

KDF LINK



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LIFE WILL ONLY GET YOU DOWN IF YOU FOCUS ON THE NEGATIVES

BY RUBINI KRISHNAMOORTHY



could not afford to raise all the children together. Till this day, Mdm Ruhaya has not been able to contact her sister and does not know what has happened to her sibling. However, she says that instead of focusing on the family she has lost, she focuses on the family she has gained instead.

61 year old Mdm Ruhaya is lovingly referred to as 'sayang' by the nurses here at KDF. With a characteristic twinkle in her eye and a warm chatty personality, one would not guess that she is a kidney failure patient. Mdm Ruhaya stays positive despite her illness and says that she has learnt to adapt to the hardships she faces by choosing to focus on the simple joys of everyday life. However, she acknowledges that life has been exceptionally cruel to her over the years.

At a young age she not only witnessed her parents go through a difficult breakup, she also watched her youngest sister being given away for adoption as her mother

In particular, Mdm Ruhaya says that her husband whom she met at age 18 has helped her through immense difficulties throughout her life journey and is truly the definition of a soulmate. Her husband's family has also given her tremendous support by taking turns to accompany her to her dialysis sessions. On top of that, Mdm Ruhaya says that being a grandmother to her two grandsons gives her a great sense of purpose and joy.

When asked about her struggles as an elderly patient with end stage kidney failure, she says that when she was diagnosed years ago, it was extremely confusing and the dietary restrictions was, and continues to

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she now spends time watching television and chatting with her family members. She focuses on what she can still do which is spend quality time with her family rather than dwell on what she cannot do such as indulging on festive goodies.

'Life is all about perspectives, you can choose to look at the negatives or you can appreciate simple pleasures and live in the moment. There is always someone needier and in a worse off situation no matter how little you have' says Mdm Ruhaya.

With this positive mindset, she is motivated to comply with her own treatment and she now also actively motivates other patients to overcome their struggles with their diet and treatment.

This optimistic outlook has kept her going despite depending on her husband's meagre monthly income of \$800 and financial aid from various organisations to make ends meet. With the help of KDF, she is able to afford thrice weekly dialysis treatments as she only has to pay about \$5 per session after heavy subsidy.

Mdm Ruhaya says that the thought of having to pay the full cost of dialysis would give patients like her great anxiety and skipping treatment to save cost is a common but dangerous practice among low income dialysis patients. As such, she is grateful to the donors who help defray her dialysis costs, which enables her to stay positive and lead a vibrant life despite end stage kidney disease.

regards to her nutrition years ago which resulted in an emergency admission to the hospital due to a combination of insufficient dialysis and a salty diet. However, Mdm Ruhaya says that after many years of practice and motivation from her husband, she has adapted by seeking out new ways to enjoy family time. For example, instead of cooking tasty dishes herself and becoming fatigued,

be, the hardest aspect of living with the disease. Mdm Ruhaya used to love cooking and sharing food with her family members and thus making changes to that aspect has been especially hard on her.

For example, family gatherings during the holidays such as Hari Raya can be difficult for dialysis patients because family members tend to offer them rich and salty food out of love; it is a gesture she has learnt to politely decline. Her husband is also always by her side reminding her about her dietary limitations and helps to keep her on track with her diet.

Mdm Ruhaya recalled how she had once slipped up with

A simple act of kindness goes a long way in helping our needy patients and their families. For more information on how you can help, please visit our website www.kdf.org.sg or simply send in your donations via the enclosed Business Reply Envelope. Our patients at KDF are forever grateful for your kind contributions.



CELEBRATING OUR NATION'S BIRTHDAY

BY JEMIN CHUA

How did you celebrate National Day this year? Did you watch the national day parade with family and friends or were you camping

out near the Marina Bay area to catch the fireworks display?

Some of us at KDF spent this very special day with residents of Serangoon at the National Day Observance Ceremony at Kampong Serangoon Carnival. KDF was one of two social welfare organisations present at the event.

More than 5,000 residents attended the carnival which started off with the singing of the national anthem followed by a recital of the pledge. At the carnival, residents got a glimpse into the traditions and rites of Malay, Indian and Chinese wedding ceremonies, and also had a chance to be invited into the 'homes' of the different races to sample their traditional dishes.

During the course of the day, we introduced KDF and our charitable cause to the residents by engaging them in simple



yet fun games which promoted healthy living, and also through direct sharing of experiences with visitors to our booth.

We contributed to the 'kampung-ness' by selling nostalgic kachiam puteh - in cones rolled from paper, no less. All proceeds from the sale will go into helping to subsidise our patients' treatment costs.

We would like to take the opportunity to thank the organising committee for inviting us to be part of this meaningful event and also to the residents of Serangoon for the warm welcome extended to us. See you again soon!





Each of them walked home with an autographed charity icon in return for their philanthropy. KDF would also like to acknowledge the following individuals and organisations for their donation that evening: Mr Lim Yap Khin PBM, People's Park Centre LSM Organising Committee, K7 Renovation & Plumbing Contractor Pte Ltd and Nirvana Memorial Garden Singapore.

With the combined effort of our guests, a grand total of \$113,000 was raised that evening. Our heartiest congratulations to the organising committee and our most humble thanks to all our supporters.

Receive a KDF Charity Icon 'Boundless Fortune' for all donations \$888 and above. Visit www.kdf.org.sg for more information.

If you would like to invite KDF to auction our charity icon at your auction site or celebratory dinner, please contact Ms Shelley Lu at 6559 2653 or email to luxu@kdf.org.sg for further discussion.

A YEAR OF BOUNDLESS FORTUNE

TRANSLATED BY JEMIN CHUA

Loyal supporters of the Kidney Dialysis Foundation (KDF) are surely familiar with our annual charity icon launching ceremony and appreciation dinner. This unique charity dinner was, and has always been spearheaded by KDF's longest serving committee - the Chinese Community Committee.



The highlight of the evening was certainly the unveiling of the KDF charity icon, which were then autographed by Ms Tin, Mr Chan and Dr Ku. These charity icon were then put up for auction, with all proceeds going towards the KDF general fund which helps to subsidise dialysis treatment and medication for lower income patients.

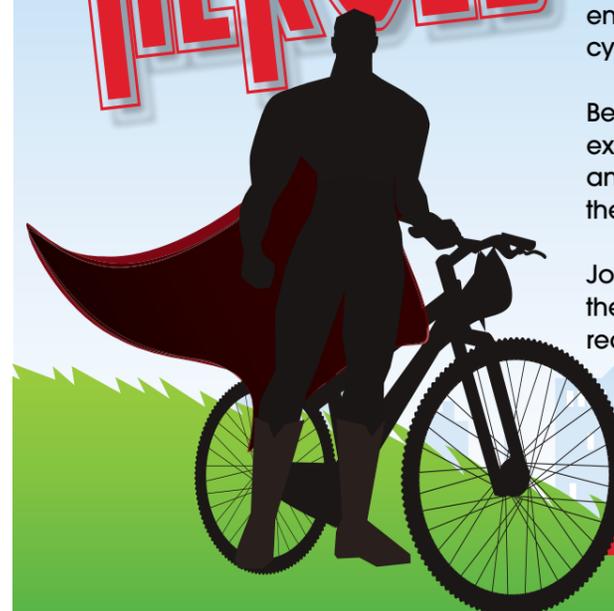
With a generous donation of \$12,000 Mr Ong Lian Kwang, chairman of *Chi Han Trading* and the KDF Chinese Community Committee, emerged as the top donor for the evening.

Aside from raising funds through the charity auction at the dinner, this yearly gathering also aims to appreciate and acknowledge the support given to us by donors and organisers of lunar seventh month events over the last year.

Gracing our event for the third year was Ms Tin Pei Ling, the newly elected Member of Parliament for MacPherson SMC. Ms Tin was joined by Mr Chan Soo Sen, honorary adviser to the Chinese Community Committee, Dr Gordon Ku, Chairman of KDF, and over 600 other distinguished guests at the dinner which was held on the 11th of July at the Singapore Futsing Association multipurpose hall.

Other major donors include: Mrs Yeo (\$10,999), Mr Tan Ji Guang of *Lao Zhong Zhong Five Spice* stall (\$10,000), Mr Lim Siah Mong, Chairman of *Lubritrade Trading* which produces Dester Beer (\$10,000), Mr Tong Lee Song, proprietor of *Golden Pillow 933* (\$9,333), Mr Richard Lee, proprietor of *Fu Lu Shou Si Mian Fo* (\$9,000) and Mr Tan of *Hock Hwa Casket* (\$8,000).

ORDINARY HEROES



How far will you go to help somebody in need? Somebody who is not your friend nor family; a complete stranger really.

Time and again people have made the most surprising and inspirational choices. For the third time, cyclists from the EPIC Cyclist group are going a distance of 1,000KM to raise funds for the less privileged patients at KDF.

An annual event since they partnered us in 2014, the group is going strong and many new cyclists have volunteered to participate in this endurance ride which is a challenge to even the most experienced of cyclists.

Be it the 60 cyclists challenging their personal limits on this 1,000KM expedition or the hundreds of kidney patients fighting to live another day and not succumbing to their condition, every one of them is a hero in their own right.

Join the league of everyday heroes today by supporting the cyclists in their quest to raise \$300,000 for needy kidney patients and give them a reason to fight another day.

DONATE VIA GIVEASIA AT
[HTTP://GOO.GL/5YOHXO](http://goo.gl/5YOHXO) OR VISIT WWW.KDF.ORG.SG.



CHECKMATE!

KDF Charity Chess Competition

TRANSLATED BY JEMIN CHUA

Singapore's first ever Charity Xiangqi competition took place at the Bishan Community Club on the 13th and 14th of June this year. Co-organised by the Kidney Dialysis Foundation (KDF) and the Singapore Xiangqi General Association (SIXGA), this charity event aimed to promote Xiangqi culture in Singapore and also to impart important health messages on the prevention of kidney related diseases.

Over the course of two days, more than 200 students and Xiangqi enthusiasts vied for the top spot across six categories in a battlefield of strategy and tactics. Participants hailed from all walks of life, and while we saw participants as young as 8 years old, we also welcomed participants from the pioneer generation.

Despite the event being held during the school holidays, several schools were forthcoming in their support, sending teams of students to take part in this charity competition. We would like to thank the following schools for their participation: Maha Bodhi School,

Corporation Primary School, Chung Cheng High School (Main) and Hwa Chong Institution.

The competition was played in a round-robin format, with each player going through seven games where they were scored and ranked according to their number of wins and losses.

After a grueling one-and-a-half day of competition, the top six participants of each category were crowned in an award presentation ceremony held on the evening of 14th June 2015. Winners of each category walked home with a trophy and a gift prize which was handed to them by Mr Chan Soo Sen, honorary adviser to the KDF Chinese Community Committee and SIXGA.

We are pleased to report that the project closed with a total income of \$100,870 and KDF would like to take the opportunity to thank all the participants, schools and participating clubs for contributing to the immense success of the event.

FRINGE EVENTS

Dialysis Centre Visit

Prior to the competition, 16 students from Chung Cheng High School (Main) visited the KDF Dialysis Centre at Bishan where they engaged our patients by teaching them how to play Xiangqi and also presented them with little gifts.

Health Education Booths

To give participants a break from the competition and impart knowledge on kidney health, education booths were also set up at the event venue. These booths featured a variety of activities for all ages including game stalls, food models with oil and sugar content labels, as well as free BMI and blood pressure checks conducted by KDF's medical partners, Roche and Fresenius Medical Care.

Health Talk @ Queensway Secondary

KDF also organised a health talk for 300 students of Queensway Secondary School on 22nd July 2015. Ms Liow Min Choo, Dietitian from the Rite Diet was specially invited to deliver a 30-minute talk on the nutritional needs of teenagers and how their current lifestyle choices will impact their health in the long run. The talk captured the students' interest by busting common nutrition myths such as low fat diets being good for health. Many adult diseases develop due to poor lifestyle choices and habits that form at a young age and thus it is imperative that teenagers are educated on early disease prevention through good nutrition.

Charitable Partnerships

In one fell swoop, this one of a kind event successfully promoted traditional Chinese culture and contributed to societal good. We are honored to be supported by Bishan Community Club as our venue sponsor and major donors such as Lee Foundation and TOTE Board.

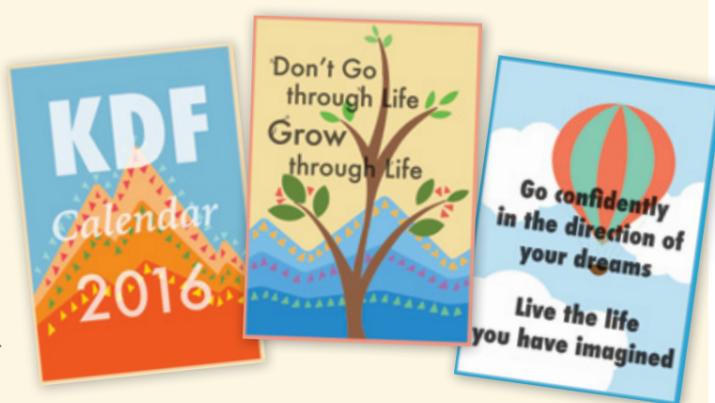
Students who did not get to participate in the competition also contributed by adopting the event pledge cards. Crescent Girls' school emerged as the top collector with \$3,869.45, followed by Nan Chiau High School which raised \$2,065.50.

SCAN THE QR CODE TO VIEW FULL LIST OF WINNERS.



KDF 2016 CHARITY CALENDAR

BY ERICIA LAU



Tired of boring corporate calendars? Look no further! KDF presents to you our 2016 charity desk calendar.

With the successful completion of the 2015 KDF calendar where we worked with students from the Singapore Polytechnic Design School, this year we engaged students from the School of the Arts Singapore (SOTA) to help conceptualise and bring to life their ideas for the 2016 KDF calendar.

Six months ago, Ding Xitong, Charmaine Tay and Flora Chung – all current students of SOTA – gamely took on this special project when KDF first approached their school for a possible collaboration. Through months of communication between KDF and this team of young students, and more so with the tremendous time and effort put in by them, a simple yet chic looking 2016 KDF calendar was born.

Through sheer effort coupled with artistic flair, the team successfully took this project from its initial draft and sketching stage to digitalising and finally to its completion. The professionalism, skills and talent exhibited by the students are definitely beyond their age and KDF is extremely heartened by their willingness to use these gifts for a meaningful cause.



In this calendar, we feature 12 carefully curated motivational quotes, each accompanied by minimalist illustrations. It would serve as a great companion on your desk and we hope that the calendar will not only make you smile – especially on a bad day – but also benefit the less fortunate. All proceeds from the sales of the calendars will help to defray the costs of dialysis treatments and medications for our needy patients.

Support our patients today by purchasing a charity calendar at \$8* each. Customisation requests are possible and welcomed, do call us for further discussion.

Calendar purchases are not tax-deductible. Price inclusive of delivery. Bulk discounts are also available, please call to discuss.

Order Slip

Name:		Contact No:
Email address:		Mailing address:
Unit Price:	Order quantity:	
\$8.00		

How to order:
 • Send us a cheque made payable to "KDF", and attach the order slip above with your name, contact number, order quantity and mailing address.
 • Visit our website at <http://www.kdf.org.sg/events/fundraising/191-kdf-calendar-2016> to purchase online.
 • For more information, please contact Ms Erica Lau at 6559 2652 or ericia.lau@kdf.org.sg

HYPERTENSION (Part 2)



IN THE LAST ISSUE OF KDF LINK WE MAPPED OUT THE BASICS OF HYPERTENSION INCLUDING RISK FACTORS, THE DIFFERENT GRADES OF HYPERTENSION, ITS COMPLICATIONS AND HOW IT CAN BE DIAGNOSED. IN THIS ISSUE WE WILL DELVE DEEPER INTO THE DISEASE.

What are the treatments for hypertension?

The doctor usually advises lifestyle changes. These include cutting down on salt intake, quit smoking, limit alcohol intake, healthy diet, and regular exercise. The doctor may also prescribe medications if the blood pressure control is inadequate or if a person has one or more risk factors. Treatment is more aggressive in preventing organ damage especially if you are in the high-risk group.

You must take your medication (which may be more than one kind) daily according to your doctor's prescription. Do not stop your medication without checking with your doctor.

Inform your doctor if you experience side effects from the prescribed medications, as there are many types of blood pressure medications and a suitable type for you can usually be found.

What kind of lifestyle changes must I make to lower my blood pressure?

Lifestyle modification is recommended. It is especially important to start these good habits early for those who have high risk for hypertension. The risk factors include obesity, diabetes, kidney disease, heart disease and family history of hypertension.

Lifestyle modifications include:

- Maintain normal body weight with a Body Mass Index (BMI) of 18.5 kg/m² to 23 kg/m². You may calculate your BMI by using this formula:

$$\frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

- Reduce your dietary salt intake
- Exercise regularly
- Stop smoking

- Healthy diet
- Limit alcohol intake to no more than two standard drinks per day:
 - 2/3 small can of beer (220 ml)
 - 1 glass of wine (100ml)
 - 1 nip of spirit (30ml)

(Health Promotion Board, 2013)

What should I do if my blood pressure is high?

You should see a doctor. Occasionally, high blood pressure is a symptom of another disease, which may be curable, or potentially a larger problem than "just" hypertension. In any case, the high blood pressure must be treated. If no cause is found and it is determined to be the "essential type", you must still maintain a regular follow-up with your family doctor, or doctor in the polyclinic or hospital from whom you are taking your medication.

Your doctor may also order a series of investigations to determine your risk of developing complications or associated problems. These may include:

- Blood samples for kidney function, sugar and cholesterol levels.
- Urine test to detect early kidney damage.
- Electrocardiogram to determine whether there is any damage to the heart.

If you have other medical conditions, other tests may be needed. It is important to consult your doctor.

High blood pressure is usually not curable, but it can be controlled if you make changes to your lifestyle and by taking medication. Treatment is a life-long process.

You may visit these websites for more information:

- <http://www.davita.com>
- <http://kdf.org.sg/education/health-guides>
- <http://www.hpb.gov.sg/>

KDF 2015慈善福物 《鸿利连年》推展仪式

文鲁旭

KDF的长期支持者们一定对KDF在每年7月份举办的《慈善福物推展仪式及答谢晚宴》并不陌生。这个由KDF最久远的义工团队—KDF华社筹款委员会组织策划的年度慈善宴会，旨在答谢过去一年支持华社筹委会筹款工作的组织团体和惠捐善翁，同时通过推展新一届慈善福物在宴会上为我们的肾病患者筹集洗肾医疗费。

今年的晚宴有幸获得大会主宾新任麦波申单选区国会议员陈佩玲小姐、特邀嘉宾KDF华社筹委会荣誉顾问曾士生先生、KDF主席古国泰医生以及近600名宾客的支持，于7月11日晚7时在新加坡福清会馆大礼堂热闹开场并取得圆满成功。



除了精彩纷呈的歌唱表演，由三位贵宾主持的慈善福物《鸿利连年》推展仪式无疑是当晚的最大焦点。贵宾们和主办方代表一起揭幕五尊新福物，三位贵宾还在众人邀请下为福物题词并签名。身怀六甲的陈佩玲议员对以两条相互嬉戏的红鲤鱼为造型的福物好生欢喜，特别在每尊福物上题写“好事成双”。

新亮相的五尊福物随后即被现场宾客以爱心捐款获得：善心人士杨太太一马当先现场捐款\$10,999元获得第一尊福物，老中中虾饼陈先生紧随其后也当场捐款\$10,000元捧回第二尊福

物，之后三尊《鸿利连年》分别赠与金枕头933董先生(捐款\$9,333元)、Dester啤酒林先生(捐款\$10,000元)和和慈航贸易公司老板兼KDF华社筹委会主席翁两光先生(捐款\$12,000元)。

福禄寿四面佛李先生、福华寿板店陈先生也分别乐捐\$9,000元和\$8,000元，获得贵宾们追加签名的2尊新福物。此外，我们也有幸获得林协钦PBM、珍珠大厦中元会、K7建筑公司、富贵山庄卓先生等善翁的慷慨捐款。在所有嘉宾的共同努力下，本次晚宴共筹款超过\$113,000元。

您可捐款\$888元及以上帮助肾病患者同时获赠福物《鸿利连年》一尊。网络在线捐款可登陆：www.kdf.org.sg。如果您允许KDF在贵商会、社区的宴会以及庙宇神诞庆典中进行福物喊标筹款，敬请拨电6559 2653，电邮 luxu@kdf.org.sg 联络人Shelley鲁小姐。感谢您的善举。



骑侠传

非亲有难亦相助！KDF年度骑侠盛会广发号令，召天下英雄行侠仗义一同出手助贫困病患一臂之力。

每到年关岁末，EPIC骑侠派便率各脚车骑士骑行一千公里为KDF贫困病患筹募洗肾医药费，如今已是第三载。

想三年前，EPIC与KDF结盟举办骑侠盛会，立志每年邀各脚车英雄远行千里帮助肾脏病患。四天骑行一千公里绝非易事，幸得各路英雄壮士鼎力支持，助此盛会成功举办。而今队伍亦发展壮大更有众多武林新生加入，自愿为慈善效力。

2016年1月，60位脚车侠士将再次启程，征伐新的一千公里誓为我病患筹款三十万新元。

KDF骑侠盛会邀您加入我们的爱心队伍，一起续写侠客的豪迈激情，谱写更为壮观的KDF骑侠传。

支持你心中的侠客！捐款地址：
GiveAsia 主页：<http://goo.gl/5yohxO>
KDF主页：www.kdf.org.sg





热心公益乐在“棋”中

文鲁旭

KDF与新加坡象棋总会合办的首届全国慈善象棋比赛于2015年6月13日在碧山民众俱乐部大礼堂开赛。此次比赛旨在推广象棋文化，同时通过活动互动向棋友们宣传推广肾脏相关疾病的预防和治疗知识。

本次棋赛分为公开组和青少年组共6个组别，吸引了200多名象棋爱好者参赛。参赛选手中有八九岁的小学生也有年过花甲的乐龄人士。



虽然比赛时期正值学校假期，但仍有部分学校专程组织本校的棋手们参加比赛，这其中有菩提小学、德行小学、中正中学(总校)和华侨中学象棋俱乐部。大家因为对象棋的热爱相聚一堂，切磋棋艺、广交棋友。

每一小组的参赛选手都必须经过七轮对决、通过积分编排制角逐优胜奖励。经过一天半的激烈博弈，在6月14日傍晚时分各组的前6名优胜选手顺利产生。

优胜选手们于当日6时许举行的颁奖仪式上从活动嘉宾手中接过荣誉奖杯。KDF华社荣誉顾问曾士生先生特别参加仪式为优胜选手们颁奖，曾先生同时也是新加坡象棋总会荣誉顾问。

此次慈善象棋比赛的所有筹款活动在8月底圆满结束，总共为KDF病患们筹得洗肾费\$100,870。感谢所有积极参与活动的棋手、学校、社会团体及企业。



赛场外...

探访病患

6月13日一早，中正中学(总校)象棋社的16名棋手就来到KDF碧山洗肾中心。他们乘比赛还没开始前，特地来和正在洗肾的叔叔阿姨们聊天交流。细心的小棋手们不仅给病患们带来了小礼物，还学以致用现场教病患们下象棋。

健康展台

为缓解紧张的比赛，同时也让选手们更多地了解与肾脏相关的健康知识。KDF专门在赛场外设立健康展台，棋手们在赛间休息期间可以参与轻松的小游戏，或浏览食物模型增加对健康饮食的了解。KDF医疗合作伙伴Roche和FMC还在现场为选手们提供免费的身体质量指数测试和血压测试。

健康讲座

为感谢女皇道中学学生热心参与KDF慈善象棋赛的场外筹款活动，KDF在7月22日为该校300名学生举办了一场健康讲座。来自Rite Diet的营养师Ms Liow Min Choo为学生主持了时长30分钟的讲座，主题围绕青少年的营养需求以及青少年时期生活方式对其今后健康成长的影响。

爱心募捐

首届KDF慈善象棋比赛即“宣扬传统文化”又“帮助弱势群体”，一举两得的活动模式获得了众多爱心人士和团体的支持。不仅有碧山民众俱乐部免费为活动提供场地，还获得新加坡博彩局、李氏基金等主要捐款方的支持。

一些未能参加象棋比赛的学校学生也通过“捐款卡”为活动筹募捐款，其中克立信女子中学共为活动筹款\$3,869.45元，筹款额荣居所有学校之首，南侨中学的学生们也筹得\$2,065.50元善款位居第二。

您可扫描QR码了解本次象棋比赛的优胜选手名单或登录KDF网站:www.Kdf.org.sg搜索“Xiangqi”查询。



KDF 2016年 慈善台历

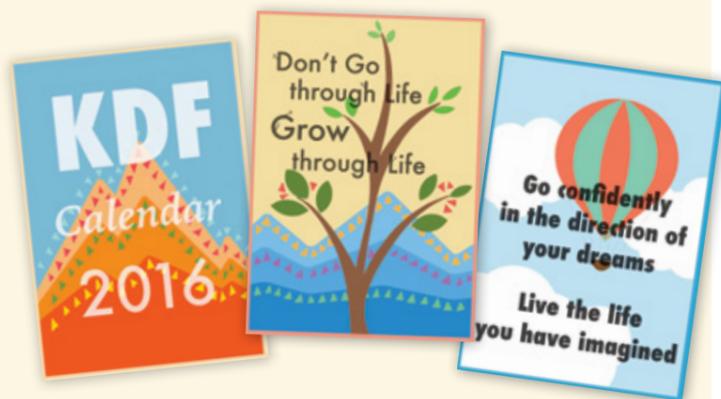
译鲁旭

是不是厌倦了毫无新意的公司台历？不用再等了！KDF 2016年慈善台历已经崭新登场。

继上一年度KDF与新加坡理工学院(SPI)设计系学生成功合作设计了令人耳目一新的2015年台历后，今年，我们又有幸与新加坡设计学院(SOTA)的学生们联手为您带来她们精心创作的2016年KDF慈善台历。

六个月前，当KDF第一次与SOTA讨论合作意向时，该校三位学生Ding Xitong, Charmaine Tay和Flora Chung 抱着试试看的心态接手了这一义务设计项目。过去数月，这几位年轻学生投入大量的时间和精力构思、设计与KDF反复交流意见，最终使得这本看似简单却别具一格的2016年台历顺利诞生。

从最初的手稿草图到电脑模拟化至最后的成品，整个设计团队通过自身的勤奋努力加上与生俱来的艺术天赋使得设计作品成功出炉。学生们在合作过程中也表现出超出她们年龄的专业素质、熟练技能和设计才华，KDF非常感谢她们用自己的劳动成果支持慈善。



在2016年新台历中，我们特别挑选了12句励志名言，每一句名言都配有一幅学生们设计的简约插画。我们希望这本台历能陪伴您度过美好的2016，不仅为您带来欢乐，在心情糟糕的时候给您带来一缕阳光，更能为不幸人士捎去您的关怀。出售台历所有收入将用于津贴KDF贫困病患的洗肾费和医药费。

只需支付\$8元，您就可以获得一本慈善台历同时支持我们的病患。公司/团体台历定制事宜，欢迎来电详谈。

购买台历之捐款不可抵扣所得税。以上单价已包含运费。大宗购买可获折扣，请来电垂询。



订购小单

姓名:	联络电话:
电邮地址:	邮寄地址:
单价: \$8.00	订购数量:

如何购买:

- 回邮受益团体为“KDF”的支票，并附上订购小单。订单上请注明您的姓名、电话、订购数量和邮寄地址。
- 登录以下网址<http://www.kdf.org.sg/events/fundraising/191-kdf-calendar-2016> 在线购买
- 如需更多了解，请联络 Ericia 刘小姐，电话65592653，电邮 ericia.lau@kdf.org.sg

心态使得Ruhaya不仅能照顾好自己完成每一个洗肾疗程，还能帮助其他病患克服控制饮食和洗肾中遇到的困难。

先生每月的收入只有区区\$800，他们需要在多个机构的资助下才能解决家里的经济问题，但积极乐观的Ruhaya依然坚强地生活着。在KDF的高津贴资助下，每次洗肾她只需支付\$5洗肾费，这让她有能力负担每周三次的洗肾疗程。

Ruhaya说洗肾若要支付全额费用对她这类病人是一个巨大负担，过去很多低收入的肾功能衰竭病人只得通过减少

洗肾次数这种危险的方式来节省开支。所以她非常感恩所有爱心捐助者的无私帮助，也正因为如此，尽管她身患重疾，仍然能够乐观地生活、拥有充满活力的人生。

许多病患都觉得自己孤独地在与肾病作斗争，当他们了解到有许许多多的善心人士在关心支持着他们时感到了极大的安慰。因此，您的捐款带来的不仅是经济上的援助，同时也是KDF病患们重生的希望。如果您愿意支持这些病患，请随本刊物所附的捐款回执信封寄回您的一片心意。如需更多了解，请访问KDF网站www.kdf.org.sg。

保健

高血压 (续)

在上一期的《肾析简报》里我们给您介绍了导致高血压的原因，其并发症和如何诊断。本期我们将更深入的为您介绍高血压的治疗方案及如何降低和预防高血压。

如何治疗高血压？

医生通常会建议患者改善生活习惯，这包括减少钠的摄入、戒烟、少喝酒、健康饮食及定时运动。患者若无法良好的控制血压，有一或多个高风险因素时，医生会配予抑制血压的药物。那些属于高风险的患者，必须更积极地接受治疗，以预防器官受损坏。

每天你必须定时服用所配予的降压药物（有时须同时服用多个不同组合的降压药物）。请勿自行停止服用药物，必须寻求医生的指示。

若你对所配的药物产生副作用，请通知你的医生。医生将会开不同而适合你的降压药物，因为市面上有多种不一样的降压药物。

须要改善哪些生活习惯有助于降低血压？

若要降低血压，医生会建议你改善生活习惯。尤其是高风险群，应及早培养良好的生活习惯。高风险因素包括肥胖、糖尿病、肾疾病、心脏疾病和有高血压的家族史。

改进生活习惯包括：

- 保持正常的体重，维持体重指数于18.5kg/m²至23kg/m²之间。以下是计算体重指数 (BMI) 的方程式：

$$\text{体重 (公斤)} \\ \text{身高 (公尺)} \times \text{身高 (公尺)}$$

- 减少食盐的摄取
- 经常运动
- 戒烟
- 健康饮食

- 少喝酒—每天只限于两杯，例如：

- 葡萄酒100毫升
- 啤酒220毫升
- 烈酒30毫升

(保健促进局，2013年)

如果患有高血压，应该怎么办？

你若患有高血压必须向医生求诊。有时高血压是其他疾病的征兆，也许可以痊愈，或者可能是比高血压更严重的问题。无论如何，高血压患者都必须接受治疗。即使找不到病因，而确定是自发性的高血压，患者应当定期到诊所或综合诊所的主治医师复诊。

医生会为你进行一系列的检验，以确定你是否有高血压及其并发症或有相关疾病的风险。这些包括以下的检验：

- 血液检验—检测肾脏功能，以及血糖和胆固醇含量。
- 尿液检验—检定肾脏是否有初期削损的迹象。
- 心电图 (ECG) — 确定心脏是否受损。

如果你有其他的病症，也许要进行更多的检验。这必须向你的医生谘询。

高血压是不能痊愈的，但是你若肯改善生活饮食习惯和定时服用药物，就能使血压受到控制。它的治疗过程是长久的。

欲知详情，可参阅以下的网址：

<http://www.davita.com>
<http://kdf.org.sg/education/health-guides>
<http://www.hpb.gov.sg/>

肾析简报



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本期内容

积极乐观是我生活的方向

译鲁旭



当被问及如何克服晚年患上末期肾衰竭面临的种种困难时，Ruhaya说几年前她刚刚被确诊为肾功能衰竭时，一度很迷茫，对她来说最难做到的就是饮食控制。

Ruhaya说她以前很喜欢烹饪也爱和家人分享美食，所以要她调整饮食结构非常困难。比如，开斋节的家庭聚会对她这个洗肾病人就非常辛苦，家人总会出于好心邀请她吃些丰盛

却又偏咸的美食，这时她就要强忍着对美食的垂涎，婉言拒绝这些邀请。她的丈夫也总是会她身边提醒她、帮助她控制饮食。

Ruhaya女士说几年前她不够重视饮食控制，结果因为没有定时洗肾并且摄入高盐饮食被送急诊救治。不过，近年来经过不断地摸索实践以及在先生的鼓励下，她重新找到了与家人共度美好时光的方式。她不再操劳于烹饪食物，而是花时间和家人聊天或看电视。她越来越关注做自己力所能及的事比如享受天伦之乐，而不再执着于节庆的种种美食糕点。

Ruhaya认为：“态度决定生活。你可以选择消极地度过每一天，也可以选择珍惜生活中的每一份喜悦并且乐在其中。即便你拥有的不多，也还会有处境比你更糟糕更需要帮助的人。”乐观的

KDF的护士们都喜欢亲切地称呼61岁的Ruhaya女士为” Sayang” *。你可能不会想到目光明亮、随和健谈的她会是一位肾功能衰竭患者。虽然身患重疾，Ruhaya女士始终让自己保持积极乐观，她学着在遇到困难时把注意集中在日常生活中的点滴快乐。不过她也承认这些年的生活对她太过严酷。

小时候，Ruhaya亲眼目睹了自己的双亲离异，母亲因为无法独自养大所有孩子，只得将她最小的妹妹送给他人抚养。直到今天，Ruhaya都没能找到妹妹也不知道她过的怎么样。好在婚姻的幸福弥补了她童年遭受的艰辛。18岁那年Ruhaya遇到了她的丈夫，他不离不弃陪她度过生命旅程中的许多难关，是她真正的灵魂伴侣。先生的家人对Ruhaya也非常支持，大家都会轮流陪伴她来洗肾。尤其是两个孙子给她的生活带来了无尽的乐趣。

**sayang意指：亲爱的、宝贝



03
KDF 2016年台历



04
乐在“棋”中



06
鸿利连年

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