

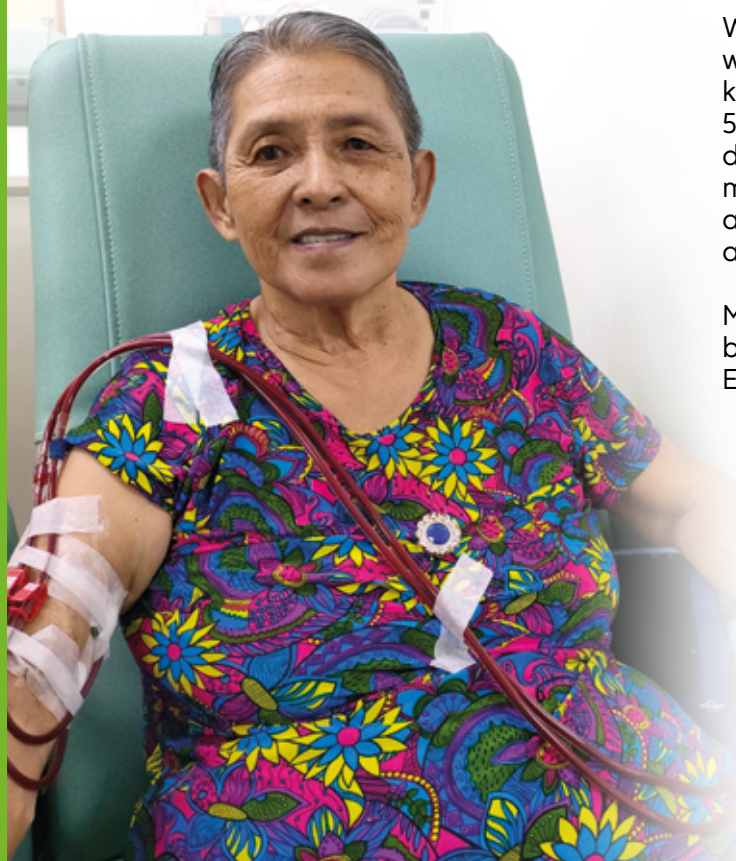
KDF LINK

 APR-JUN
2021

FLAVOURS OF LIFE

As I entered the dialysis centre at Kreta Ayer, I was greeted with a hearty hello in Teochew. I turned my head, and there was my patient for the day, Mdm Goh Cheng Kim. Mdm Goh is 71 this year and had a cheerful demeanour. As we settled down, I was excited for her to share her life story with me.

Family life started relatively early for Mdm Goh as she got married at the tender age of 19 and had her first child shortly after. Two years later, she had her second child. Her husband worked shifts as a bus driver and drew an average income.



Now with 2 sons in tow, she had to work as a part-time dishwasher to supplement the family income. The family of four led an uneventful life for the next decade, until that fateful day at the doctors.

Mdm Goh recalled, "My health quickly deteriorated within a month. I was constantly vomiting and could not eat. The body aches and chills were so bad, I was wearing a woollen jacket in the afternoons. My husband thought I had offended spirits and even brought me to the temple for divine intervention!"

When Mdm Goh finally went to the doctor, she was hospitalised immediately for end-stage kidney failure. "When the doctor said I only had 5% of my kidney functions left and had to be on dialysis for life, I had no hard feelings. He told me that the life expectancy for kidney patients averages 5 years. If it was time for me to go, I will accept it."

Mdm Goh had to stop working, and her husband became the sole breadwinner of the family. Even in the face of challenges, she maintained

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a positive attitude towards her condition. "I was thankful that even while being on dialysis, I was still able to provide for my family. Every lunch-box packed for my husband, and every pair of school shoes washed for my sons represented another day lived."

In 1997, Mdm Goh was referred by a social worker to dialyse at the new KDF-Alexandra Hospital. While the dialysis process was straightforward, I came to learn that her journey was not. She lamented, "Initially, dialysis was difficult for me as it made me nauseous and giddy often. Even with subsidies then, my husband was forking out a few hundred each month for my treatments. We had to live frugally to afford my treatment and my children's school fees."

In the early days, she took on occasional cleaning stints at the hospital, mopping the ward floors to earn some extra money for the family, but stopped soon after due to health complications. Gesturing towards her covered feet, she said, "I had to amputate some toes on my two feet due to complications. It affected my balance, causing me to fall several times when I travelled to the hospital by bus for dialysis."

In 2004, Mdm Goh was one of the first few patients to be shifted to the newly opened KDF San Wang Wu Ti Dialysis Centre at Kreta Ayer, where she has been dialysing since. With growing support from the government and donations from the public over the years, Mdm Goh was also able to qualify for fully subsidised dialysis treatments.

Under KDF's Patient Transportation subsidy scheme, Mdm Goh is now able to travel to and from the dialysis centre by taxi at no cost. She also happily shared that she has also received a wheelchair under the scheme to ease her commuting woes. Today, Mdm Goh's husband has retired. Her eldest son is married and has moved out. The couple lives with their youngest son who is not married, and rely mostly on their savings, and a small allowance from both sons to get by.

With a twinkle in her eye, she pointed to a small bottle of dried tangerine peels on the table and chuckled, "My husband knows that dialysis makes me tired, so he would always pack a bottle of these to perk me up. More than 25 years of buying me these peels, not cheap you know. I always tell him not to waste money, but okay lah, just need to

cook him his favourite noodles for breakfast every morning and he's a happy man."

Mdm Goh looks at her watch, and continued, "30 more minutes. He will be here to pick me up soon." She offered me a peel, and I gladly took it. A myriad of flavours coursed through my tongue. Just the right amount of salty and sour flavours, ending off with a pleasant sweetness. In that moment, these flavours were the perfect analogy of Mdm Goh's life - sharp, surprising, but satisfying at the end.

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

To Carry On With Normal Living

"You are too young to die!" Those were the words from her doctor when Joanne Sim, 49 was diagnosed with end-stage kidney failure 25 years ago. She was also afflicted with lupus since she was 19. Lupus is a long-term auto-immune disease where her immune system attacks her own tissues and organs. It was also this same disease that caused her kidneys to fail.

Upon her diagnosis, Joanne lost her will to live. Her father was the sole breadwinner of the family, working as a cement truck driver then. There was not much to go around the family, and now with the additional strain of her medical bills, she was at her wits' end.

Joanne was only 24 then, and her doctors refused to give up on her. She was also blessed with the help from a dedicated medical social worker, who referred her to KDF. Smiling at the mention of the medical social worker, she recalled, "I still remember Crystal, who was my medical social worker then. She was fast and professional, and helped me get a spot with Alexandra Hospital-KDF for subsidised dialysis treatments immediately without needing private dialysis sessions in between."

Subsidised dialysis helped ease the financial burden of Joanne's family. She worked as a private tutor and lived life one day at a time. All that changed when during a usual check-up by visiting doctors at the dialysis centre, she casually mentioned that she had been experiencing some throbbing pain on her right breast. This sounded alarm bells for the visiting doctor, who immediately scheduled a mammogram for her.

"I still remember the exact date clearly, 29 April 2016." Joanne remarked sombrely. That was the day she was diagnosed with Stage 0 breast cancer. Luckily, it could be treated with surgery. Heaving a sigh of relief, she quipped, "I am very thankful I did not have to go through chemotherapy at all. I did not want to lose my hair!"

Even with her brush with breast cancer 5 years ago and various ups and downs, Joanne had the unwavering support of her husband, Kwang Ming, who is a primary school teacher. "Before we got married, I told him many times that

he should leave me while he can. But he always said that God forbids him to leave his loved ones just because they are sick, and he has remained true to his words." The couple, who are both pious Christians and teenage sweethearts, have been married for 24 years.

"To carry on with normal living" was a phrase used in receipts issued to KDF patients in the earlier days. KDF continues to stay true to the commitment of providing high quality treatments at low cost to underprivileged patients in hopes that they can still lead a dignified life.

"I remember seeing this phrase and that gave me a lot of will and motivation. Once I complete my dialysis sessions and step out of the centre, I want to still live like a normal person!" Joanne exclaimed with much laughter. Today, she continues to be a private tutor, and takes joy spending her rest hours shopping or going for a walk. "Now that Kwang Ming is on his school holiday break too, I cannot go shopping after my session because he will be here to pick me up!", she chortled.

Over the years, Joanne has made peace with her illnesses, but still grapples with conservative mindsets. "Even till today, my mother still wants me to wear a long-sleeved shirt to cover my needle scars and forbids me to have my photo taken as she does not want her friends to find out of my illnesses. However, I have come to terms with this," she remarked.

As long as Joanne is able to carry out her daily activities and routines as per any normal person, she is willing to take on any other challenges that comes her way. "I've actually just celebrated my 25 years with KDF too! On 29 May!" Joanne proudly proclaimed. As an individual suffering from chronic illnesses, such positive attitude was indeed rare to come by.

Right now, her greatest wish is to be able to further her studies and achieve a bachelor's degree as she was not able to do so after her A-levels while managing lupus.

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Passing It Forward

As Singapore moved into Phase 2 Heightened Alert, schools have pivoted to Home Based Learning (HBL) for students. However, many of our underprivileged patients and their children lack the basic digital facilities at home to attend HBL properly, and some only had smartphones to tide them through.

New Hope Community Services (NHCS) reached out to KDF in May this year, with the intention to donate desktops and monitor sets for our patients who urgently needed them for their schooling children. With the help from NHCS, KDF was able to bless 3 of our patients' families with the digital aids for HBL. Webcams and audio headsets were included as well.

Thank you NHCS, for this generous and beneficial gift for our patients!



Taking Charge of Our Kidney Health

High blood pressure remains as the second most common chronic illness that results in end-stage kidney failure amongst patients in Singapore. At KDF, we actively encourage our patients to monitor their blood pressure regularly to keep their condition in check.

In May this year, 2 kind Samaritans made a generous in-kind donation of 100 blood pressure monitors for our patients to take better charge of their health.

"At KDF, we want patients to take charge of their own health more often, and the simplest way to start is to take note of their blood pressure by using a blood pressure monitor. A blood pressure monitor helps to measure a patient's heartrate and blood pressure in a fuss-free way. Thank you for the useful donation of 100 blood pressure monitors. This will benefit our patients in the long run!"

Ms. Petra Chong
Head of Clinical Services
Kidney Dialysis Foundation



FAQs About Kidney Disease

Singapore has one of the highest rates of kidney failure in the world. With more modern lifestyle choices today, it is important to be understand more about the disease, and how best to prevent or delay its onset. In this edition, **Dr. Lina Choong, Medical Director of KDF** answers some of the frequently asked questions about chronic kidney disease.

1. Why are the kidneys so important?

Our kidneys have many functions which makes it indispensable to our help. A pair of healthy kidneys filter up to 200 litres of fluid every day. This allows the kidneys to eliminate toxins and other waste or substances which you may consume in excess. Through the production of urine, these are expelled from the body when you visit the toilet. They also help to regulate our blood pressure and produce some essential hormones. When our kidneys do not function properly, toxins, harmful wastes and fluid accumulate in our body, which may result in symptoms of kidney failure.

2. What are common symptoms of chronic kidney disease?

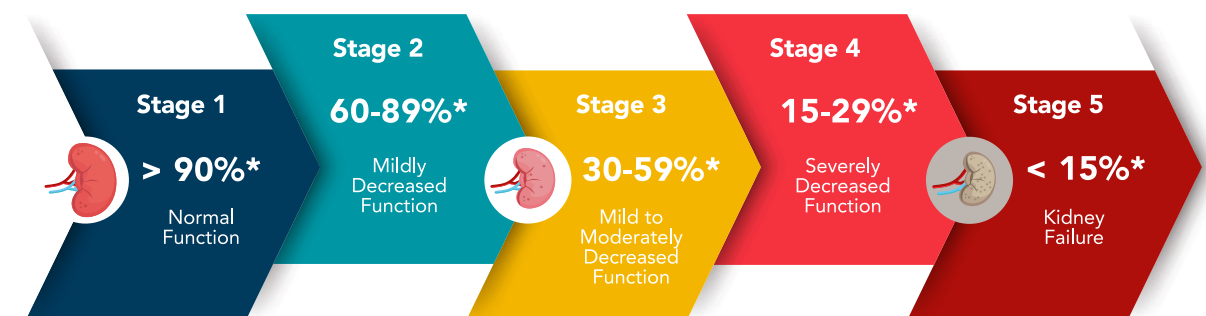
Many of the complains patients have are usually quite non-specific in the form of being easily tired, poor appetite, itch, or malaise ("just not well"). More specifically, patients may complain of swelling in their feet and ankles, or breathlessness associated with production of less urine. The only way to be sure is to get your doctor to run blood and urine tests on you. These tests can indicate if your kidneys are functioning optimally.

3. Can a person have chronic kidney disease without symptoms?

Certainly! A person can have early chronic kidney disease without symptoms. Damaged kidneys are still working enough such that you do not feel unwell. The only way to know for sure if you have chronic kidney disease is through blood and urine tests.

4. How many stages of kidney disease are there?

Kidney functions can be categorised into 5 stages,



*Kidney Function / Glomerular Filtration Rate (GFR)

5. Is haemodialysis the only treatment for kidney disease?

You only need a kidney replacement if the kidney function is severely low. This can be either through a kidney transplant or dialysis. Kidney transplantation requires a healthy kidney to be surgically placed into the body. A transplanted kidney will usually function normally upon surgery but requires support from medications to maintain it inside a different environment. There are also surgical risks to consider. Thus, transplantation requires a significant amount of planning. Most patients therefore start off with dialysis.

There are 2 types of dialysis treatments - Haemodialysis and Peritoneal Dialysis.

Haemodialysis filters wastes from the blood with the help of an artificial kidney and a special solution (called the dialysate). It aims to normalise the blood concentrations as much as possible. A dialysis machine is needed to manage settings for the treatment. In some other countries, it can be performed in the patient's home if patients are trained for it. In Singapore, haemodialysis is performed in a haemodialysis centre by nursing staff. Patients undergo this treatment usually 3 times a week, 4 hours a day.

Peritoneal dialysis uses a lining known as the peritoneum that is found within the abdominal space. There are many blood vessels within this lining which can carry the waste and toxins within it. The abdominal cavity is filled with fresh dialysate which reaches the blood in these blood vessels. After dwelling for between 2 to 4 hours (depending on the treatment type), it is drained out. A few exchanges are needed every day to provide adequate treatment. However, patients have the flexibility to do this treatment in the comfort of their home.

6. What can I do to prevent kidney failure?

- Diabetes remains one of the main causes of kidney failure. Keeping your blood sugar levels in check reduces the risk of kidney failure.
- Keeping the blood pressure normal with prescription medicine and limiting salt intake. To help with reducing salt intake, use of natural alternatives like herbs and spices to flavour food is a useful strategy.
- Avoid consuming alcohol as it increases your blood pressure, putting unnecessary stress on your kidneys.
- Exercise regularly and keep your weight within the healthy range.

Even if you have mild kidney failure, these methods are used to slow down the progression to more advanced stages of kidney failure.



7 April 2021 World Health Day

To commemorate World Health Day, friends from Haw Par Healthcare generously donated 300 Tiger Balm plasters and ointment to appreciate our frontline nursing staff who worked tirelessly to care for our end-stage needy kidney patients!



10 April 2021 Launch of KDF Charity Icon 2021 "Auspicious Ox"

The KDF Chinese Community Committee launched the KDF Charity Icon 2021 "Auspicious Ox" on 10 April 2021. The virtual launch event was graced by Guest of Honour, Senior Minister of State Mr Chee Hong Tat and livestreamed on Facebook. Viewers were treated to a 2-hour long digital concert, hosted by Getai Diva Lee Pei Fen and local celebrity Brandon Wong. More than \$70,000 was raised through this digital fundraiser.



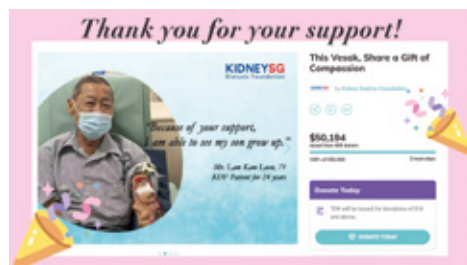
16 April 2021 Introductory Meeting with KDF and NKF Chairman

KDF Chairman Dr Lim Cheok Peng and board directors met with NKF's newly appointed Chairman, Mr Arthur Lang and CEO, Mr Tim Oei in a friendly meeting at the NKF Centre on 16 April 2021. We were treated to an interactive tour at the Kidney Centre and discussed about potential future project collaborations.



7 May 2021 KDF & Lions Club Singapore Nassim Appreciation Award Ceremony

To thank the Lions Club of Singapore Nassim for their outstanding efforts of raising \$107,900 in 2 months and donating 4 dialysis machines to our dialysis centres, an Appreciation Award Ceremony was held 7 May 2021 at the Singapore Swimming Club. The ceremony was graced by Guest of Honour, Senior Minister of State Ms. Sim Ann and the District Governors of Lions Club of Singapore.



26 May 2021 Vesak Day Digital Fundraiser

Vesak Day serves as a reminder of Buddha's inspirational teachings to practice compassion, spread positivity, and do good. More than \$50,000 was raised in the annual Vesak Day Fundraising appeals via GivingSG! A big thank you to all our donors for your generosity and thinking of our underprivileged kidney patients!



20 June 2021 From Dad, With Love

A father is the anchor upon which his children stand. This Father's Day, it is all about family. To pay homage to many of our underprivileged patients who are dedicated fathers themselves to their children, we raised more than \$2,500 from a week-long campaign on GivingSG with the support from our dedicated pool of supporters.



4月7日 世界卫生日

为了庆祝世界卫生日, 虎豹集团乐意赞助300份虎豹药布贴和万金油分送KDF的医疗前线职员, 感谢他们给KDF弱势病患的无微不至。



4月10日 KDF 慈善福物《牛气冲天》推展仪式

KDF华社筹款委员会荣幸推出《牛气冲天》“吉祥牛”为KDF 2021年慈善福物。推展仪式在Facebook线上举行, 由交通部高级政务部长徐芳达先生担任主礼嘉宾, 双语天后李佩芬和新传媒演员黄炯耀主持。这线上筹款活动成功筹达\$70,000。



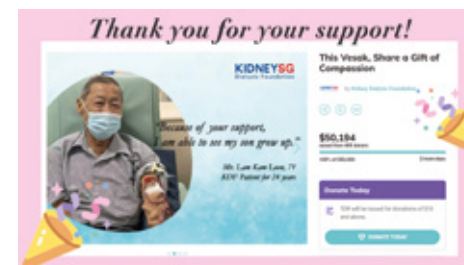
4月16日 NKF及KDF主席介绍性会议

4月16日, KDF主席林焯彬医生和董事们与NKF新任主席蓝道义先生和执行理事长黄振令先生在NKF总部召开介绍性会议, 游览肾脏中心的互动展示内容及讨论有关双方未来合作的计划。



5月7日 KDF及新加坡纳森狮子会颁奖仪式

为了感谢新加坡纳森狮子会在两个月内筹到\$107,900, 成功捐赠4台血液透析机给KDF, 本基金在新加坡游泳俱乐部举行了一场答谢颁奖仪式。颁奖仪式由国家发展部兼外交部高级政务部长沈颖女士担任主礼嘉宾, 新加坡狮子会的县长们也出席了领奖仪式。



5月26日 卫塞节线上筹款活动

卫塞节是纪念佛祖鼓舞人心的教义。佛教怜悯心相, 向善和行善的精神, 能鼓励我们帮助肾病患者们离苦得乐。KDF的卫塞节线上筹款活动成功筹达 \$50,000! 感恩有您的热心捐款与支持!



6月20日 父爱无价

KDF有许多肾友也是父亲, 在孩子的生活中扮演着重要角色。父亲节到来之际, 我们举行了一个父亲节线上筹款活动, 让弱势病患们重拾生活的希望, 让他们和孩子度过一个不一样的父亲节。在一个星期内, 筹款活动成功筹到超过\$2,500!

肾脏保健FAQ

在新加坡，肾衰竭的病人数位居世界较高水平。有着更多生活方式选择，让我们更需要了解肾病及防止或推迟肾病的出现。让KDF医务主任鍾慧玲医生解答一些有关肾衰竭的常见问题。

1.肾脏对我们有多重要？

肾脏是人体中不可缺少的重要器官之一。一对健康的肾脏每天可以过滤高达200升的体液，让我们能有效排除尿液和废物。肾脏也能帮助我们调节血压和分泌关键激素。当我们的肾脏停止正常操作时，身体就无法有效排除体内多余的水分和废物。当体内的毒素和废物堆积过多时，这将会导致身体受到永久伤害，显出早期肾衰竭的各种症状。

2.慢性肾病有哪些常见症状？

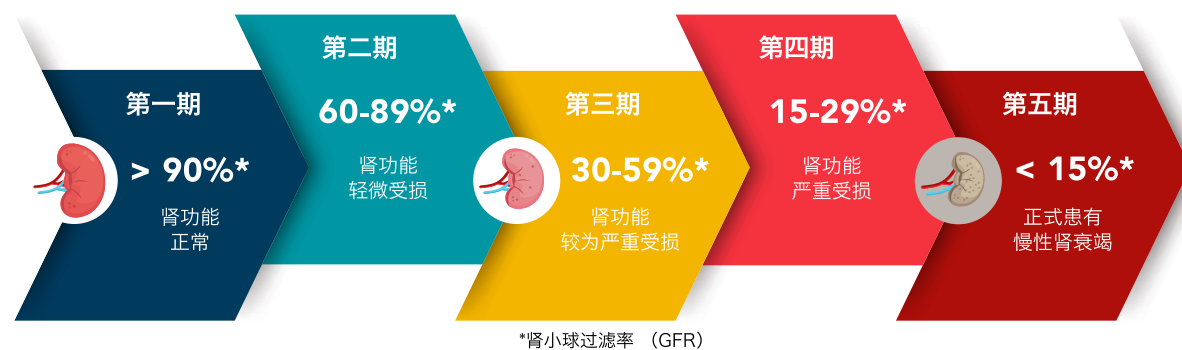
许多肾病患者常抱怨自己容易感到疲倦，食欲不振，全身发痒，烦躁不安等。他们也因少尿排出尿液，脚和脚踝也会出现肿胀现象，也常有呼吸困难的状况。虽早期肾病的症状不明显，但及早发现，及时就医。最好是让医生进行血液及尿液的检验，做出准确的诊断。

3.一个没有症状的人，有机会患上慢性肾病吗？

当然！早期肾病的症状大多数都不明显。受到损害的肾脏还能在体内足够操作，让早期肾病患者未感到不适。为了知道您是否患有慢性肾病，最好是让医生进行血液及尿液的检验，做出正确诊断。

4.慢性肾脏病有几个阶段？

肾脏功能分为五个阶段，



5.血液透析是肾病的唯一治疗方法吗？

若患者的肾功能在较低水平，就能符合接受肾移植手术或血液透析治疗。肾脏移植的过程是通过手术，将把一颗功能良好的肾脏植入患者体内。手术后的新肾脏能在短期完全取代衰竭肾脏的功能，但得需长期服药维持状态。肾移植手术也带有风险。大多数患者会选择血液透析治疗。

透析治疗分为两种类型 - 血液透析和腹膜透析

血液透析是把血液经过血液透析机和透析液，把血液中的废物清除掉，再把已净化的血液派回体内。在其他国家，病患们不必去洗肾中心洗肾，只需接受培训，就能在家里独自进行血液透析治疗。在新加坡，病患们会到洗肾中心接受血液透析治疗，一个星期得洗三次肾，每轮都长达四个小时。腹膜透析是在腹腔注入透析液，利用体内的腹膜过滤，有效清楚血液中的废物和多余水分。一次腹膜透析疗程可长达两到四个小时，也必须通过数次的换液，以确保疗程达到一定的功效。病患们能在家独立进行腹膜透析治疗。

6.如何预防慢性肾脏病？

- 糖尿病是肾衰竭的主要因素之一。定期检查自己的血糖水平，尽力保持在良好水平，可有效减低患上慢性肾病的机率。
- 保持血压在健康水平可以延缓慢性肾衰竭。高血压患者应服用处方药物和减少每日盐分的摄入量。专家也建议在家烧饭时，尽可能使用天然调味料和香料来取代食盐。
- 过度饮酒能导致血压增高，给您的肾脏带来不必要的压力。
- 常做运动，能让自己的体重保持在健康范围内。

以上的建议能让早期肾病患者维持现有的肾功能，有效延缓病情进展到末期肾衰竭。

爱心捐赠暖人心

我国目前仍处于“提高戒备”的解封第二阶段，全国中小学和初级学院都全面实行在家学习 (Home-based Learning, HBL)。KDF的肾病患者来自弱势家庭，有些也有学龄孩子。他们因为在家缺少电脑、网络设施等而无法有效在家上网课。

今年5月份，希望社区服务组织 (New Hope Community Services) 伸出援手，募资三台电脑桌面、显示器、摄像头和耳机给KDF病患的孩子居家学习。

非常感谢希望社区服务组织的有益捐赠，让我们的病患和孩子们在这艰难时期中感受到温情！



保持肾脏健康，人人有责！

在新加坡，高血压是慢性肾衰竭的第二主要因素。因此，KDF积极鼓励肾病患者常观察血压，好控制自己的病情。今年5月，两位善心人士捐赠了100架血压器给KDF的肾病患者们，好让他们为自己的健康负责任。



“在KDF，我们常鼓励病患们，好好照顾身体，为自己的健康负责任。这些血压器非常便于使用，能让我们的病患迅速观察自己的心率和血压，是令病患们受益的物品。感谢两位善心人士的捐赠！”

莊茵婷 女士
医疗服务主任
肾脏透析基金

为了能继续负担孩子们的学费和我的医疗费用，需要缩衣节食。”

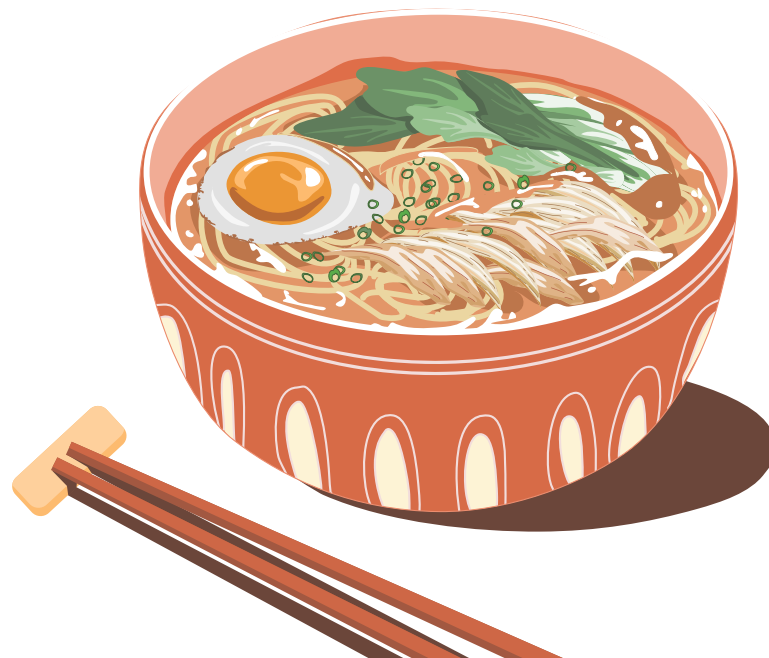
早期，吴女士偶尔会去医院兼职打扫卫生，帮忙家庭挣点外快，但不久后因健康问题而停止工作。她指着脚部说：“由于并发症，我需截去双脚的一些脚趾。这影响了我的平衡感，乘搭公共巴士去医院洗肾时，摔倒好几次了。”

2004年，吴女士是最早期从亚历山大医院转移到新开的KDF-三皇五帝透析中心的患者之一，此后就一直在那里接受洗肾治疗。多年来，随着政府和公众的支助日益增加，吴女士也得到洗肾所需的全额辅助，大大减轻了家里的经济负担。

在KDF交通费用补贴计划下，吴女士现在可以享受免费乘坐出租车往返洗肾中心。她也高兴地分享，自己在这个计划下也得到了一张轮椅，以缓解她的行动不便。至今，吴女士的丈夫已退休，长子也结婚成家。老夫妇与未婚的小儿子居住，靠着自己的积蓄和两个儿子的小额津贴过活。

吴女士指着桌上的一小瓶橙皮，笑着说：“我老公知道洗肾很累，所以他会买一瓶给我提神。他为我买这些橙皮，已多过25年了！我总是告诉他不要浪费钱，但也OK啦，每天早上只需为他准备他最爱吃的面汤，他就很满足了。”

吴女士望着手表，说道：“还有30分钟。他很快就会来接我。”她递给我一个橙皮，我欣然接受了。橙皮一入嘴，无数的味道在我的舌头上流淌——酸、咸、甜，就像吴女士的生活故事一样，多滋多味。那一刻，我好像品尝到了人生的味道。



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回归正常生活

“你还年轻，不能死！”这是25年前，49岁的沈惜贤女士被诊断出患有末期肾衰竭时医生对她说的话。她19岁时就患有狼疮——一种慢性自体免疫性疾病，促使免疫系统产生自身抗体攻击自身细胞和组织，导致发炎和组织损害。狼疮也是导致她患有肾脏衰竭的疾病。

确诊后，沈女士失去了继续生活的意志。她的父亲是一名水泥卡车的司机，也是家里的主要经济支柱。父亲收入不多，再加上沈女士的洗肾医疗费用，金钱上的压力令她不知所措。当时她只有24岁，医生不肯放弃医治。她也得到一名能干的医疗社工的帮助，将她转介给KDF。提到这名医疗社工，她笑着回忆：“我还记得医疗社工Crystal，她非常专业，帮助我立即在KDF - 亚历山大医院中心获得补贴以及透析治疗的位置。”

沈女士得到洗肾所需的辅助，大量减轻家里的经济负担。她开始担任一名私人补习教师，过一天，算一天。当医生在洗肾中心为沈女士做定时检验时，她随口提到感觉自己的右乳房有一些阵痛，医生立即为她安排了乳房X-光检查。

沈女士沉声说道：“2016年4月29日，我记得确切的日期，那是我被诊断出患有早期乳腺癌的日子。幸好可以通过手术治疗。”她松了口气，说：“我很庆幸自己不用接受化疗，我不想失去自己的头发！”沈女士5年前患上乳癌，经历了种种波折，但她还是得到了丈夫，光明的坚定支持。光明担任一名小学老师。她笑着说：“在我们结婚之前，我多次告诉他，他应该趁机早点离开我。但他总是说，上帝禁止他仅仅因为亲人生病而抛弃他们。他始终忠于自己的承诺。”这对夫妇是青梅竹马，两位也是基督教徒，已婚24年。

“回归正常生活”是早期KDF费用收据上使用的短语。至今KDF还是信守承诺，为低收入的肾病患者提供了全额的辅助金，资助他们的洗肾疗程、药物和交通津贴，希望他们能够回归正常生活。

沈女士说：“我记得看到这句话后，这给了我很多意志和动力。我洗完肾后，走出透析中心时，要像正常人一样过生活！”至今，她继续担任私人补习教师，在休闲时候去购物或散步。她开玩笑说：“现在光明正在放假，今天洗完肾后我不能去购物，因为他会来接我！”

沈女士已经对她自己的病情看开了，但家人仍然保持保守的心态。她说：“直到今日，我的妈妈还是要我穿长袖衣，遮住我的针疤，也不让我拍照，因为她不想让她的朋友知道我有肾病。我已经接受了这一点。”只要沈女士能够像正常人一样进行日常活动，她愿意接受任何挑战。她自豪地宣布：“其实，我也刚刚在KDF庆祝了我的25周年！就是5月29日！”身为一个患有慢性病的人，这种积极的态度确实非常难得。

现在，她最大的愿望是能够继续深造，获得学士学位，因为这是她起初在控制狼疮症状时，考完A-levels之后无法做到一件事。



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人生的味道

当我踏入牛车水的KDF洗肾中心时，耳边传来几句亲切的潮州话问候。我转过头，看见了我今天所需采访的肾病患者，吴女士。吴女士今年71岁，举止开朗，这让我很期待听她要与我分享的生活故事。

吴女士19岁结婚，较早成家，不久后有了长子。两年后，她怀了二胎。吴女士的丈夫当时是一名巴士司机，收入一般。家里添多两名小成员，她不得不兼职临时洗碗工来帮忙补贴家用，一家四口过着平淡生活。但不久之后，他们面临了一个改变人生的挫折。

吴女士回忆：“我的体力在一个月内迅速恶化，一直呕吐，无法进食，浑身疼痛和发冷得很严重。那时我因为发冷而连下午都披着羊毛衣！我丈夫当时以为我是不是得罪了什么神灵，还带我到神殿求神！”

吴女士终于去诊所求医，因肾功能衰竭而被医生安排立即住院。她说：“当医生说我的肾功能只剩下5%，必须终生洗肾时，我并没有感到难过。他告诉我，肾病患者的平均寿命为5年，我当时也已经接受自己会随时离去的事实。”

就因此，吴女士得停止工作，丈夫也成了全家的经济支柱。即使面对种种困难，她对自己的病情保持乐观态度。“虽然我每个星期得去洗肾，但我仍然还能够照顾家人。对我来说，为丈夫准备的每一份饭盒，为儿子们洗的每一双校鞋，都代表着我又活过了多一天。”

1997年，一名社工将吴女士介绍到新开的KDF - 亚历山大医院洗肾。虽然透析的过程是很简单，但我开始意料到她那段时期其实蛮难熬的。她感叹道：“起初开始洗肾时，很艰难，经常感到头晕，也想呕吐。即使当时有经济上的补贴，丈夫每个月也必须付出几百块的医疗费。”



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