

KDF LINK



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JUL - SEP 2014 IN THIS ISSUE

COURAGE AGAINST ALL ODDS

BY JEMIN CHUA

Courage, as defined by the Oxford dictionary, is 'the ability to do something that frightens one' and 'strength in the face of pain or grief'. But how exactly does it show in everyday life?

To Mr Neo Hock Bee, 50, every waking moment entails a conscious act of courage. Courage is taking the bus alone. Courage is looking past the curious eyes and indifference of others. Courage is taking every day in stride, despite being partially blind and dependent on dialysis for life.

Hock Bee - as he amiably requests to be called - was born into a large family of 13. The second youngest among three brothers and nine sisters, Hock Bee suffered a traumatic injury to the eye during infancy when he fell from a baby hammock. For all his life the world has been a perpetual blur.

Three years after he turned 30, Hock Bee had gone to the doctor as he suffered from a severe back itch. After initial tests, he was immediately referred to the hospital for further checks, and was eventually informed that his kidneys had failed.

As the only member in his family to be diagnosed with kidney failure,



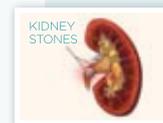
Hock Bee was at a complete loss. "I didn't know what dialysis was. I thought it was a 'typical' medical procedure, something that I just needed to do once, and I can go home completely cured," he recounted.

It was only with the explanation from the doctors and social workers that he understood that dialysis entailed a lifetime of treatment. Today, Hock Bee is a familiar face at KDF's Bishan Centre, having been dialysing there since it opened its doors some 17 years ago.



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Several bumps - aneurysms - are visibly present on both of his arms, testimony of prolonged dialysis. While these are symbols of his struggle and strength, they are also the subject of strange looks from others.

"People seem to be scared when they see it (the bumps), like I am a carrier of some disease. Others are just *kaypoh*¹, they will probe and ask why my arm looks different," Hock Bee shared.

Moreover, his visual impairment paradoxically gave him greater clarity on the realities of society and the indifference of some.

"People can be very cold. Sometimes when I need help locating a place, I will ask strangers for help, and there will always be people who just walk away. There are also those whose concern is just for show; when you really need help, you will realise that they've just taken two steps back," he bemoaned.

Hock Bee takes all these in his stride and tells me that he is no longer bothered by the curious looks and murmurs behind his back, or the curt indifference of others. "I just don't take it to heart, I live as I please," he said.

Yet, Hock Bee was never a natural optimist. Few years into his dialysis, the idea of quitting treatment consumed his thoughts. "I was very disheartened," he said.

Hock Bee was always very tired after each dialysis session, and muscle cramps would soon follow. There was also the mental challenge of adhering to various dietary restrictions.

"I can't eat this and I can't eat that, but when I look at other

people, they are enjoying their food freely. What a life!" said Hock Bee.

Despite living under the same roof as his brother, niece and nephews, Hock Bee appears to be rather withdrawn. At home he is either doing household chores or watching television alone in the room. Other times, he sings to himself, repelling loneliness with the hum of his voice.

He tells me he has no friends, none at all. "It is difficult to communicate with others and to truly understand each other," he says. "We enter the world alone and leave the world alone, so we have to get used to being by ourselves".

Hock Bee's best friend and only confidant had been his mother - his main caregiver until she passed away about 10 years ago. The only people who he talks to now are the nurses at the dialysis centre, and occasionally, his family members - although this sometimes involves the nagging of his younger nieces and nephews.

"I used to be quite lonely, so I started to chat and joke with the KDF nurses. They were the reason I changed my mind and decided to continue dialysis. Talking to them and knowing that someone cares, gives us the motivation, the courage, and the heart to step into the dialysis centre. You get very disheartened if the nurses can't be bothered," said Hock Bee frankly.

Conceivably, his concerns may seem frivolous to some. But perhaps, beneath the surface lies a deeper sense of perceived



inequality; a keen awareness of being different from others.

At a point during my chat with Hock Bee, he told me how he would sometimes observe people and there would be a big group of friends talking and laughing loudly together, then he faintly said: "it would be good if I were healthy". The longing in his tone was hard to mistaken.

Many times, Hock Bee mentioned the word 'courage'. Courage is exactly the strength that commands him to face his illness and impairment, and also what gets him through each trying day.

Although the mind may waver from time to time, true courage is pressing on despite all the adversities life throws in one's direction. We are unable to fight the battles of others, but the one thing we can do is to provide them with the support they need.

Every contribution sparks a glimmer of hope that will continue to fuel our patients with the courage to press on with life-sustaining dialysis treatment. You can support them by making a donation via the enclosed business reply envelope. For more information, visit www.kdf.org.sg.

¹ Kaypoh: Refers to someone who is nosy

COOKING WITH PROTEIN SOURCES

BY JEMIN CHUA



An early Sunday morning on 25th May 2014, Renal Friends - KDF's patient support group - held its first Patient Education Seminar of the year. Titled 'Cooking with Protein Sources', the seminar featured two main segments: a cooking demonstration by a professional chef followed by a cooking competition.

Chef Bing Lam was specially invited to demonstrate how to prepare three high in protein, low in sodium dishes, which included poached fish with low salt sambal, *Mee Tai Mak* with chicken and mixed vegetables, and *Novasource Renal*¹ with chin-chow and mixed fruit.

Complimenting the cooking demonstration was the timely commentary from dietician, Ms Liow Min Choo on the ingredients used and how they relate to the dietary requirements of dialysis patients. After each demonstration, patients also got a chance to taste these simple yet healthy dishes.

One of the important takeaways from the session is to use natural ways to add flavour to food (i.e. using herbs to poach meat instead of just plain boiling water) and to always taste the original flavour before deciding if salt or soya sauce needs to be added. This way, the amount of sodium used can be minimised.

In the second and most exciting segment of the seminar, each of our dialysis centres sent out of a team of three to compete against each other in this unique patient cook-off.

Each team was given 45 minutes to prepare their dish, while the rest of the participants were kept engaged with quizzes.

The team from Bishan came out on top with their mouth-watering and beautifully garnished *Mee Tai Mak* with Chicken dish.

KDF would like to thank Nestlé for sponsoring the packets of *Novasource Renal* given out to patients who attended the seminar and to Chef Bing, Ms Liow and our volunteers who contributed to the success of the session.



¹ Novasource Renal is an oral supplement specifically formulated for people with renal conditions.

ADVOCATING WORLD KIDNEY DAY

BY SHAWN WONG



Before the health talk officially commenced, a number of interested participants were seen registering for the talk and free health screening. Upon registration, they were each given a goodie bag. Health advisors were also stationed at the health screening booth to address health queries.

The 3 hour long health talk covered several topics, including a basic introduction on kidney and its related diseases by Associate Professor Dr Lina Choong and how diet is fundamental in maintaining a healthy body by Mdm Lai Yee Khim from the Diabetic Society of Singapore. Ms Katherine Huang, a physiotherapist from the Singapore General Hospital also demonstrated simple exercises suited for the elderly.

KDF would like to offer our appreciation to the invited speakers and to Bishan Community Club for partnering us in our event. We would also like to express our gratitude to Choy Ting from A Dam Funky Talents for being our Master of Ceremony.

Did you know that World Kidney Day falls on the second Thursday of March every year? Since 2006, healthcare professionals and people from all over the world would join hands to promote the importance of prevention and the early detection of chronic kidney disease.

Committed to educate the public on kidney-related diseases, KDF participated in one event and organised another to advocate World Kidney Day.

KHOO TECK PUAT HOSPITAL OUTREACH EVENT

On the 13th of March this year, Khoo Teck Puat Hospital organised a World Kidney Day exhibition and invited associates to join them in their effort to provide relevant information on the prevention, early detection and treatment of kidney-related diseases.

KDF played an active role during the exhibition by providing bilingual promotional materials,

which were well received by doctors and visitors alike. The KDF booth featured an interesting quiz on chronic kidney disease which was popular among visitors. Through a series of 'true' or 'false' questions, participants attained a clearer understanding of how chronic kidney disease affects the elderly.

We would like to thank Khoo Teck Puat hospital for offering us a chance to partake in this meaningful event.

WORLD KIDNEY DAY AT BISHAN

For the second event, KDF organised a public health talk at Bishan Community Club on the 29th of March.

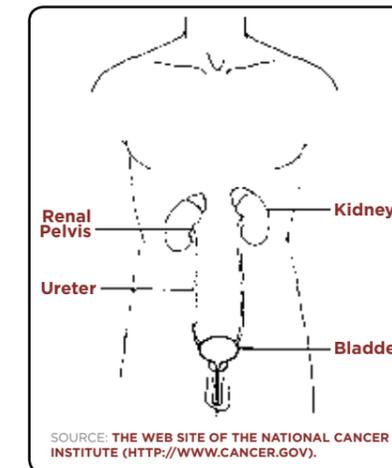
Various booths were set up in the multi-purpose hall featuring posters, reading materials and food models. These interesting health displays allowed participants to learn how an unbalanced diet can affect the kidneys.



What You Need To Know About KIDNEY STONES

THE URINARY TRACT SYSTEM

The urinary tract system consists of two kidneys, two ureters, one urinary bladder, and one urethra. Urine is produced by our two kidneys. Urine then drains into the bladder through the ureters (see diagram). It is then stored in the urinary bladder until it is passed out through the urethra.



1. WHAT IS A KIDNEY STONE?

A kidney stone is a solid mass which forms in the urinary tract due to crystallisation of substances present in the urine and can be found along any part of the urinary tract.

Kidney stones

may stay in the kidneys or break loose and travel down the urinary tract. A small stone may pass out of the body spontaneously. On the other hand, a larger stone may become lodged in the ureter, bladder or urethra. Stones may also obstruct the flow of urine and cause pain although many can exist without symptoms. Stones that obstruct or cause repeated or severe infections may lead to kidney failure.

2. HOW DO KIDNEY STONES FORM?

Many risk factors lead to stone formation. Some of these include:

- 1) Drinking too little fluid
- 2) Family history of stones
- 3) Previous history of urinary tract infections or stones
- 4) Certain metabolic conditions

3. TYPE OF STONES

There are 4 main types

1) Calcium Containing Stones most commonly calcium oxalate

These may form for a variety of reasons including low fluid intake, high excretion of

calcium, uric acid and/or oxalate in the urine. A high amount of dietary salt also leads to increased calcium in the urine.

2) Infection Stones

These are of a mixed nature containing magnesium ammonium phosphate (also called struvite) and calcium carbonate. They are associated with infection with certain bacteria only.

3) Uric Acid Stones

Too much acid in the urine assists in the formation of uric acid stones. Uric acid stones may also occur with high quantities of uric acid passed in the urine.

4) Cystine Stones

These are very rare and usually an inherited disorder.

4. WHAT ARE THE SIGNS AND SYMPTOMS?

There may not be any symptoms at all.

Symptoms of stone disease include the following:

- 1) Pain at the side or back
- 2) Blood in urine
- 3) Painful urination, cloudy urine or urine that smells bad associated with fever suggesting urine infection

5. WHAT TESTS ARE USUALLY DONE TO CONFIRM THAT STONES ARE PRESENT?

A plain X ray of the urine tract called the KUB X-ray (Kidney - Ureter - Bladder) can pick up about 85% of stones. These will be stones that contain calcium. Stones that do not contain calcium cannot be seen on a routine X-ray. Your doctor may order an IVU (intravenous urogram) instead which involves a dye being injected into the blood stream to "light up" the whole urine tract as the dye gets excreted. This can also detect obstruction to urine flow, if present. A less informative but easier alternative is an ultrasound scan.

Now that you have grasped the basic knowledge of kidney stones and how it is diagnosed, in the next issue of KDF link we will touch on what happens after diagnosis.

96 HOURS (PART II)

BY JEMIN CHUA

After four days of constant pedaling and withstanding dire circumstances - Heat, Haze, Hills and Harsh night conditions - the bicycle warriors who participated in the Millennium Ride 2014 finally reached the end of their muscle-aching but immensely meaningful journey.

CLOSING CEREMONY

On 28 February 2014, at approximately 8.30pm, 45 cyclists arrived victoriously at Orchid Country Club to thunderous applause and cheers. Their entrance was greeted by the warm welcome from Dr Lily Neo, Member of Parliament for Tanjong Pagar GRC, Dr Gordon Ku, Chairman of KDF, Mr Watson Ong, KDF Fundraising Chairperson, as well as the major corporate donors of the event, together with family and friends of the cyclists.

After a round of photo-taking and warm exchanges, cyclists, support crew and guests were ushered into the Ruby Suite where they were treated to a sumptuous Chinese dinner, as appreciation for their efforts and support.

Performers from the Doreimi Music School serenaded the guests with their musical pieces, while Mr Kubaren from A Dam Funky Talents played host to the guests as Master of Ceremony.

A medal was presented to each cyclist by the Guest of Honour for the evening, Dr Lily Neo, as testament for completing the 1000km ride. The support crew, including the safety drivers and bike mechanic, were also acknowledged for their contribution towards the success of the ride.



Special KDF Announcement

Dear readers,

Thank you for your continued support towards KDF and we hope you like the newsletter's new look.

As we garner more and more support from the public, we are faced with a growing mailing list. Do not get us wrong, we are more than happy to keep in touch and to showcase what the folks at KDF have been doing.

But here's a special shout-out to those of you who have been **receiving multiple copies** to your address and companies who are receiving our newsletters **addressed to staff who have left** to pursue other opportunities.

Please let us know if you wish to receive fewer copies, or if you are still receiving newsletters addressed to an employee who has already left the organisation.

**HELP US SAVE TREES.
DROP US A NOTE IF YOU WISH
TO UNSUBSCRIBE!**

Corporate donors who graced the ceremony that evening also received the official team jersey from Dr Gordon Ku, Chairman of the Kidney Dialysis Foundation, as a token of appreciation for their generosity.

A total of about \$253,000 in cash donations was raised from the ride, with other donors supporting the ride through in-kind donations such as bicycle tyres and compression socks. Aside from challenging the 1000km journey, cyclists also appealed to their family, friends and colleagues for donations, and through their efforts, close to \$65,000 was raised by the cyclists themselves.

KDF would like to take the opportunity to thank all who have helped us in this journey. The KDF Millennium Ride 2014 would not have been successful without the support from the cyclists, support crew, donors and everyone who has encouraged us or the cyclists along the way.

Thank you for believing in our cause to provide subsidised dialysis treatments to needy kidney patients in our midst. Until the next time.

**SPECIAL
THANKS TO:**



**Call 65592630
or email
events@kdf.org.sg**

Fun with Health!

“Who says health cannot be fun?”

The first step to achieve good health is to evaluate and assess your Body Mass Index (BMI). Calculate your BMI and learn how to effectively control your weight and your health.

What is Body Mass Index?

BMI is the common acronym given to Body Mass Index; a number calculated from your weight and height that roughly correlates to the percentage of your total weight that comes from fat. To calculate your BMI, divide your weight (kg) by the square of your height (m²):

| | | |
|---|----------------|---|
| BMI = $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$ | 27.5 and above | High Risk |
| | 23.0 - 27.4 | Moderate Risk |
| | 18.5 - 22.9 | Low Risk (healthy range) |
| | Less than 18.5 | Risk of nutritional deficiency and osteoporosis |

The higher a person's BMI, the higher the percentage of fat in their body. If your BMI is under 18.5, you might be underweight. Between 18.5 and 22.9, you are probably at a good healthy weight for your height. A BMI over 27.5 is considered overweight; he/she may be at risk for high blood pressure, diabetes and stroke.

If your BMI is between the ranges of Moderate or High Risk zone, there are steps that you can incorporate to improve your health. For this issue, we will look at Physical Activity. It plays a vital role in any effective weight loss programme as it helps burn calories and builds muscles. Keeping active is an essential part of any effective weight-loss programme.

Fun Activity: Sit & Push



How to play

Grab a partner and a deck of playing cards. Remove cards containing Ace and King/Queen. Shuffle the deck of cards. Get your partner to choose a card. The number and colour corresponds to the reps and types of exercise that he/she will have to do. If in the event, a joker card is chosen, he/she will miss a turn. Once your partner has completed his/her turn. It will be your turn to choose the card.

Legend

Black Cards: Sit Up
Red Cards: Push Up

* Portions of the article contain excerpts from 'The ABCs of Healthy Eating' (Health Promotion Board, 2005).

HELLO AGAIN, NANYANG GIRLS

TRANSLATED BY JEMIN CHUA

After a fruitful visit last year, on the 27th of March this year KDF hosted another group of girls hailing from Nanyang Girls High School at our Bishan Centre. This educational trip to our dialysis centre served to supplement and reinforce their classroom learning, which had previously covered kidney anatomy, kidney diseases as well as kidney dialysis.



To minimise the disruption of our nurses' duties, the students arrived at 2pm - as by then our patients would already be comfortably settled down and in the midst of their dialysis treatment. An educational presentation and tour of the centre was conducted by a Clinical Nurse from KDF's Patient Services department. There was also a Q&A segment where they were able to have their questions answered by the veteran nurse.

School visits to KDF are a unique experience as it is not only an opportunity for students to broaden

their knowledge; students also gain an insight into the work of KDF and the specific group of patients that we serve, thereby gaining a better understanding of the needy in our community. It is our hope that there would be more of such opportunities for KDF to work with various schools to host such learning trips.

announcement

Help us in the following ways:

DONATE

You may support KDF directly by mailing us a cheque made payable to "Kidney Dialysis Foundation Limited", indicating "Flag Day 2014" on the back, as well as your name/organization name, IC number/UEN number, contact number and address.

You can also donate via www.kdf.org.sg

INTERNAL COLLECTION

Organise an internal collection of donations in your company or organisation.

STREET COLLECTION

Exercise those legs, be our Flag Day Ambassador on 13th September 2014. Come with your friends or family!



We want YOU!

Come and Be Our Flag Day 2014 Ambassadors!

Mark your calendars, 13th September (Saturday) is KDF's annual flag day! Our volunteers will be out on the streets in full force to do their part for our patients.

This year, we hope to raise at least \$40,000 to fund our subsidised dialysis programme for needy kidney patients under our care. As such we need your help! More hands means more ground is covered, and more help for our patients.

For more information on internal collection or to register your interest to be a Flag Day Ambassador, please drop us an email at ericia.lau@kdf.org.sg or call 6559 2652.

Do you have any feedback on the featured contents?

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

1. What would you like to see more of in our newsletter? (You may choose more than one option).

- Feature Story
- Health Article
- Others: Please Specify _____
- Events Coverage
- Fun with Health

Name: _____

Age: _____

Email: _____

2. Which section(s) of the newsletter interests you most? (You may choose more than one option).

- Feature Story
- Health Article
- Events Coverage
- Fun with Health

3. Do you like our new look?

- Yes!
- Not really.

Thank you for your feedback!

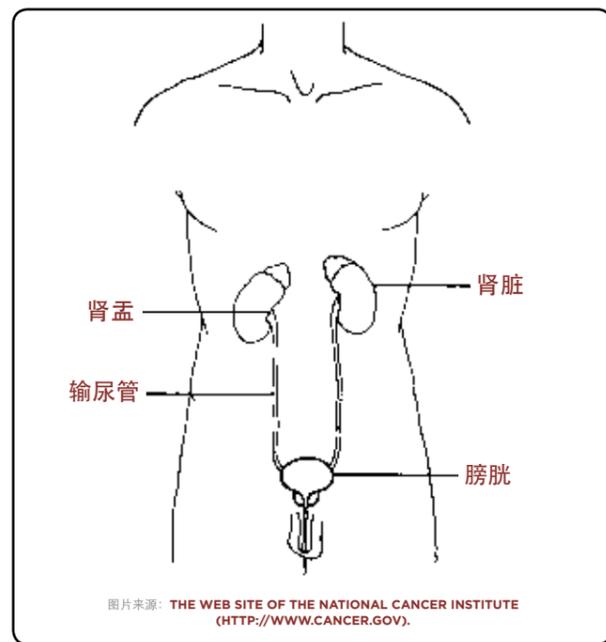
Please fax this section to 6225 0080 or mail it back to Resource Development & Communications Department at Blk 333 Kreta Ayer Road, #03-33, Singapore 080333. Alternatively, you could mail it back to us together with your donation in the Business Reply Envelope provided.

对于肾结石， 你需要知道些什么？

泌尿系统

泌尿系统是由两颗肾脏、两条输尿管、一个膀胱和一条尿道组成。

在泌尿的过程中，两颗肾脏所生产的尿液会由输尿管导入膀胱（请看图片），然后蓄积在内直到通过尿道被排出体外。



图片来源: THE WEB SITE OF THE NATIONAL CANCER INSTITUTE (HTTP://WWW.CANCER.GOV).

1. 什么是肾结石？

肾结石是个固体硬块，由尿液中存在的物质晶化产生的，它可出现在泌尿系统的任何一处。肾结石可能会宿居在肾脏内或碎裂成小块顺着尿路往下移动。体型小的结石可能会自然地排出体外，而较大的结石则会留在输尿管、膀胱或尿道内。肾结石也可能导致尿路堵塞，引起疼痛，然而许多时候它的存在是毫无症状的。结石的重复形成、造成阻塞或感染可导致肾衰竭。

2. 肾结石是如何形成的？

有很多因素导致结石的形成，其中包括以下：

- 饮水量过少
- 家族史有肾结石
- 曾有泌尿系统感染或结石的病历
- 一些新陈代谢异常的状况

3. 肾结石的类型

肾结石主要有四种类型：

1) 含钙肾结石

这种结石含有钙质，最常见的是草酸钙。导致这种结石的形成有几种原因，如：低水份摄入、尿液中有高含量的钙质、尿酸或草酸，以及摄取大量的食盐也会导致尿液的含钙量增加。

2) 感染性结石

这是由磷酸镁铵（也称为鸟粪石）和碳酸钙混合而成的结石。这种感染性结石是由某些细菌的感染而引起。

3) 尿酸结石

尿液里的酸性及尿酸太多都可形成尿酸结石。

4) 胱氨酸结石

这是非常罕见的类型，通常是遗传性的。

4. 肾结石有那些临床症状？

肾结石虽然不会有任何症状，但也可能会出现以下症状：

- 身体侧面或背部感到疼痛
- 血尿
- 排尿疼痛、混浊的尿液或带有异味的尿液
- 因泌尿系统感染引起的发烧

5. 需要做那些检验以确定结石是否存在？

通常透过泌尿系统 X光线片，简称为KUB X-光线片（K即为肾，U即为输尿管，B即为膀胱），能捕捉约85%的结石，尤其是含钙的结石。那些不含钙的结石则不能在常规的X-光线片中显现。你可进行静脉尿路造影检验（IVU）以检查结石的踪影，医生将色素注入静脉后，身体将色素分泌时，它就能‘照亮’整个泌尿系统来鉴查结石的踪影。此外，这检验也能鉴查尿流是否有阻塞的问题。超声波扫描是另一种较简单但资料显示较少的检验。

希望通过这一期《肾析简报》的介绍您对肾结石有了基本的了解。下一期我们将探讨被诊断患有肾结石之后该如何处理，以及一些注意事项。

保健乐区 谁说健康很无趣？

想拥有健康的体魄，第一步要做的是评估您的身体质量指数。现在就来计算您的身体质量指数，并学习如何有效地控制您的体重和健康。

什么是身体质量指数？

身体质量指数简称BMI，是英文“Body Mass Index”的缩写。这个指数是根据您的体重和身高来大致计算出您体内脂肪的百分比。将您的体重除以身高的平方得到的数字就是身体质量指数。

| | | |
|---|-------------|-----------------|
| 身体质量指数 = $\frac{\text{体重(公斤)}}{\text{身高(公尺)} \times \text{身高(公尺)}}$ | 27.5 及以上 | 高风险 |
| | 23.0 - 27.4 | 中等风险 |
| | 18.5 - 22.9 | 低风险(健康范围) |
| | 低于 18.5 | 有缺乏营养和患骨质疏松症的风险 |

如果您的身体质量指数处于中等或高风险区，您可以采取一些措施来改善您的健康。在这一期中，我们将为您介绍一项通过燃烧卡路里、增强肌肉来帮助您减肥的趣味体育游戏。保持身心活跃也是减肥所不可或缺的元素哦！

玩纸牌 做运动



玩法

现在就找个运动伙伴。你们准备一叠扑克牌，先抽出所有的A，国王/王后，然后将扑克牌拖展开，让你的同伴抽一张。牌上的号码和颜色代表着他/她所要做的运动和次数。如果抽中“鬼牌”(Joker)，他/她就可以跳过这轮游戏不用做任何运动。在你的同伴完成了一轮游戏后，就轮到抽牌了。

图例

黑色卡牌：仰卧起坐
红色卡牌：俯卧撑

* 本文中的部分内容摘自 “The ABCs of Healthy Eating” (Health Promotion Board, 2005).

您对《肾析简报》的内容有何感想？

您的意见对我们很重要，请与我们分享您的看法。

1. 您想在《肾析简报》看到更多哪一类的内容？（*可多选） 姓名：_____

- 病患专访
- 活动报道
- 保健资讯
- 《保健乐区》的小游戏
- 其它：请注明_____

年龄：_____

电邮：_____

2. 您比较喜欢《肾析简报》中的哪一类内容？（*可多选）

- 病患专访
- 活动报道
- 保健资讯
- 《保健乐区》的小游戏

谢谢您的反馈！

3. 您喜欢《肾析简报》的新面貌吗？

- 喜欢。
- 还好。

请将这份问卷传真到6225 0080 或邮寄到Blk 333 Kreta Ayer Road, #03-33, Singapore 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。

轻松烹煮 高蛋白营养餐

译蔡永馨、鲁旭



2014年5月25日星期日上午，肾脏透析基金(KDF)肾友会举办了题为“轻松烹饪高蛋白美食”肾友知识讲座。讲座共有两个重要环节：首先是由专业厨师掌勺的烹饪示范，紧接着是病患参与的烹饪比赛。

讲座第一部分由肾友会特别邀请林碧冰主厨现场示范烹煮三道高蛋白、低钠的健康料理。这三道料理包括：水煮鱼佐低盐参岩、鸡肉鲜蔬拌米苔目、以Novasource Renal为汁底的奶香杂果仙草露。

¹ Novasource Renal 是专为肾脏病人调配的口服蛋白质补充营养品。

在大厨忙于示范的同时，营养师廖明珠小姐也在旁介绍所用食料并讲解与肾病患者相关的饮食需求。现场的病患还可以品尝林主厨烹煮的这些简单而又健康的美味菜肴。

通过此次烹饪示范所传达的一大要点是，若想煮得健康，尽可能用天然的方式调味（例如在水煮肉类的时候可在水中加些植物香料提味），还有一定先尝一尝所烹调食物的已有味道再决定是否还要加食盐或酱清，如此一来就可以尽可能减少钠的摄取量。

第二部分也是最令众人兴奋的环节，是由KDF各洗肾中心分别派出由三名病患组成的小分队亲自上阵大展厨艺并一决高下。

比赛限时45分钟，而这时那些没有参加比赛的观众则在一旁参与问答游戏轻松度过等待时间。比赛成绩揭晓，来自碧山洗肾中心的参赛队伍烹煮的米苔目炒鸡肉，以其精美细致的摆盘和令人垂涎的味道而一举夺魁。

肾脏透析基金特别感谢Nestlé大方赞助当天分发给肾友的Novasource Renal，以及推使活动圆满成功的林碧冰主厨、廖明珠小姐和义工们。

助阵世界肾脏日

文鲁旭、黄子洋

您是否知道每年三月的第二个星期四是世界肾脏日？自2006年开始，每年在这一天世界各地的医务工作者和普通大众一起携手倡议慢性肾脏疾病预防以及早期检测的重要性。

肾脏透析基金(KDF)在为本地贫困肾脏透析病患提供资助的同时，也肩负着向公众宣教肾脏相关疾病知识的使命。这个三月，我们参与了一系列活动助阵世界肾脏日的宣传倡议。

KTP医院健康宣教活动

今年3月13日，邱德拔医院 (Koo Teck Puat Hospital) 组织举办了世界肾脏日宣传展，邀请相关机构共同为民众提供了一场关于肾脏疾病的预防、早期发现及治疗的系列宣教活动。

KDF积极参与了本次展出，作为唯一一家提供双语宣传资讯的参展方深受医生和访客的好评。KDF的展台上有关慢性肾脏病的趣味问答游戏倍受参观者欢迎，通过“对”与“错”的问答，帮助参与者了解慢性肾脏病对老年人的影响。

感谢邱德拔医院提供这次参展机会，让我们能够向更多民众宣教肾脏疾病相关知识。

碧山民众联络 公共健康讲座

KDF于3月29日在碧山联络所举办了一场公共健康讲座。当天，KDF和来自不同医疗机构的工作人员在社区多功能厅设置了展台，利用色彩鲜艳的海报、宣传页和食物模型让公众了解健康资讯，知晓不均衡的饮食如何会对肾脏健康造成影响。

讲座还未正式开始，就有不少民众前来柜台报名参加健康讲座及免费身体检查。报名者可获得一份精美礼包。负责健康体检的工作人员也在旁耐心地向民众解答他们的健康疑问。

历时三个小时的讲座，受邀的演讲嘉宾重点讲述了肾衰竭的症状与早期诊断的重要性、如何预防和控制肾脏相关疾病等诸多议题。Lina Choong副教授首先介绍了人体肾脏的解剖生理及其相关疾病等基础知识。新加坡糖尿病协会代表Lai Yee Khim女士则向大家讲解了饮食对人体健康的重要性。最后，来自新加坡中央医院的物理治疗师 Katherine Huang女士当场为大家示范适合老年人做的健康操。

衷心感谢所有参与活动的医务工作者和义工们，以及此次活动的合作者碧山联络所的支持。最后特别向来自A Dam Funky Talent的主持人Choy Ting表示感谢。





96小时(续)

译鲁旭

酷暑、雾霾、山峦、夜骑，在各种严峻条件下连续骑行四天，一路克服了各种始料未及的突发状况，参加《KDF 2014慈善单车马拉松》的爱心骑士们终于来到了这段痛并快乐着的旅程终点。

凯歌欢唱 骑士归来

尽管路途艰辛还经历了各种始料未及的小状况，英勇的爱心骑士们仍然在2月28日晚上8点30分顺利抵达此次行程的终点站——胡姬乡村俱乐部。在终点线旁，聚集了夹道欢迎的人群，有丹戎巴葛集选区国会议员梁莉莉医生、肾脏透析基金(KDF)主席古国泰医生及KDF筹款总监王春发先生，还有来自各企业捐助方的代表以及骑士们的亲朋好友。他们用热烈的掌声和喝彩声表达了对爱心骑士们真诚的敬意。

一番合影留念、嘘寒问暖之后，爱心骑士、随行的支援人员和众宾客齐聚胡姬乡村俱乐部的红宝石宴会厅(Ruby Suite)。主办方专门设以丰盛宴席招待，答谢大家的辛苦付出和慷慨支持。

KDF还特别邀请哆来咪音乐学校(Doreimi Music School)的师生义务为宾客们献上优美乐曲。来自A Dam Funky Talents公司的Kubaren先生受邀为此次宴会义务担任司仪。

庆功宴上，大会主宾梁莉莉医生亲手为每位骑士佩戴奖牌，作为完成一千公里耐力骑行的荣誉见证。梁医生同时也为随行支援人员，包括保障车司机和脚踏车修理工颁发感谢状，感谢他们为此次骑行的圆满完成所作贡献。

庆功宴上，企业捐助方代表们也分别从肾脏透析基金主席古国泰医生手中接过一件本次活动的官方队服作纪念，以感谢他们的慷慨捐助。

本次慈善骑行活动共筹得约\$253,000元，此外还收到来自企业团体的实物捐赠，如脚踏车轮胎、压缩袜等。爱心骑士们除了挑战一千公里的远征外，还在他们的家人、朋友甚至公司同事圈内呼吁赞助，为此次活动募捐，骑士们共为活动筹得善款近\$65,000元。

KDF借此机会感谢所有对本次慈善骑行活动给予支持帮助的爱心人士。如果没有爱心骑士、支援团队、惠捐方，还有那些一路为骑士们加油打气的热心人士的支持，《KDF2014慈善单车马拉松》不可能有如此圆满结局。

肾脏透析基金旨在为社会中的贫困肾脏病患者提供津贴接受透析治疗服务。感谢社会各界对我们一直以来的努力所给予的信任，期待明年再会！

特别鸣谢：



纵然如此，梁先生并非天生乐观的人。开始洗肾的前几年他也曾一度想放弃治疗。“很失望咯！”当我问起时他回答道。

每一回洗肾之后的疲惫、肌痉挛、还有诸多的饮食限制令梁先生身心俱疲。“人生在世，这个不可以吃，那个也不可以吃，眼睁睁看着别人大快朵颐，难免灰心！”他说道。

虽然与哥哥和侄儿侄女同住，梁先生却多少有些孤僻。平常不是做家务，就是窝在房里看电视，时而唱唱歌驱赶寂寞。

他自认为一个朋友也没有。“（因为）很难和别人沟通，更难以深层次了解彼此。反正是一个人来到这个世上，离开时也是一个人，总得习惯独处。”他说。

母亲曾是梁先生的主要看护者，也是他唯一的朋友和倾诉对象，可惜在大约10年前过世了。如今梁先生只和洗肾中心的护士聊天，偶尔也会与家人说说话，对侄子侄女们唠叨上几句。

他坦言：“我以前总是孤单沉默，但现在我会和KDF的护士谈天说笑，这样就容易感受到他们对我的关心。这份关爱是我踏进洗肾中心的动力也给了我勇气，这也是我改变心意决定继续洗肾的原因。其实，如果护士对病人不理不睬，病人很容易感觉灰心。”

常人可能会觉得梁先生的忧虑近乎琐碎无聊。但或许是深植他内心的自卑感以及与他人的差距感使得梁先生有着与常人不同的感受。

访谈中梁先生告诉我，看到一群朋友在大声谈笑时，他有时会在一旁观望。这时他悠悠说一句：“要是我身体健康就好了”。声音低得近乎耳语，却承载着他真挚的向往之情。

“勇气”一词多次出现在我们的谈话之中，也正是这种坚韧支撑着有视力障碍并肾脏功能衰竭的梁先生度过他艰难的日子。

人心总有脆弱的时刻，而真正的勇气是面对逆境时坚忍不拔不屈服的精

神。我们无法代替他人面对和承担人生的挑战，但我们却可以给予他们需要的帮助。

您的每一份贡献都会为我们的肾脏病患者点燃希望的火苗，给予他们勇敢面对病痛和坚持治疗的勇气。欲捐款，您可将随附的商业回邮信函寄交给我们。欲获取更多资讯，敬请浏览我们的官方网站www.kdf.org.sg。

南洋女中学生来访

文鲁旭

继上一年度南洋女中与肾脏透析基金(KDF)成功组织该校女生们的参观学习后，在今年3月27日下午我们又迎来了新一届女生的来访。她们刚从课本中学习了肾脏结构、肾脏疾病以及透析治疗知识，现在在治疗现场近距离了解肾脏透析治疗的过程，学生们能巩固对所学知识的理解和运用。

为避免影响护士工作，特别安排学生在下午二点后的时间到访，这时在下午时段洗肾的病患都被安排妥当并安心地开始治疗。我们特别邀请KDF透析服务及教育部的临床护士为学生们作现场讲解，学生们如有问题也当场与该资深护士作交流。



到KDF的学习访不仅是一次专业知识的学习机会，同时实地参观KDF的运作，也让学生对肾病患者有更深的认识。KDF也希望今后能与更多学校进行类似的交流及科普活动。

肾析简报



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本期内容

逆境中的勇气

译蔡永馨

“勇气”一词在《现代汉语词典》的解释是敢作敢为毫不畏惧的气魄。然而，具体在日常生活中，勇气该会有怎样的体现？

对50岁的梁福美先生而言，活着的每一分钟都需要勇气。勇气是一个人搭巴士；勇气是不理会别人异样的眼光和他人的冷漠；勇气是纵然视力障碍靠洗肾维持生命，仍要从容度过每一天。

梁先生出生在一个大家庭，有三个哥哥八个姐姐一个妹妹。因婴儿时不慎摔下摇篮，双眼受伤导致视力障碍，梁先生从此只能隔着一层雾看世界。

33岁那年，梁先生因为背部奇痒就医，初步检查之后，医生立即安排他到医院做进一步检验，最终确诊为末期肾衰竭。

由于家族中从未有过这种病例，得知诊断的梁先生完全不知所措。他回忆说：“我根本不知道什么是洗肾，我还以为是普通的治疗，做一次就可以痊愈出院。”

经由医生和社工的解说，梁先生才了解到洗肾是一辈子的治疗。自17年前KDF于碧山设立洗肾中心以来，梁先生就一直在那里接受治疗，如今已是那儿的熟面孔。

由于长期洗肾，梁先生两只手臂长了几颗动脉瘤，有几处明显的凸起。这些他勇于面对病魔的证据，却也同时成为他人异样眼光的焦点。



“别人看到这些（动脉瘤）的时候好像被吓到了，我感觉自己像得了什么怪病似的。更有一些好事者，他们会故意来问为什么我的手臂长成这个样子。”梁先生说道。

然而，视力有障碍的梁先生，却把社会人情冷暖洞察得透彻明了。他感慨道：“有些人真的很冷漠。我找人问路，会有人不理睬我掉头就走。也碰到一些口是心非的人，表现出对你关怀备至的样子，但当你真正遇到困难需要帮助时，他们却唯恐避之不及。”

面对陌生人的冷漠、好奇、闲言冷语，梁先生如今已释怀，“我不会把这些放在心上，只要自己活得自在就好。”



03

96小时（继篇）



05

轻松烹煮高蛋白
营养餐



07

您是否了解肾结石？

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