新加坡骑往邻国马来西亚,再返回我国,为KDF再立里程碑。

2014年2月25至28日,40名脚车同好将挑战四天内骑行1000公里路程,从新加坡途经马六甲、关丹、丰盛港,再骑回



Lawrence Loh (28)

“钢铁人”

“能够将骑脚车和慈善相结合为贫困人士筹集善款,我觉得这个主意真是太棒了。能和一群好友一起骑车,同时还能做善事,没有比这更好的了。”

在他八年的脚车生涯中,这位英勇好战的铁汉车手已经踩着他的脚车骑向全世界(中国、法国、泰国、爱丁堡、英国)。

在2013年,他成为第一位在英国以106小时完成伦敦-爱丁堡-伦敦的1400公里脚车挑战赛的新加坡骑士。三年前,他甚至从新加坡骑车到中国。

他的梦想是希望有资格参加全球最残酷的脚车竞赛-横穿美国骑行大赛(RAAM)。

带着对脚车的狂热爱好和对社会的关爱,他将KDF慈善脚车马拉松作为一个与好友和车友们一同奉献爱心、改变社会的美好机会。

他的人生格言:“一切皆有可能。EPIC Cyclist车手将创造奇迹!”



Kelvin Tan (39)

“守护者”

“整个团队一同完成此次旅程,让人们领略到真正为慈善而行的骑士精神,这是参加此次活动的每一位爱心骑士的心愿。作为骑士,我们齐心协力完成一次旅程,决不抛下任何一人。这种态度同时也是我们对待社会中的不幸人士时应有的。”

这位出身普通家庭的装潢专家,很小年纪就退学做起杂工,最终才锻炼出今天的精湛技艺。

脚车最初只不过是往返于学校和工作代步工具。两年前他才开始参与脚车竞技。现在几乎每个周末他都会在马来西亚骑车,也参加一些海外的脚车赛事。

低调的他并不愿多说自己在各大脚车赛事上所取得的成就,只提及一次他在仅仅一天内骑车从新加坡到马六甲再返回的经历。

对车手的安全特别关心的他,在小组骑车时总是非常仔细地照看着其他车友。当有新车友加入时,他也总是非常耐心地向他们传授自己的骑车经验和技巧,希望通过自己的言传身教让对方可以继承他的位置并传承下去。

他的人生格言:“机会之门永远向有准备的人敞开。”



Benny Goh (41)

“探索家”

“慈善义骑是一种很棒的经验,因为这不仅仅是骑车,还能认识新朋友。对于即将到来的1000公里慈善单车马拉松,我只能说这是一个全新的挑战。”

这位技术经理将他的业余时间都花在山地脚车上,骑车成为他在15年前因手术停止一切体育运动后的新爱好。

大约四年前他开始骑脚踏车,而这也帮助他恢复了体能和健康。从此之后,他便开始频繁骑车,现在几乎每星期骑车三次去马来西亚。

他最享受独自骑车旅行的自由,因为可以走进新的地域,观察当地人的生活。旅行后,他还会将这些“新发现”和同样喜欢探索新领地的车友们分享。

KDF2014慈善单车马拉松将会是他第二次参加慈善骑车筹款活动,他也非常期待这个新挑战。

新加坡，旨在为KDF的病患筹募30万元的治疗费用。为了能让更多人认识到KDF以及我们所帮助的肾脏病患者，每位爱心骑士也需号召亲朋好友，为活动筹得至少500元才能参与此项慈善活动。

1998年KDF首次被选为慈善脚踏车活动的受益团体，从此结下了与脚踏车骑士的不解之缘。而今年，KDF在一群心系社会，并愿意将自己的兴趣与慈善相结合的车爱好者们的帮助之下，决定主办这一项长途慈善单车马拉松活动。

以 Clifford Lee 为首的 EPIC Cyclist 团体约两年前成立，由七名核心成员组成，他们分别是：Clifford Lee, Kathryn Lee, John

Koh, Heng, Lawrence Loh, Benny Goh 和 Kelvin Tan。下面附上其中五人的简介，若想更了解他们的背景和历程，您可以参阅。

历经几次资格赛，EPIC Cyclist 再添生力军，可说汇集了新加坡最顶尖的脚车好手。大家虽然背景迥异，却同心协力为慈善付出。若想获得活动的第一手讯息可到活动的面簿专页<http://www.facebook.com/the.epic.ride>。

捐款的募集目前正如火如荼的进行，欲支持心仪的爱心骑士您可以到 GIVEasia (http://giveasia.org/movement/kdf_millennium_ride_2014) 捐款，也可以将

支票邮寄到KDF，并清楚注明您是想支持本次活动，或是其中一名爱心骑士。

欲进行商业赞助的洽询和讨论，请联络 Samantha小姐，联络电话65592647，电邮地址samantha.png@kdf.org.sg。您的善举必定能为KDF的病患带来更美好的未来。



John Koh (44)
“大块头”

“我喜欢和那些与生活中的种种困难作抗争的人交流，因为总能在他们身上学习到许多。我们的交流被残酷的现实生硬地绑定。因此，为了照顾弱势群体的安康福利，骑车做慈善，对我而言是最自然不过的事。”

曾经是企业的他，决然脱去西装和领带只为换取更多的时间陪伴两个可爱的女儿和亲爱的妻子。

他现在的职业是物理治疗师，业余时间大部分都和同样好动的家人一起作户外活动。

三年前，他在客户的影响下开始骑脚车。经过艰难而又痛苦的开头，他开始加入不同的车队伍接受不同的挑战。他从不参加脚车竞赛，却热衷于耐力类骑车活动。

他最震撼的一次骑车经验是参加在巴厘岛的Audax骑行大赛，在那里他在一天内翻山越岭完成400公里骑行。那次旅途使他深刻体会到，不经一番寒彻骨，焉得梅花扑鼻香，而仅少数人才会战胜大自然。

他的人生格言：“千里之行，始于足下。”



Kathryn Lee (54)
“全能妈咪”

“为慈善骑脚车是很有意义的事情。这不仅能筹集善款并唤起公众意识，还可以鼓励人们，特别像我这一年纪的人(已过50岁) 参与运动，倡导健康的生活方式。这是一举两得。”

娇小的她已经是两个孩子的妈妈。她不仅是脚车的狂热爱好者，还喜欢滑直排轮以及溜冰。

几年前，她和一组脚车手开始在周末骑车去马来西亚，也就是在其中一次脚车旅行中，她认识了Heng。当她听说Heng完成了巴黎-布勒斯特(Brest)-巴黎，超过一千公里的骑行后，顿时无比敬畏并开始琢磨自己是否也可以做到。

渐渐地，她开始参加一些远途骑行，她也是EPIC Cyclist第一轮慈善骑行中唯一一位完成从新加坡到马六甲两天巡回骑行的女车手。

虽然骑得没有其它车手快，但她引以为傲的是自己有决心和耐力完成这种远途单车骑行。

她的人生格言：“不要犹豫，要勇于尝试。”





在农历七月中元节期间以慈善福物义标的方式为贫困肾脏病患筹集洗肾费，是肾脏透析基金（KDF）每年慈善筹款的重要活动。2013年KDF农历七月慈善行在全岛各中元庆典上如火如荼地开展，并再次取得丰硕成果。经过KDF华社筹款委员会委员、慈善大使、义工和KDF员工的辛劳奔波，KDF在50多场中元会和KDF的慈善福物推展晚宴上，共筹得善款32万7千余元，再创中元节筹款新高。

2013年KDF的慈善福物舟船〈一帆风顺〉，一经推出便深受华社群体的欢迎，有的善翁在喊标现场和我们的义工感慨道：“当年我就是乘船漂洋过海来到新加坡，在这里落地生根”。〈一帆风顺〉不仅代表了父辈来新的难忘过往，还蕴含着生活美满事业顺利之意，更寓意着民众慈航普渡、互帮互助的慈悲之心。

在福物喊标中，不仅有华族同胞，还有印度、马来族的中元节宾客们也一同参与竞标，给予我们极大支持。可喜的是，今年的福物喊标共有三尊〈一帆风顺〉

以\$25,000的高价被善心人士标得，其中善翁 Lim Ah Hoo 先生的成功得标，也让罗央合作社中元会再次成为KDF中元慈善喊标的最高标场。此外，还有五尊〈一帆风顺〉分别以超过\$10,000被爱心人士标回。

每一个中元会场的福物数目众多，又必须在规定的时间结束宴会，致使福物喊标往往时间紧迫。在安排紧凑的庆典中，各中元会主办方还腾出时间让位给慈善，有的中元理事会还专门安排最好的时间给KDF喊标以帮助我们筹得更多善款，还有中元会主办方如ASPRI主动与KDF联络，邀请我们作慈善福物喊标。这种为善最乐的无私精神让我们深受感动和感激。

我们感谢所有在中元节期间为KDF捐款的善翁，以及为KDF提供福物喊标场地的中元理事会。同时也期望〈一帆风顺〉能为所有善翁带来好运，还能为KDF贫困肾脏病患者延续他们的生存希望。如果您有意愿拥有一尊〈一帆风

顺〉，同时为我们的病患捐赠一份爱心，您可以与鲁小姐联系认购，联系电话 65592653，电邮 luxu@kdf.org.sg。





由于林女士曾经有过在厕所跌倒的经历，她养成了手机不离身的习惯，以便一有什么状况便可立即联络子女。当我问到她为何不考虑和子女一起住的时候，林女士侃侃道来：“不行啊，他们家有这么多人！现在他们就应该专心照顾自己的孩子，而我就自己照顾自己。”

平常没事的时候，林女士最喜欢看电视和粤剧，因为她能完全沉浸于剧情中，暂时忘却烦恼。另外，每个周末林女士的子女也会轮流带她到购物中心散心，而这也是林女士十分期待的休闲活动。

林女士虽然表现得异常独立，但她显然非常渴望子孙的陪伴。这点从她在谈及农历新年的回忆时，显而易见。她分享道：“（过农历年时）所有的孩子和孙子都会回来，聚在我家团圆，整屋都是人。我们过得很简单，就是一些家常菜，有鸡、鸭、烧肉和汤。”

虽然没有山珍海味，但农历新年期间是一年之中唯一的一次，子孙全部到齐，并陪伴在林女士身边的时候。唯一美中不足的是，林女士没有能力给孙子孙女买新衣新鞋过节。她淡淡地说：“我既没那个钱，也没有那种精力。”

由于林女士现在的生活费和医疗费都由子女分担，她没有独立的经济能力能如普通的祖母一样，拿些闲钱宠爱家中的小辈。而她的子女挣的钱不多，也都各自组织了自己的家庭，因此她不想增加他们的负担。

2009年初，林女士在肾脏透析基金（KDF）的锦茂中心开始洗肾治疗，从此之后便是那里的熟面孔。她表示喜欢锦茂中心的环境，而对住在附近的她来说也非常方便。林女士不仅在洗肾中心结交到了许多朋友，她也积极参与了很多KDF肾友会所主办的活动。

林女士在KDF接受洗肾治疗虽然才四年，但对她而言却是很漫长的一段时间。但因为有社会大众的支持，林女士才能享有高额的医疗津贴，每月仅需支付约\$200的透析费用。这让林女士能更安心接受治疗，无需担心孩子负担不起她的医疗费用。

养儿一百岁，长忧九十九，在KDF我们常遇到年迈的肾脏病患者为透析费用忧心，更担心自己的医疗费给子女带来经济负担，一些患者甚至没有家人陪伴在身边。

在这个家家户户团圆过节的月份，我们由衷的期许您也能为KDF的病患传递温暖，您的小小善举必定能带给他们更大的希望。

欲捐款奉献爱心，您可以将善款通过随附的商业回邮信函邮寄给我们。详情请浏览KDF网站 www.kdf.org.sg。



书院男生学访KDF

译 / 鲁旭

2013年8月22日，肾脏透析基金（KDF）在我们的碧山洗肾中心热情招待前来学习的七位来自莱佛士书院的中学生。借由这次难得而又宝贵的造访机会，学生们不但能更深入的了解肾衰竭疾病，还可以对肾脏透析过程和洗肾中心的运作一探究竟。

一个有关KDF及其援助项目的简短介绍开启了此次学习之旅，也让同学们能更充分了解KDF病患的情况以及基金会的主要工作职责，从而使此次学访更富意义。紧接着的教学演讲将学生们带入肾脏疾病和肾脏透析的医学世界。同学们和老师的积极参与贯穿整个讲座和问答环节，活跃气氛渲染现场。

学访的第二阶段包括参观KDF碧山洗肾中心。经由此前的介绍对肾脏透析有了

初步了解之后，现场参观让同学们对透析有了更高层次的学习和掌握。满怀兴奋的同学们被分成两组带入洗肾中心参观。现场参观不仅让同学们能近距离地观察整个洗肾过程，我们也希望他们在亲眼见证病患所经历的洗肾治疗后，能对这些贫困患者有更多的关心和理解。

带着学习到的肾脏和透析新知识，同学们开心地离开了我们的洗肾中心，为这场学习访问画下了愉快的休止符。作为KDF的其中一项宗旨，我们不断致力于提高国民对肾脏疾病的认识。通过此次机会能与莱佛士书院的学生们接触与分享，我们感到万般欣慰，也期待他们下一次造访。



肾析简报



独居

文 / 蔡永馨

她眉间一紧，捂着胸口干咳了几声。艰难地，她以一句“很痛”回应了我向她投以的关切目光。

在我眼前的这位主人翁是79岁的林連风女士。在接受访问的前几天，林女士因为咳嗽伴随胸口疼痛而入院检查。虽说已经出院了，但这毛病显然仍困扰着她。

几年前，林女士因为接连好几天都觉得身体不太舒服，所以去看了医生做体检，没想到诊断结果竟然是肾衰竭，她也这才偶然发现了自己的病情。

除了肾衰竭，林女士也是高血压、高胆固醇、尿酸高的患者。历经两次膝盖手术的双腿也没什么力，因此须要借助拐杖行走，状态欠佳的时候甚至要用到轮椅。

而近期，她在洗肾治疗之后也经常出现低血压的症状，令她十分困扰。林女士感慨道：“我刚开始洗肾的时候状态很好，一点后遗症都没有。可是最近洗肾过后都会感到头晕目眩，而且非常累。很多时候我一回到家就倒头大睡，连晚餐都不吃。真的是每洗一次，痛苦一次。”

林女士的子女虽然都会辛勤地来回接送她到洗肾中心，并把她安顿好才离开，但大部分的时间她都是独自一人。她这么说道：“就算他们送我回家，通常也不会留下来陪我。平常都没有人陪我的。”

自从她的丈夫在近10年前去世之后，林女士便独自居住在位于锦茂区的三房式组屋里。她的行动虽然缓慢，但如扫地、洗衣等简单的家务事她都自行包办。此外，连三餐都是她自己准备的。

林女士饮食极为简朴，她只吃四道简单的菜肴，每天轮换着煮其中一道，煮一顿吃上两餐。而在须要洗肾的时候，她甚至要一大早就开始准备，才能来得及‘打包’午餐到洗肾中心。好在做饭的材料都由林女士的女儿负责定期采买，并送到她家，避免林女士须要独自外出买菜。



莱佛士书院学生学访KDF，对透析过程和洗肾中心的运作一探究竟。

2 活动



4 & 5 特写

今年2月，40名脚踏车骑士将从新加坡骑往马来西亚，为KDF筹募善款。



7 保健

您知道什么是肾小球性肾炎吗？在新加坡，肾小球性肾炎是导致肾病的第二号病因。



7 活动

KDF也以我们的方式参与了#GivingTuesdaySG活动。



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