



KDF LINK



When Old Age Becomes a Burden

By Jemin Chua

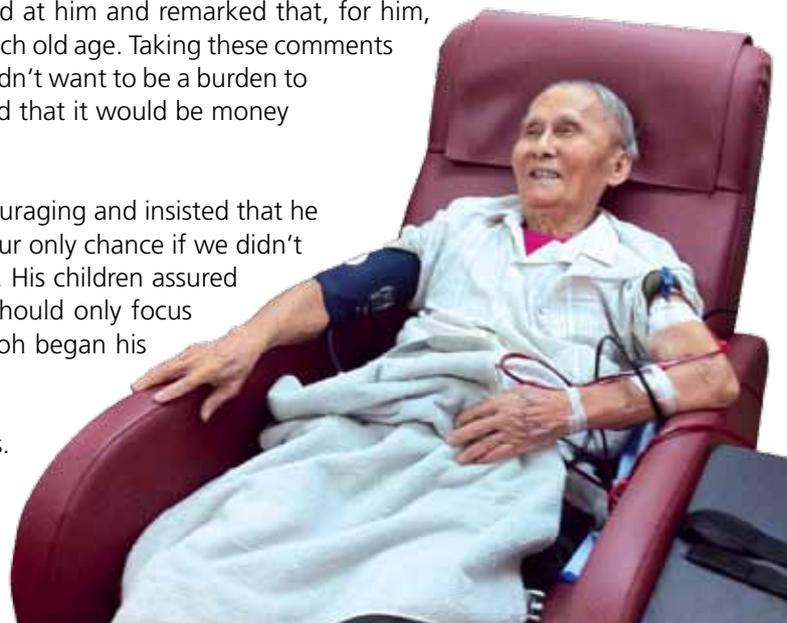
You may have seen Mr Goh Tai Lim's picture in some of KDF's publications and on our website. An amiable old man with a kindly smile, it is difficult to imagine that initially he staunchly refused dialysis treatment as he did not want to become a burden to his family so late in life.

At 87 years old, Mr Goh is currently KDF's oldest patient. Looking at him, one would assume he was a seasoned patient who has been on dialysis for a long time. In actuality, it was only in year 2005 that he was diagnosed with end-stage kidney failure; he was already 79 years old at that time.

When people first found out about his condition, they scoffed at him and remarked that, for him, dialysis was merely a waste of money since he was already of such old age. Taking these comments to heart, Mr Goh refused dialysis treatment completely as he didn't want to be a burden to his kids, nor wanted to "pay to suffer". He was also convinced that it would be money gone to waste.

Fortunately, his wife and three children were exceedingly encouraging and insisted that he commence the life-sustaining dialysis treatments. "That was our only chance if we didn't want to lose him," his wife shared with us in a resigned tone. His children assured him that they would think of a way to chip in and that he should only focus on treatment. With the strong support from his family, Mr Goh began his dialysis journey.

That, however, brought along a whole host of other problems. As both Mr and Mrs Goh are uneducated, they were at a complete loss as to how to proceed. "The hospital told us to look for a dialysis centre ourselves, but we didn't know where to look. We've never even heard of such illness (kidney failure) before! It was completely baffling," Mrs Goh recounted.



"A Safe Voyage" was unveiled as KDF's charity icon for the year at our annual launch dinner.

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Acts of philanthropy by Singapore Infocomm Technology Federation, Propell Integrated and Raffles Country Club.

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What's going on at KDF? Read on to find out!

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She added, "They asked if we would prefer Haemodialysis or Peritoneal Dialysis, but we didn't understand any of it. We were clueless and uninformed; it was so much of a headache!" Fortunately, after the hospital staff explained to them in detail, they were able to make an informed decision.

Mr Goh opted for haemodialysis and began dialysing at a private centre. However, the stress of having to pay for each dialysis session on the spot – about \$200 each time, was too much to bear for the elderly couple. Moreover, Mr Goh also suffers from multiple medical conditions which require regular follow-up consultations with several different doctors. All these medical expenses add up to a significant amount, which is undeniably too heavy for an elderly couple like them to shoulder.



Prior to being diagnosed with kidney failure, Mr Goh and his wife worked as hawkers, but they were never well-off financially. After Mr Goh fell ill, his wife continued to work for a few years before she decided to retire, as she was getting on with age and there was no one to help her. Currently, their three children support them financially, but as they are only earning modest salaries and have their own families to support, the cost of dialysis at a private center inevitably caused a strain on their finances.

When Mr Goh was eventually accepted into KDF, the family heaved a heavy sigh of relief. "We wanted him to dialyse at KDF so we came by a couple of times, but the answer was always that the centre was full," said Mrs Goh. Amounting to a small miracle, a

dejected Mrs Goh met a cleaner who was working with KDF at that time, whose sound advice eventually led to good news from our staff. In the hustle and bustle of life, we sometimes underestimate how a simple and seemingly insignificant act of kindness can affect another person's life so significantly.

"I am truly grateful to that lady who 'saved' us and towards KDF as well. It was fortunate that my husband was accepted or we would have been at our wit's end," Mrs Goh told us with a genuine look of gratitude in her eyes. Mr Goh was accepted into our Kreta Ayer Centre and has been having his thrice a week dialysis sessions there ever since. At KDF, Mr Goh pays \$260 per month, significantly lesser than what he had to pay for at the private centre.

Despite the lighter financial load, caring for Mr Goh continues to be a physically and emotionally taxing responsibility. As her husband's main caregiver, Mrs Goh reiterated many times during our interview that caring for a patient is not an easy task. "It is very difficult to take care of a sick person. Before I started taking care of my husband, I thought to myself, how hard can it be? But now, I know better. People who aren't sick or have never cared for a sick person before will never understand the stress and frustration involved," said Mrs Goh. The look on her face when she made this statement was not one of resentment, but rather, a very tired and weary one.

Mrs Goh herself is close to 80 years old, and in spite of her small frame, she helps Mr Goh get on and off the wheelchair and pushes him to and fro their home at Tanjong Pagar to the dialysis centre. Over the years of caring for her husband, Mrs Goh has lost a considerable amount of weight, which she attributes to the stress of caregiving and constant worrying about her husband's condition. In recent years, her legs have also become weaker. Nevertheless, she is still tirelessly attending to the needs of her old companion, and making true the sacred vows of matrimony, made 50 years back.

"For better or for worse, for richer or for poorer, in sickness and in health, to love and to cherish. Till death do us part."

When Mr Goh was 12, he left his hometown in Hainan, China to seek a better life in Singapore. It was only after marrying Mrs Goh did he finally set his roots here. But until their first child was born, she was his only family in this foreign land. Throughout their adult years, they toiled at their humble stall to raise their three children. And now, half a century later, with a head full of grey and extra lines on their faces, their children are all grown up, but Mr and Mrs Goh are still supporting each other through what's left of their time together.

Mr and Mrs Goh's Golden Jubilee would never have been possible had he continue to refuse dialysis. KDF started with a simple belief that no one should be denied dialysis treatment due to a lack of financial means. Moreover, no one is any less worthy of treatment simply because he or she is of old age. Faced with an ageing population, we will predictably encounter more elderly patients like Mr Goh, and in order to reach out to them, we would need greater public support. If you are willing to aid in our cause, you can make a donation via the enclosed business reply envelope. For more information, visit our website at www.kdf.org.sg.



Ahoy!

KDF Charity Icon 2013 Sets Sail

Translated by Jemin Chua



To kick start our series of fundraising efforts for the lunar seventh month, KDF's Chinese Community Committee held a Charity Icon Launching Ceremony and Appreciation Dinner at the Jade Room Restaurant at Hotel Royal on 13 July 2013. More than 500 guests joined us that evening for a night of wine and dine, accompanied by exuberant performances.

An annual tradition of KDF, this year we were exceptionally honoured to have Ms Tin Pei Ling, Member of Parliament for Marine Parade GRC as our Guest-of-Honour, and Dr Chia Shi-Lu, Member of Parliament for Tanjong Pagar GRC together with Mr Chan Soo Sen, Honorary Advisor of our Chinese Community Committee as our VIP guests to officiate the launch of our 2013 charity icon - "A Safe Voyage".

Upon unveiling the charity icon, Ms Tin Pei Ling, Dr Chia Shi-Lu and Mr Chan Soo Sen autographed and penned down their good wishes on the charity icons. During the Charity Auction segment, our special guests even joined KDF's charity ambassadors on stage, spurring guests to raise their bids for the charity icon. With their sincere appeals and zealous encouragement,

participation was lively, with bidders swiftly outbidding each other.

Our top bidders for that evening were Mr Richard Lee and Mr Tan Ji Guang who each donated \$25,000, as well as Mr Alan Soh Kian Hwa and Mr Quek Soo Chek PBM, who donated \$13,333 and \$11,999 respectively. Each of these generous men walked away with one of the signed charity icons.

Equally laudable was Mr Goh Yao Zong, who won the bid for a bottle of Martell Cordon Bleu but immediately donated it for a second round of auctions; an altruistic act which drew a rousing applause from the other guests present. Eventually won by Mr Kesavan in the second round of auctions, this bottle of wine which was sponsored by one of our supporters, garnered a total of \$8,888 in donations.

In a spontaneous segment, Mr Chan Soo Sen sportingly sang a few songs at the requests of several guests who pledged to donate to KDF if he performed. Through outright donations and the auction of our charity icons, a total of \$129,071.50 was raised that evening, an unprecedented achievement! This was only possible with the support

from our guests that evening. On behalf of our patients, we would like to take this opportunity to express our sincere appreciation and gratitude towards their generosity.

A Safe Voyage

KDF's charity icon for the year sports a magnificent build which basks in golden glow, and full sails ready to navigate its owner safely through treacherous waters. This auspicious icon would make an ideal gift for a friend, wishing him success and protection from harm. One can also collect it as an art piece, to be placed in your home to endow your family with good health and wealth. You can even house this icon in your company as a lucky charm to boost your business and to scale greater heights.

Through this charity icon, we wish for good fortune to be bestowed upon you, and we yearn for your support in giving the greatest gift to the needy kidney patients at KDF – the gift of HOPE.

Should you be interested in acquiring "A Safe Voyage" please contact Ms Shelley Lu at 6559 2653 or luxu@kdf.org.sg.

National ICT Industry Volunteers' Day 2013

By Jemin Chua

Late last year, KDF received an unusual invitation to “pitch” about the Foundation and the work we do to a special committee convened by the Singapore Infocomm Technology Federation (SiTF). We were shortlisted as one of several potential beneficiaries for their Volunteers' Day 2013 fundraising campaign. In January this year, we were formally informed that KDF was selected as a beneficiary of this fundraising project alongside another charitable organisation.

An initiative by SiTF and a yearly tradition since 2004, the National ICT Industry Volunteers' Day (Vday) aims to encourage Information and Communications Technology (ICT) companies to engage in meaningful collaborations that result in a positive impact on the less fortunate.

The Vday 2013 campaign spanned over six months and included three main events in which KDF was introduced to the leaders and members of Singapore's ICT industry. SiTF also extended their fundraising efforts beyond these events, to sending out appeals to their member companies to rally for donations, all with the aim of raising at least \$20,000 for KDF so as to sponsor a dialysis machine.

On 28 March 2013, KDF was invited to set up a booth at the ICT Business

Summit 2013, an annual business conference. At the booth, we personally engaged with conference participants to help them understand the profile of patients that we serve and the work that the Foundation does. We also handed out several health brochures to spread the word on the importance of good health.

Graced by Dr Yaacob Ibrahim, Minister for Communications and Information, the Infocomm Leaders Golf 2013 event held on 22 May saw several charity flights adopted by leaders of the ICT industry. At the post-event dinner, participation was equally enthusiastic and generous during the charity auction segment.

As a closing event for the Vday 2013 campaign, a charity walk was held on 13 July at the Singapore Botanic Gardens. The charity walk was supported by 90 ICT professionals and their families, and was flagged off by Mr Eddie Chau, SiTF Chairman and Mr Ronnie Lee, the Organising Chairman of Vday 2013. In a simple ceremony after the walk, the organising committee and donors who supported the Vday 2013 campaign were recognised for their altruistic spirit, and KDF also presented a certificate of appreciation to Mr Ronnie Lee.

“National ICT Industry Volunteers' Day is an initiative driven by Singapore Infocomm Technology Federation (SiTF), so as to provide a platform for the IT industry to contribute back to the society. With various activities organised, including a charity auction and a charity walk which were supported enthusiastically by SiTF members, we managed to raise enough funds to support the purchase of one kidney dialysis machine and contribute to the subsidies for needy patients. We are pleased to be in partnership with KDF on this noble cause, and we hope the little gesture from SiTF will pave the way for more donations to come!” shared Mr Ronnie Lee, the Organising Chairman of Vday 2013 and a long-time supporter of KDF.

A total of \$30, 915.45 has been raised for KDF through this project, of which \$20,000 will be used to commission a dialysis machine at our Kreta-Ayer Centre, while the remaining funds will be channeled into our Adopt-A-Patient-Fund.

Our sincere appreciation goes out to SiTF and the ICT Industry Volunteers' Day 2013 organising committee for taking the time off their busy schedules to make this fundraising project such a success. Also, we would like to thank the donors of the project whose generosity made a difference in the lives of our patients.



Propelling Forward for Charity

By Jemin Chua



The run started at around 3pm, but the staff gathering cum company dinner lasted well into the night. The 'Propellians', as they like to call themselves, were unfazed by the fickle weather conditions and sprits were high throughout.

always been very heartening to have corporations approach KDF expressing their desire to aid our cause and make a difference in the lives of our patients.

We would like to take the opportunity to extend our thanks to the management and staff of Propell Integrated for organising the run, and also their associates and business partners who supported their fundraising efforts through generous donations.

4 teams. 60 runners. 800 meters each. With a total of \$38,642.13 raised.

On the 7th of June 2013, Propell Integrated Pte Ltd, a mechanical and electrical company, held their annual charity fundraising run for their staff at East Coast Park. It was a lively affair where teams consisting of staff from various departments bonded through sports and built team spirit through booming team cheers.

With strong support coming from the suppliers and contractors whom they work closely with, the funds raised through this event were distributed equally among three beneficiaries including KDF. A cheque of \$12,880.71 was presented to KDF by Mr Leng Yew Meng, Managing Director of Propell Integrated in a simple award ceremony held after the run. In return, a plaque was given to them as a token of appreciation.



We at KDF are greatly encouraged by the social consciousness and charitable actions of Propell Integrated. It has

Charity in the Greens

By Samantha Png

Early this July, KDF was once again selected to be one of the beneficiaries for the annual Raffles Charity Day that is organised by the prestigious Raffles Country Club. All of us at KDF are honoured to be picked amongst other organisations to be one of several recipients of this fundraising event. Avid golfers from all over Singapore gathered on the 6th and 7th July 2013 for the Raffles Charity Day 2013.

The two-day event was graced by the Patron of Raffles Country Club, Emeritus Senior Minister Goh Chok Tong and other distinguished guests. The Palm and Lake Courses featured in the event are well-known golf courses that offer a challenge to all golfers present. This is particular to the par-72 Palm Course that is designed by world-renowned golf designer Robert Trent

Jones Jr. Two flights were taken up by KDF supporters, shying away from the six flights for last year's event.

Standing unswervingly behind KDF and the work done here is Raffles Country

Club, who has been supporting us since 2007. We would hereby like to thank the Club for their contribution towards our cause as they continue to reach out to the needy sectors of the society with their generosity and charitable efforts.



Journey Onboard **The Joy Truck**

By Alina Tee

If you walked past KDF's Ghim Moh centre on the morning of 26 April 2013 and thought you spotted Mediacorp artistes Pornsak and Xiang Yun around, you are absolutely right! It was a special and exciting day as KDF's patient Mdm Chua Ah Huay was selected to be featured in a television programme. Titled 'The Joy Truck', the outdoor reality programme aims to spread love and warmth to every family in Singapore, as part of the celebrations for 50 Years of Television.

Our dialysis centre was abuzz with activity and excitement as the production crew, along with host Pornsak and Ambassador Xiang Yun, arrived to film Mdm Chua as she went on her dialysis treatment. Our Star of the Day was all smiles as she left the dialysis centre onboard the cheerfully decorated Joy Truck, as more surprises planned by the crew awaited her.

After weeks of anticipation, the episode featuring Mdm Chua finally aired on television on the 18th of June. Centring on the deep love and bond between Mdm Chua and her aged husband, the heart-warming episode was very well received by viewers, some of whom even voluntarily stepped forward and contacted KDF on ways to assist Mdm Chua.

KDF is privileged to be presented with this unique opportunity – the chance to work with Mediacorp on a

television programme. All of us at KDF are grateful and touched to know that there are still many kind souls around who are willing to lend a helping hand, even to complete strangers. More importantly, on behalf of Mdm Chua, we would like to thank the production team, artistes, viewers and sponsors for their support and kind gesture.

If you would like to view the episode and find out what wishes of Mdm Chua were granted, do visit our Video Library on www.kdf.org.sg.



By Samantha Png

All **Fired Up**

It was a hazy afternoon in the island of Singapore but that did not hinder the enthusiastic KDF nurses from learning more about fire safety on the 19th of June. They were joined by some staff from the KDF corporate office to attend the Firefighting Course led by the Singapore Civil Defence Force (SCDF) at the Alexandra Fire Station. This was the second session conducted by SCDF, organised by KDF's Nursing

Department. The first session was held on 22nd May 2013.

This learning trip was organised with the intention to help the nurses better understand fire safety, such as the different classes of fire and what to do in a fire emergency. Being well-equipped with the knowledge of fire safety and fire fighting techniques, the nurses would be more prepared and confident to handle such situations while executing their day-to-day duties at the dialysis centres.

Apart from the theoretical aspect of the course, there was also a practical component where participants got down to handling fire extinguishers with the guidance of an experienced fire-fighter. The course ended on a high note with all of them practicing

what they have learnt on the method of operating a fire extinguisher with four simple steps (PASS):

- 1. Pull down the safety pin**
- 2. Aim the nozzle at the base of the fire**
- 3. Squeeze the discharge lever**
- 4. Sweep – Direct the discharge at the fire using a Sweeping motion**

This short session introduced several basics of fire safety that might be unknown to some. Nurses and staff were also certified for their participation for having completed the "Fire Safety & Casualty Evacuation" module, which is one of five modules in the SCDF's Community Emergency Preparedness Programme. KDF is committed to providing the nurses with relevant training and skills to enable them to better care for all our patients who are at the heart of what we do.



Diabetes and Kidney Disease Part 2



In the previous issue of this two-part feature, we introduced you to diabetes, how it affects the kidneys and some signs and symptoms. In this issue, we will focus on preventive measures and how diabetes can be coped with.

What can patients with diabetes do to prevent kidney damage?

The risk can be lowered by:

- Good control of diabetes by a combination of a diabetic diet and medication if necessary
- Good control of blood pressure
- Regular follow up to monitor if the control is adequate

If kidney involvement has already been diagnosed, does this mean I have kidney failure?

No, kidney function is normal at first. It takes a few years before early involvement leads to kidney failure. While there is no cure, there is time to slow down the process with treatment.

What specific measure can be taken to retard the progression

to kidney failure if the kidney function is still normal?

• Diet

Continue with your special diabetic diet as before. Further dietary modification may be necessary especially with respect to salt, amount of fluid consumed and potassium.

Your doctor will advise you on your fluid allowance and diet restriction. The dietitian will help you to plan your diet according to the stages or severity of the disease process.

• Medications

Anti-hypertensive medications are often needed for blood pressure control. Angiotensin converting enzyme inhibitors (ACE inhibitors) and Angiotensin receptor blockers (ARB) are special categories of anti-hypertensive medications that can reduce protein leakage.

Diuretics may be added to encourage more urine production to control fluid retention.

Close monitoring of the blood sugar level is necessary and this often leads to adjustment of the dosage or change of anti-diabetic medicine to maintain good control of blood sugar levels.

Will dialysis be needed if the diabetic patient starts to have kidney failure?

No dialysis is required in early kidney failure. It will be needed in advanced kidney failure when the state of "end stage kidney failure" is reached. Generally, it means that the kidneys are functioning at less than 10% of its original capacity. The progression of kidney failure from its early stage to advanced stage can be retarded with drugs and proper dietary restriction so it is important that a diabetic patient maintain close follow up with his or her doctor.

If dialysis is deemed by your doctor to be required soon, you should also discuss with him the option of a kidney transplant instead of long-term dialysis treatment.

You may visit these websites for more information:

- <http://www.kdf.org.sg/health.aspx>
- <http://www.davita.com>
- <http://www.uptodate.com/patients/index.html>

Healthy Beef

(Makes 2 servings, 207g per serving)
Recipe Contributed by Mdm Ang Poh Gek

Here's a healthy recipe for you to try at home. Eat healthy to stay healthy!

Ingredients:

300g minced beef
50g onion
1 tsp pepper
2 tsp sesame oil
2 tsp five spice powder
2 tsp vegetable oil

Method:

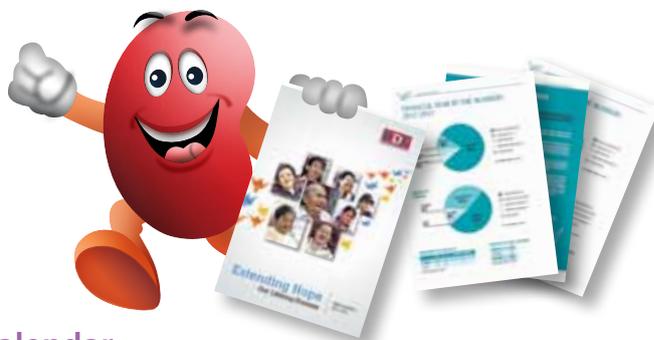
1. Mix the minced beef with the following:
 - 1 tsp pepper
 - 2 tsp sesame oil
 - 2 tsp five spice powder
2. Dice onion and add it to the minced beef mixture.
3. Heat oil in a pan and stir fry the beef and onion mixture until cooked.
4. Serve with or without chili sauce.



* You may also form the minced beef mixture into a patty before frying.

Nutritional Content per Serving:

Energy: 295.9 Kcal
Carbohydrate: 4.8 g
Protein: 32.4 g
Fat: 16.5 g
Saturated Fat: 4.4



Annual Report

We are pleased to inform you that KDF's Annual Report 2012/2013 has been published! Our theme for this year is "Extending Hope - Our Lifelong Promise". This is based upon the notion that charity is an ongoing process and the word "extending" aims to convey a double meaning of "reaching out" and "prolonging". The report can be viewed online at www.kdf.org.sg under 'Publications & Media'. Should you wish to obtain a printed copy, please contact Ms Jemin Chua at jemin.chua@kdf.org.sg.

Calendar

In the blink of an eye we are already in the last quarter of year 2013, so it is about time we start planning for 2014! For the past few years KDF has been producing our very own calendar and we continue to do so this year. What's most special about KDF Calendar 2014 is that this year, instead of illustrations we will be using photographs! The design of our calendar will be kept secret... for now.

But we will be unveiling it soon, so do keep a lookout for it on our website and Facebook page!

Facebook

Speaking of Facebook, did you know that KDF has our own Facebook page? Connect with us and 'like' us on www.facebook.com/KDFsg. Alternatively, the QR code above will take you straight there.

Skills-Based Volunteering at KDF

By Jemin Chua

For two consecutive Saturdays, patients at our Kreta Ayer Centre welcomed an unfamiliar face into their midst. A towering frame looking through his viewfinder, changing and adjusting the camera lens and waiting for the perfect moment to press the shutter button; all in a bid to capture the most candid moments of our patients.

An engineer by profession and an avid hobbyist photographer, Mr Ayush Basu recently signed up as our volunteer after hearing about the work that KDF does. Having volunteered at several charity

runs as an event photographer, he is no stranger to skill-based volunteer work.

As KDF was planning to update our database of photos, we approached Ayush with this project which he graciously agreed to take up. "This opportunity to assist KDF with their project was ideal for me because it enabled me to contribute to a worthy cause and combine it with an activity that I am passionate about," said Ayush.

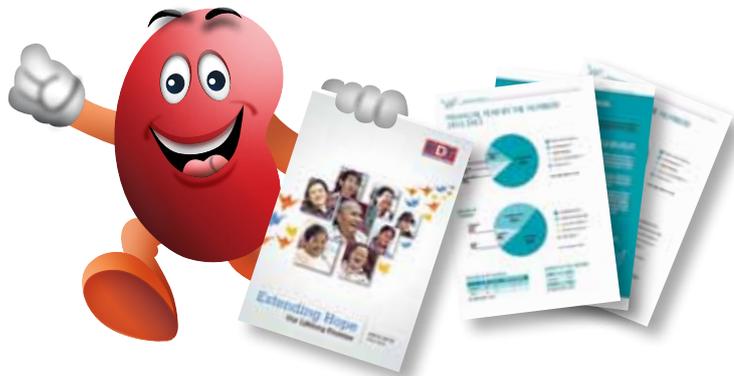
"Documenting the dialysis process at KDF was certainly a new task for me. Through my photographs, I hope I have been able to shed greater light on what patients go through during dialysis. I am looking forward to further such collaborations with KDF, and would not hesitate to recommend this enriching volunteer experience to other individuals," Ayush shared.

KDF is most fortunate to have supporters like Ayush, who are willing to help us beyond making donations, providing us with various forms of assistance. As a small organisation operating with a lean headcount, volunteers are most invaluable to KDF.

Volunteers provide us with the much needed additional support when manpower deployment is tight, or when we seek a specific skill set. Skilled volunteers who come on board to help us on an ad-hoc basis are most helpful when we have special projects which require specialised skills.

If you would like to join us as a skilled volunteer or explore other ways in which you can be our extra pair of hands, visit www.kdf.org.sg and click on 'Volunteer With Us', under the 'How You Can Help' tab.





年度报告

KDF 2012/2013 财政年的年度报告 (Annual Report) 已经出版咯! 今年的主题是“希望与承诺”, 因为我们深信慈善事业需要生生不息。您可以到我们的网站 www.kdf.org.sg 找 ‘Publications & Media’ 再点击 ‘Annual Reports’ 便可阅读。若您希望获得一份年度报告, 请联系蔡小姐, 电邮地址 jemin.chua@kdf.org.sg。

KDF日历

转眼间, 我们即将告别2013年迈入全新的一年, 也该是时候为来年做些准备了! 如同往年, KDF今年也将推出精心设计的日历。今年的日历将采用照片而非绘图, 十分有看头! 日历的设计现在还在保密阶段, 但很快就会亮相了。欲知第一手消息请锁定我们的网站和Facebook网页。

Facebook

说到Facebook, 您知道KDF也有自己的Facebook网页吗? 赶紧上 www.facebook.com/KDFsg 来交个朋友吧。记得要点‘赞’噢! 扫描以上的QR码也会即刻把您带到我们的Facebook网页。



在KDF做 技能义工



译/鲁旭

由于KDF正计划更新我们的图片库, 当和Ayush提起这一摄影需求时他欣然答应。“这次能帮助KDF是我梦寐以求的机会, 因为这让我不仅能为慈善作贡献, 同时还可以做自己热爱的事情。” Ayush说到。

“记录KDF病患的透析治疗过程对我来说是个新挑战。我希望透过我的镜头, 让人们更多地了解肾脏病人的洗肾过程。我也期待能在将来与KDF再次合作, 也会毫不犹豫地其他人推荐这么丰富充实的义工工作。” Ayush分享到。

接连两个星期六, 一张陌生的面孔来回穿梭于肾脏透析基金(KDF)牛车水中心的病患之中。一个高大的身影正凝视取景器、调节镜头, 等待在最完美的时刻按下快门; 一切只为捕捉病患们最真实的瞬间。

作为一名专业工程师及狂热摄影爱好者, Mr Ayush Basu在闻讯KDF所做的工作后, 立刻申请加入我们的义工团队。已为多起慈善义跑当任活动摄影师的他, 对于贡献专业技能的志愿工作并不陌生。

KDF十分荣幸能有像Ayush这样的支持者, 捐款行善之余, 还为我们提供各种各样的支持。作为一个人员紧凑的小机构, 义工是KDF最珍贵的资源。当人力紧缺或需要特定技能的人员时, 义工们能极时为我们提供额外援助, 为我们化解燃眉之急。

如果您愿意加入我们, 当任一名技能义工或以其他方式伸出援助双手, 您可登录KDF网站 www.kdf.org.sg 点击首页的“志愿者(Volunteer)”图标申请。

糖尿病和肾病 (下)

上一期的保健专栏我们介绍了糖尿病、其如何损害肾脏, 以及一些该注意的症状。这一期我们将着重介绍糖尿病患者如何预防和延缓脏衰竭, 以及当肾功能开始衰竭该如何应对。

糖尿病患者可如何预防肾脏受损?

以下几点可降低受损的危险:

通过饮食控制及药物治疗良好地控制

- 血糖含量
- 良好的血压控制
- 须定期复诊和检查以确保控制的效果

如果证实肾脏已受到了损坏, 是否也意味肾功能已经衰竭?

不是。肾功能在受损的初期仍可以正常运作, 它需要几年的时间才会发展到衰竭的状况。虽然这病症无法治愈, 但可以通过治疗来延缓病情的恶化。

如果肾功能仍可正常运作, 有什么特别方法能延缓其恶化至衰竭的进度?

饮食

继续遵行为自己专设的糖尿病饮食控制方案。可能需要进一步加强饮食的控制, 尤其是盐分, 钾质和水分的摄入。

你的主治医生会向你建议每日的饮水量及饮食限制。营养师也会根据疾病发展的程度或严重性为你设计食谱。

药物

许多时候控制高血压是需要服用抗高血压药物。

血管紧张素转换酶抑制剂(ACE inhibitors)和血管紧张素阻滞剂(ARB)是两种能减少蛋白出漏的抗高血压药物。

利尿剂可激励尿液的生产, 减少水分在体内的滞留。

密切监测血糖含量是有必要的, 这有助于对药物或剂量的及时调整, 以保持良好的血糖含量控制。

若糖尿病患者的肾功能开始衰竭, 他是否需要接受洗肾治疗?

在初期的肾衰竭是不需要洗肾治疗的。只有当肾衰竭的程度到达了末期才需要开始洗肾, 这通常是在肾功能只剩下10%的时候。肾功能的衰竭从初期到末期的进度可通过药物治疗和适当的饮食控制来延缓。因此, 定期复诊对糖尿病患者是非常重要的。

如果医生认为你将需要开始接受洗肾治疗, 你也应同时与医生讨论选择肾移植治疗的可能性, 以取代长期的洗肾治疗。

预知详情, 可参阅以下的网站:

- <http://www.kdf.org.sg/health.aspx>
- <http://www.davita.com>
- <http://www.uptodate.com/patients/index.html>

健康牛肉

(2人份, 每份207克)

食谱由 Ang Poh Gek 女士提供

献上简单又容易做的私房菜, 让您吃出健康!



材料:

| | |
|---------|--------|
| 300克牛肉碎 | 50克洋葱 |
| 1茶匙胡椒粉 | 2茶匙芝麻油 |
| 2茶匙五香粉 | 2茶匙菜油 |

烹煮方式:

1. 将以下材料拌进牛肉碎:
 - 1茶匙胡椒粉
 - 2茶匙芝麻油
 - 2茶匙五香粉
2. 洋葱切丁, 加进牛肉碎。
3. 热锅, 放油。加入牛肉洋葱拌炒直到熟透。起锅。
4. 可配辣椒酱食用。

*您也可以把牛肉碎做成肉饼下锅煎。

每一人份的营养成分:

| |
|--------------|
| 热量: 295.9 大卡 |
| 碳水化合物: 4.8 克 |
| 蛋白质: 32.4 克 |
| 脂肪: 16.5 克 |
| 饱和脂肪: 4.4 克 |

防范于未“燃”

6月19日下午, 新加坡全岛正被厚重的雾霾笼罩着, 但这丝毫没有阻挡肾脏透析基金(KDF)的护士们学习消防知识的热情。当天, 她们和KDF行政办公室的部分职员一起前往亚历山大消防站, 参加由新加坡民防部队(SCDF)举办的消防课程。继2013年5月22日



的第一期消防知识讲座后, 这是由KDF医护部门组织, SCDF承办的第二期讲课。

此次学习之旅的宗旨是帮助护士们更好地了解消防安全知识, 例如火灾的类型以及火灾的应急处理等。掌握防火安全知识并熟悉灭火的基本技能, 可以帮助护士们在执行洗肾中心的日常工作, 对类似消防突发事件有更充分地准备, 并能从容地应对。

除了理论知识的学习, 学员们还参与了实际灭火演练。他们在专业消防员的指导下手把手地学习灭火器的操作方法。课程结束时, 学员们都能牢记灭火器的四个基本操作步骤:

一拉: 拉下保险销

二瞄: 将喷嘴瞄准火焰根部

三按: 用力按下手柄

四扫: 对准火焰来回扫射

这几个灭火步骤虽然简单, 但可能很多人并不熟悉。而KDF的护士和职员们此次完整地学习了“防火安全和伤者疏散”的知识, 并通过认证, 体现了肾脏透析基金致力为护士们提供必要的技能和培训的决心, 以确保他们能为我们的病患给予更好的照护。此课程也是新加坡民防部队社区紧急应变课程中的五大模块之一。

译/鲁旭

各方好友，齐来支援

文/蔡永馨



KDF有幸长久以来受到许多组织和企业的厚爱。他们通过第三方筹款的方式为KDF的病患筹集善款。这些善举让我们倍感窝心，也让我们更深刻地体会到，在这条让贫困肾脏病患者拥有更美好未来的路上，我们并不是在孤军奋战。

2013年6月7日的午后，机电公司 Propell Integrated Pte Ltd 的60多名员工来到东海岸公园，参与了一场别具一格、意义非凡的年度公司聚餐兼慈善义跑。60名来自不同部门的员工分成4组，各跑800米，通过运动和气势十足的队呼增进彼此的感情和公司的凝聚力，同时也为3家慈善团体募款，展现社会责任。

在义跑过后举行的一场简单但隆重的颁奖仪式中，Propell Integrated的执行董事Mr Leng Yew Meng把 \$12,880.71 的支票交到了KDF代表的手中，并热情款待他们一起参与过后的聚餐。在Propell Integrated员工的卖力挥汗和生意伙伴的鼎力金援下，义跑圆满成功。

自2007年起，莱佛士乡村俱乐部一直持续给予KDF很大的支持，让我们十

分欣慰。今年7月KDF有幸再次被选中，成为莱佛士乡村俱乐部年度慈善日的其中一家受益慈善团体。热爱高尔夫运动的同好在当月的6日和7日齐聚莱佛士乡村俱乐部，享受挥杆的乐趣之余也为弱势群体贡献爱心。这场由国务资政吴作栋担任大会主宾的活动成功为KDF募得了善款。

除了机电工业和乡村俱乐部，KDF今年也结交了资讯通信业的伙伴。新加坡资讯通信科技联盟(SiTF)自2004年以来一直秉持着每年举办“国家资讯通信技术产业志愿者日”系列活动的传统，动员他们旗下的资讯通信业会员，齐心协力改善弱势群体的生活环境。

除了亲自呼吁会员捐款外，SiTF也在他们主办的一场资讯通信研讨会中向参与者介绍KDF并给予KDF到会场展示的机会。另外，SiTF也在5月22日举办了一场由新闻、通讯及艺术部长雅国博士担任主宾的慈善高尔夫球赛。他们在同一天晚上举办了一场慈善晚宴，通过慈善拍卖会的方式筹集善款。作为2013国家资讯通信技术产业

志愿者日的闭幕活动，SiTF于7月13日早晨在新加坡植物园办了一场慈善义走，并邀请旗下会员携家带眷一起参与活动。

历经半年的努力，SiTF总共为KDF筹得了\$30,915.45善款。这笔款项将用于赞助一台透析机器以及导入「资助一名病人」基金。对于这一系列活动的圆满落幕，筹委会主席Mr Ronnie Lee表示：“2013国家资讯通信技术产业志愿者日是一项由SiTF推动的计划，其宗旨在于给予电子科技业者一个回馈社会的平台。通过精心策划的活动，我们成功筹得足够的款项捐赠一台透析机器以及帮助经济有困难的病患。能够与KDF携手成就这个意义非凡的善举我们倍感荣幸，也衷心期许我们的举动有着抛砖引玉的作用。”

借此机会，我们代表所有KDF的病患衷心感谢Propell Integrated Pte Ltd、莱佛士乡村俱乐部以及SiTF的职员所付出的心力，也由衷感谢那些响应他们呼吁的善心人士。不论是出钱还是出力，你们的慷慨和仁慈都会为KDF的贫困肾脏病患者带来无限希望。



2013

KDF慈善福物推展及答谢晚宴

文/鲁旭



2013年7月13日，肾脏透析基金 (KDF) 华社筹款委员会在京华大酒店会宾楼隆重举办慈善福物《一帆风顺》推展仪式及答谢晚宴。委员会特别邀请马林百列集选区国会议员陈佩玲小姐担任大会主宾、丹戎巴葛集选区国会议员谢世儒医生及华社筹委会荣誉顾问曾士生先生作为特别嘉宾，共同在晚宴上为慈善福物《一帆风顺》主持推展仪式。

当晚，500多位宾客济济一堂，共品美酒佳肴，同赏精彩纷呈的娱兴节目，欢歌笑语洋溢全场。福物推展仪式上，三位贵宾为福物《一帆风顺》亲笔提词签名，为福物开光添彩。贵宾们还兴致勃勃地当起福物喊标大使。在他们的鼓舞下，现场竞标声此起彼伏，福物义捐价也一路水涨船高。

最终，善翁苏建华先生和郭绪泽先生分别以\$13,333和\$11,999义捐捧回前二尊福物，为义标开得满堂彩。紧接着，福祿寿四面佛的李贵先生和老中中虾饼的陈继光先生，同时以\$25,000的全场最高义捐价赢得另二尊《一帆风顺》，让福物义标锦上添花。

老德松酒庄今年又为晚宴捐赠马爹利蓝带一瓶，低调的善翁吴耀宗先生成功标获后，他义不容辞地捐出洋酒掀

起第二轮竞标，之后由K7装修公司的Mr Kesavan再次标得，两次义标共为KDF捐款\$8,888元。曾士生先生也应众宾客邀请现场高歌，为KDF病患筹得更多善款。

通过福物义标加以来宾们的无私乐捐，此次晚宴共为KDF贫困肾脏病患筹得善款\$129,071.50元。这前所未有的骄人成绩，也是宾客们乐善好施的最好见证。在此，我们代表KDF的肾脏病友们向各位善翁表示真诚的感谢。

今年KDF的慈善福物《一帆风顺》，福物外形气势磅礴，舟船沐浴于曙光之中、扬帆行进于江海之上，将好运及财富满载而归。此福物可馈赠亲

友，祝愿亲友事事顺利；也可作个人珍藏之艺术品，摆放在家里，将财富源源不断送入家中；宜或置于商铺办公室，为事业保驾护航，令事业生意蒸蒸日上。

《一帆风顺》福物还寓意着善心人士的慈航普渡之胸怀。借着这尊福物，我们希望能各位善翁带来好运，也期待通过善翁们的帮助，让在KDF治疗的贫困肾脏病患们顺利度过心身难关，迎来生命的新希望。

希望拥有福物《一帆风顺》的善心人士，或愿为福物义标提供平台的庙会台主理事们，欢迎联络鲁小姐，电话6559 2653，电邮 luxu@kdf.org.sg。



纵然吴先生在患病之前和太太一起经营了一家熟食摊，但他们并不富裕。吴太太在先生患病之后短暂地独自经营摊位，但也在前几年决定退休不做了。两老如今靠着微少的积蓄和子女的奉养过日子。只不过子女薪水微薄，其中两人也已有家室，私人洗肾中心的费用仍吃紧。

所以当吴先生进入KDF的申请通过时，家人可说是松了一口气。吴太太说道：“我们一直希望他能在KDF洗肾，所以来拜访了几次，不过每次都被告知名额已满。”但其中一次如有神助，吴太太邂逅了一名KDF当时的清洁女工并听取了她的建议，不久后申请书就被批准了。在繁忙的生活中，我们不免低估了人的力量；人救人其实并不困难，简单一句话就能从此改变他人的生活情况。

“我衷心感激那位‘拯救’了我们的清洁女工，也万分感谢KDF。倘若我先生没有进入KDF，我们就真的无路可走了！”吴太太真挚地说道。吴先生如今在KDF的牛车水中心洗肾，每周三次，而每月仅需支付\$260的费用，大大低于私人洗肾中心的收费。

虽然经济上的压力减轻了，但照看病人仍让人劳心又劳力。在整个访谈过程中，吴太太多次强调照顾病人的

辛苦，她感慨道：“照顾病人真的很困难！以前没有经历过我会想，能有多难？但是现在我深刻体会到其中的辛劳，这当中包含的各种情绪和压力，是那些从没照顾过病人的人难以理解的。”说着这席话的吴太太脸上浮现了倦容。

吴太太本身也接近80岁了，身材瘦小，但她仍然支撑吴先生上下轮椅，并推着轮椅来回接送吴先生到离家不远的洗肾中心。在照看吴先生的这几年里吴太太劳心伤神，人消瘦了许多，也因年纪大了，双腿逐渐无力。纵然如此，她仍不离不弃地守在老伴的身边照看，实践了半个世纪前，他与她许诺的誓言——**执子之手，与子偕老**。

12岁就离乡背井的吴先生，从海南来到了新加坡，与吴太太结婚之后便在这里落地生根。在孩子出生之前，吴太太成了吴先生在这里唯一的亲人和依靠。吴先生夫妇在壮年时期辛苦耕耘，养大了三个孩子。如今，孩子都长大了，他俩也都白发苍苍、脸上布满皱纹，却依然相依为伴，共度晚年。

今年恰巧是吴先生夫妇结婚50周年，他们的金婚因为吴先生原意接受透析治疗才得以实现。

为社会上的贫困肾脏病患者提供受津贴的洗肾治疗，以确保他们不会因经济困难而无法及时获得治疗是KDF坚守的理念。同样的，肾脏病患者不当因为上了年纪而受到歧视，因而放弃治疗。

随着人口老化，在不久后我们必定会遇到更多像吴先生一样晚年患病的人。为了能对他们伸出援助之手，我们需要更多的支持。若您愿意和KDF携手为年老、贫困的肾脏病患创造希望，您可以寄回随附的商业回邮信函，奉献您的爱心。查询更多详情，请浏览KDF网站 www.kdf.org.sg。



译/鲁旭

<快乐速递>， 欢乐之旅

如果您恰巧在2013年4月26日早晨经过肾脏透析基金锦茂洗肾中心，正纳闷是否刚刚看到新传媒的艺人Pornsak和向云？您绝对没看错！

这是即特别又令人兴奋的一天，因为KDF的病患蔡女士被电视节目《快乐速递》选中，成为该节目的快乐传递对象。作为庆祝电视50周年的活动之一，全外景实况节目《快乐速递》旨在通过该节目将爱和温情传递到新加坡的每一个角落。

节目主持人Pornsak和快乐传播大使向云带领节目组前来录制蔡女士洗肾过程，也让我们的洗肾中心充满了活力。我们当天的主角从离开洗肾中心到登上装饰欢快的快乐巴士，一路都笑容满面，因为节目组还准备了更多的惊喜在等着她呢。

经过数周的期待，有关蔡女士的那期

节目终于在6月18日播出了。以蔡女士和她年迈的先生之间几十年相濡以沫的感情为主线，温馨的节目一经播出便牵动了众多观众的心，许多观众看了节目后纷纷与KDF联系，希望为蔡女士提供更多的帮助。

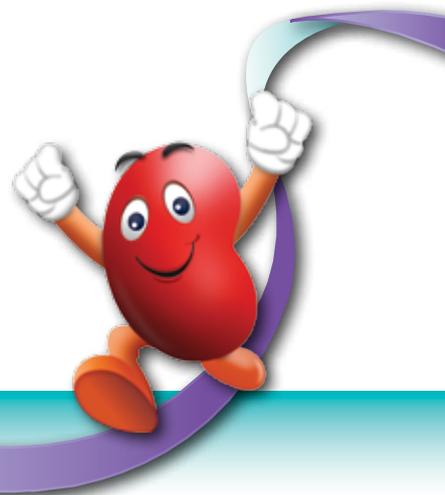
KDF很荣幸有这次难得的机会，与新传媒合作录制一档电视节目。我们周围有这么多好心人愿意为他人甚至于

陌生人伸出援手，这让KDF所有员工都为之感动并深怀感激。更重要的是，我们要代表蔡女士特别感谢节目制作团队、艺人、观众和赞助商们给予的支持和付出的善意。

如果您想重温这期节目，想知道蔡女士的哪些愿望在节目中一一实现了，您可访问KDF网站www.kdf.org.sg的视频库浏览。



肾析简报



晚年终成累赘

译/蔡永馨

您或许曾在KDF的刊物或网站上看过吴大林先生慈祥的笑颜，但令人讶异的是，这位和蔼可亲的老爷爷曾一度因为不想在晚年成为家人的负担而拒绝洗肾。

87岁高龄的吴先生是KDF最年长的病患。看着他年迈的样子，您或许会认为他洗肾洗了很多年，其实不然，吴先生是在2005年才开始洗肾的；那年他也已经79岁了。

起初，当旁人获知他的病情时，会在他的背后冷言冷语，甚至取笑吴先生年纪都一大把了还花冤枉钱洗肾。殊不知，吴先生竟把这些话往心里去，因而拒绝洗肾。他即不想给子女带来负担，也不愿花钱受罪，而更让人心疼的是，他自己也认定那是在花冤枉钱。

值得庆幸的是，吴先生的太太和孩子给予他非常大的鼓励和援助，并坚持要他接受洗肾治疗。吴太太带着几分认命地说道：“这条路不这么走，就完蛋了！我们真的不舍得，毕竟是一条生命，这一辈子多么辛苦才走过来的。”

在家人的支持下，吴先生终于踏上了洗肾的道路，然而，这条路一点也不顺遂。面临这突如其来的疾病，吴先生夫妇难免有些手足无措。

“医院让我们自己去找洗肾中心，但是我们不知道要去哪里找。我们连肾病、肾衰竭都没有听说过！他们问我们是打算‘洗血’还是‘洗水’，我们完全不懂要怎么回答，因为我们根本一点头绪都没有，非常头痛！”吴太太回忆道。

经院方人员仔细说明后，他们决定让吴先生在一间私人的洗肾中心接受血液透析治疗。在那里，他们每一次洗肾都要当场支付\$200的费用；对年迈的吴先生夫妇来说，这负担相当大。况且，吴先生不仅是肾衰竭患者，他同时还患有其他疾病需定时复诊，这些林林总总的开销加上高额的洗肾费用，两老不慎负荷。



KDF的年度慈善福物《一帆风顺》隆重登场。

3 活动



进来看看 KDF 的各方好友如何竭尽所能为我们的贫困病患筹募善款！

4 活动



糖尿病和肾病（下）

5 保健



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7 讯息



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