

A QUARTERLY BULLETIN OF KDF

KDFLINK

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KidneySingapore



Kidney Dialysis Foundation
(Kidney Singapore)



LIVING WITH STRENGTH AND HOPE AT 69

At 69 years old, Mdm Loke Moi Moi carries herself with resilience and quiet strength, even as she navigates the challenges of kidney disease. Today, she undergoes haemodialysis at KDF's Kreta Ayer Dialysis Centre three times a week. But her journey with kidney failure has been anything but straightforward.



Help us go green! Switch to the e-copy.

To opt out of the physical newsletter, simply email us at enquiries@kdf.org.sg or call **6559 2630** to subscribe to the digital version.

Early Struggles and Diagnosis

Mdm Loke first discovered she had chronic kidney disease (CKD) in 2015, but at the time, she refused dialysis. She was still working as a part-time cleaner, clocking five days a week, four hours each day, and felt that she could manage without treatment.

For three years, she delayed dialysis, afraid of the stories she had heard about big needles, fainting spells, and the burden of treatment.

Eventually, worsening symptoms including severe pain in her waist and vomiting made it impossible to ignore. Encouraged by friends who were also on dialysis, and even a neighbour who started at a young age, she finally agreed to treatment in November 2018. By then, her right-hand veins were unsuitable, so her needling was done on her left hand instead. It was daunting at first, but she persevered.

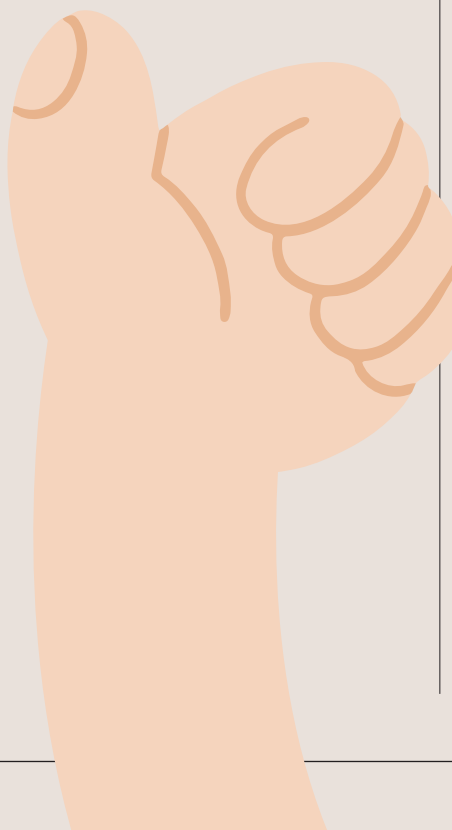
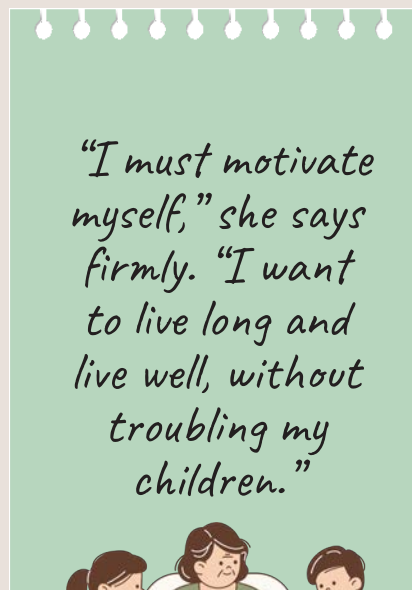
She believes her kidney failure was the result of multiple factors: years of holding in urine, long-term use of painkillers for gout, and medication that may have been too strong. Still, she accepts her condition without resentment, focusing instead on what she can control today.

A Life of Hard Work and Resilience

Behind her is a life of tireless work. From her teenage years, she sold chicken rice and duck rice at Bukit Merah hawker centre, later working

at a fishball noodle stall before becoming a cleaner. One of her fondest memories is of the chicken rice stall owner who sponsored her school fees from kindergarten all the way to Primary Six.

She raised two children, now aged 48 and 50. Her younger son now drives for Grab. Despite her health struggles, she has always been determined not to burden them.



Finding Joy in the Everyday

Life on dialysis has not dimmed Mdm Loke's spirit. On non-dialysis days, she enjoys going to the market, exercising with YouTube videos, and keeping active through stretching and leg-kicking routines. She also spends time at the Active Ageing Centre, where she joins activities with friends.



Her hobbies include playing games on her phone, from Pet Rescue to mahjong-matching puzzles, which she believes helps keep her mind sharp. In earlier years, she loved singing karaoke with childhood friends in Chinatown, belting out songs by Chen Lei. Even today, music remains a source of joy and comfort.

Support and Gratitude

Although she sometimes needs assistance with mobility, including

wheelchair transport, Mdm Loke remains fiercely independent. She continues to push herself to stay active, despite her unsteady gait.

She is grateful for the support she receives from KDF, whether it is subsidised dialysis, help with transportation, or assistance with household necessities.

To those newly diagnosed with kidney disease, Mdm Loke's advice is heartfelt:

"Stay positive. 有喜就有希望, where there is joy, there is hope. Don't be depressed. Have the confidence to face kidney disease."

She wishes more people understood that dialysis is not as frightening as it seems.

"It is not that draining, and it is not painful. What matters most is taking care of your body early. Don't hold in your urine, and don't ignore the signs."

Looking Ahead







As she looks to the future, Mdm Loke has a simple hope for 2025: a peaceful and healthy life. She cherishes the love of her children, who reassure her that she is never a burden, but their mother, and caring for her is their duty. That bond, together with her own determination, continues to carry her forward.

Mdm Loke's story is one of courage, perseverance, and hope. It reminds us that even in the face of illness, life can still be filled with strength, dignity, and joy.

YOUR SUPPORT BRINGS STRENGTH AND HOPE TO THOSE IN NEED.

With your donations, our underprivileged patients can receive:

-  **\$185** 1 Dialysis Session
-  **\$15** 1 Flu vaccine
-  **\$80** 1 Month of Medications
-  **\$1** 1 Blood Glucose Test

**PAYNOW QR CODE
SCAN TO DONATE** **UEN No:**
199600830ZK33



PATIENT EDUCATION SEMINAR AND OUTING TO CITY SPROUTS @HENDERSON



On 22nd June 2025, KDF and Renal Friends hosted an unforgettable day for our patients, combining essential health education on Fall Prevention with an immersive nature retreat at City Sprouts @ Henderson. This unique venue, a converted former school transformed into a dynamic “Sprout Hub,” features 38 greenhouses tended by local urban farmers and serves as both an educational and community-driven urban farm. Set amid the greenery of Tiong Bahru, this vibrant space offered a refreshing and inspiring backdrop for the day’s activities.



The morning began with a warm welcome by emcee Bellamy, followed by a motivational opening from KDF Medical Director, A/Prof Lina Choong. She reaffirmed KDF’s dedication to proactive health management and lifelong learning,

and honoured CabbyCare team leaders, Mr Kanapathy and Mr Sim, with a plaque. Their decade of service in transporting wheelchair-bound patients to biannual events has made these opportunities possible.



The educational seminar centred on Fall Prevention, a critical topic for kidney patients facing mobility challenges and bone health concerns. Senior Principal Physiotherapist Ms Yong Limin and Senior Physiotherapist Ms Abigail Wang from MOH Holdings presented

in English and Mandarin respectively, ensuring accessibility and clarity for all participants.



To reinforce learning, a lively quiz session had patients enthusiastically competing to win \$10 NTUC vouchers for correct answers. Laughter and camaraderie filled the room as patients showcased their knowledge in a joyous and interactive manner.

A hearty buffet lunch prepared by KDF staff and Renal Friends nurses provided nourishing food and a warm atmosphere for patients to relax, share their stories, and build community bonds. These simple yet meaningful moments added to the spirit of connection that defined the day.



Post-lunch, our patients journeyed to City Sprouts @ Henderson, where the urban farming environment invited discovery and renewal. Our patients engaged in a hands-on farm-to-table cooking experience, crafting ondeh-ondeh and egg tarts with fresh, locally sourced ingredients. This was followed by a guided tour of the site's thriving greenhouses, each

tended by passionate local farmers who practice sustainable urban agriculture within reclaimed spaces of the former school.



This successful event was made possible by our dedicated Patient Welfare and Clinical Services teams, whose seamless planning and support ensured every detail served our patients' well-being.



At KDF, care extends beyond clinical treatment. By integrating education, community, and nature, we accompany our patients on a holistic kidney health journey. With the support of our volunteers, and community spaces like City Sprouts, we continue to empower lives, nurture spirits, and ensure no one faces kidney disease alone.

CHARITY ICON LAUNCH 2025 – PROSPEROUS SNAKE



KDF proudly hosted the Charity Icon Launch 2025 on 12 April at Jubilee Garden Restaurant, SAFRA Toa Payoh, unveiling the Prosperous Snake 《有舍有得》 as the designated Charity Icon for 2025. This memorable event was dedicated to raising funds for needy kidney patients.

The evening began with the arrival of guests at 6.00 pm, followed by a warm welcome from the emcees

who introduced the programme and set the stage for a night of celebration. We were honoured to be joined by our board members and distinguished guests, including KDF Directors Ms Chan Hui Yuh, PBM, Mr Watson Ong, and Mr Chan Soo Sen, as well as Master Hui and Mr Ong Lian Kwang, PBM, whose presence added a special touch to the evening. A live band then filled the air with vibrant melodies, creating an upbeat and joyful atmosphere for all.

The arrival of Guest-of-Honour, Mr Chee Hong Tat, Minister for National Development and Member of Parliament for Bishan-Toa Payoh GRC, was marked by a spirited lion dance performance that welcomed him with energy and tradition. Mr Chee was later invited on stage, together with KDF CCC Chairman Mr Lawrence Lim, and Mr Lee Hong Chuang, BBM, Advisor of Hougang Grassroots Organisations, for a commemorative photo session.



Before the evening's captivating performances began, guests were reminded of the heart of KDF's mission through a touching video on the Vending Hearts initiative. Funds raised from generous donors have gone towards providing essential necessities for needy patients through this programme,

underscoring how every contribution directly supports those in need. Following the heartfelt video, guests were treated to the evening's opening act, The Legend of the Green Snake and White Snake, a dance that combined vivid imagery with elegant storytelling.



The unveiling of the 2025 Charity Icon, Prosperous Snake 《有舍有得》, was led by KDF Charity Ambassador Mr Chen Tian Wen, who captivated the audience with a dynamic wushu-inspired performance while dressed as a monk. Following the unveiling, Mr Chee Hong Tat was joined by KDF Directors and CCC Advisors for a commemorative photo and autograph session. Eight Prosperous Snake icons were signed on stage and later auctioned in support of the cause.



The evening also featured inspiring speeches by Mr Chee Hong Tat and Mr Lawrence Lim. The Prosperous Snake icon will be available for adoption, with contributions starting at \$1,388. Special Guests Ms Tin Pei Ling, Member of Parliament for Marine Parade GRC (Braddell Heights) joined the event and presented Tokens of Appreciation to dialysis machine sponsors, as well as the icons to the top eight successful bidders.



A special highlight of the night came when Mr Chee Hong Tat showcased his singing talent, much to the delight of the audience, and helped raised more than \$160,000 by singing 2 songs. He also autographed an additional 15 icons on stage. The programme continued with a captivating face-changing performance that left the audience in awe, followed by another elegant Chinese dance.



As the evening drew to a close, Mr Chee Hong Tat presented red packets to Toa Payoh residents and KDF patients, embodying the spirit of giving and community support. The night concluded with a mass

sing-along of Warmth Fills the World, joined by VIPs and donors.



The KDF Charity Icon Launch 2025 was a resounding success, raising over \$700,000 for needy kidney patients. The event was a remarkable testament to the community's generosity and support, as well as a joyous celebration of music, dance, and shared purpose. Our heartfelt thanks also go to Shin Min Daily News for their media coverage of this special occasion.



Source: Shin Min Daily News© SPH Media Limited. Reprinted with permission.



Source: Shin Min Daily News© SPH Media Limited. Reprinted with permission.

CAPITAL 95.8FM 健康123 RADIO FEATURE WITH DJ QIQI AND SENIOR NURSE CLINICIAN MS MA MINGJUAN



Missed the broadcast?
You can now listen to all five episodes at your convenience via the Google Drive QR code link on the right!

From 31st March to 4th April 2025, KDF had the privilege of being featured on Capital 95.8FM’s popular health programme, 健康123 (Jian Kang 123). The series was hosted by DJ QiQi and featured our Senior Nurse Clinician, Ms Ma Mingjuan, who shared her expertise and passion for kidney health with thousands of listeners across Singapore.

“silent workhorses.” She then guided listeners through the signs and symptoms of unhealthy kidneys, helping the public understand when to seek medical advice.



Beyond delivering medical information, Ms Ma also shared patient-centered stories and real-life experiences that made the content relatable and impactful. The broadcasts were replayed daily to ensure accessibility, reaching an even wider audience during the morning commute.

KIDNEYSG
Dialysis Foundation

健康一二三

- 01 The Functions of the Kidneys
- 02 How to Tell if Your Kidneys Are Unhealthy
- 03 Common Myths vs Facts About Kidney Health
- 04 What Is Dialysis and How Does It Work?
- 05 Prevention and Treatment of Kidney Disease

ON AIR

CAPITAL 95.8, DJ QIQI 琪琪
KDF SENIOR NURSE CLINICIAN, MA MINGJUAN 马明娟

31 MARCH (MONDAY) TO 4 APRIL (FRIDAY)
6:50AM and 9:50AM (REBROADCAST)

Listeners were also able to debunk misconceptions during a session on common myths versus facts about kidney health, an especially timely topic given the widespread misinformation about diet, lifestyle, and treatment. Another session offered practical insights into dialysis, explaining how the treatment works, addressing common concerns, and highlighting the support available to patients undergoing dialysis. The series concluded with an empowering discussion on the prevention and treatment of kidney disease, reinforcing how lifestyle choices, regular health checks, and early intervention can make a profound difference.

We are deeply grateful to Capital 95.8FM for opening their airwaves to us, and to DJ QiQi for her thoughtful hosting that made complex topics easy to understand. Opportunities like this allow KDF to extend our educational outreach to the broader community, empowering individuals to take proactive steps in safeguarding their kidney health. With kidney disease continuing to affect thousands of Singaporeans each year, partnerships with media platforms are invaluable in amplifying our message and driving greater awareness.

GOT TO BOWL 2025 – STRIKE FOR WELLNESS



On 28 June 2025, KDF proudly hosted our inaugural Got To Bowl – Strike For Wellness bowling event at SuperBowl, SAFRA Mount Faber. The event welcomed more than 200 participants who came together for an evening of camaraderie, fun, and advocacy, raising over \$250,000 in support of our needy kidney patients.



The event was inclusive and heart-warming, with patients taking centre stage. For many, picking up a bowling ball was a brand-new challenge, and their smiles and cheers reflected the pride of each attempt. What began as a first try soon became a celebration of discovery and confidence, leaving everyone with lasting memories.



Yet, beyond the fun and games, the event carried a meaningful purpose. Got To Bowl 2025 was not only a chance to strike pins but also to strike conversations about kidney health, prevention, and the struggles faced by patients on dialysis. Every frame played was a step in raising awareness, while every cheer and every laugh shared reminded us of the power of community in uplifting lives. It was particularly heartwarming to see our patients join in the activities, enjoying themselves outside of the dialysis centre, and experiencing joy, friendship, and a sense of normalcy.



We were honoured to welcome special guests Brian Ng, David Matthew, and Delson Yii, whose presence brought inspiration and encouragement to the event. Their participation helped shine a spotlight on the cause, showing patients and supporters alike that the broader community stands with them.



The success of Got To Bowl 2025 would not have been possible without the unwavering support of our generous corporate partners, including Seatrium, Obayashi, and many others. Their contributions made a direct impact on the lives of our patients, ensuring continued access to life-saving treatment and holistic care.



Got To Bowl 2025 marked more than just the start of a new fundraising initiative. It was a celebration of resilience, solidarity, and wellness, proving that when a community comes together, lives can be transformed. As we look ahead, we remain committed to building on this momentum, creating more opportunities for people to engage, give back, and make a difference in the lives of needy kidney patients.

FLAG DAY 2025



On 10th May 2025, KDF held our annual Flag Day, rallying the community to give their time and hearts in support of needy kidney patients. From morning till evening, volunteers of all ages could be seen across Singapore, stationed at Bedok, Clementi, Serangoon, and Toa Payoh bus interchanges. Their collective efforts helped us raise a meaningful \$21000, funds that will go directly towards subsidising dialysis treatment, patient welfare initiatives, and kidney health education programmes.



The day was a true display of compassion in action. Volunteers, including students, families, corporates, and long-time supporters, took turns in two-hour and full-day shifts, reaching out to passers-by and inviting them to contribute. Many shared that it was not just about collecting donations, but also about raising awareness of the impact of kidney disease and the importance of community support. To recognise their efforts, participants received appreciation tokens such as volunteer T-shirts, and VIA hours. We also

welcomed “fur kids” along for the day, which brought smiles to the public and added warmth to the fundraising efforts.



Beyond the numbers, what stood out most was the spirit of solidarity and kindness that shone through at every collection point. Volunteers held their donation tins with pride and shared about KDF's mission with those who paused to listen. These moments of interaction helped remind the public that every small act of giving can make a big difference in ensuring kidney patients receive the care they need.



Funds raised through Flag Day sustains subsidies for life-saving dialysis treatments and supports holistic programmes that uplift patients physically, emotionally,

and socially. Every dollar collected translates into real, tangible help, whether it is covering the cost of a dialysis session, supporting wellness programmes, or funding educational outreach to prevent kidney disease in the community.



We are deeply grateful to all our volunteers, donors, and community partners who came forward on that Saturday to give their time, effort, and generosity. Your contributions extend beyond the funds raised. They send a powerful message to our patients: that they are not alone in their journey, and that the community stands with them in solidarity. Flag Day 2025 was a reminder that the strength of our community lies in its compassion, and together, we can make a real difference in the lives of those battling kidney disease.

HAPPENINGS



6 May 2025

Lian Sheng Tang Welfare Association Temple Charity Icon Auction

KDF extends our sincere appreciation to Yuan Zong Reno Pte Ltd for their generous adoption of the Prosperous Snake Charity Icon at the Lian Sheng Tang Welfare Association Temple Auction on 6 May 2025, with a contribution of \$3,888. Their support plays a vital role in sustaining our mission to provide life-saving treatment and care for needy kidney patients.



8 May 2025

New Office Opening at 20 Peck Seah Street

On 8 May 2025, KDF moved from 333 Kreta Ayer Road to our new home at 20 Peck Seah Street, marking an exciting new chapter in our journey. The opening was graced by KDF Chairman Dr Lim Cheok Peng and Board Director Mr Yeoh Oon Jin. The new space reflects our growth from our first dialysis centre at Alexandra in 1996 to today, celebrating patient care, kidney health awareness, and community empowerment. The official opening, filled with symbolic moments such as the pineapple toss and the warm presence of partners and supporters, marked a fresh beginning built on stronger partnerships and healthier kidneys for all.



12 May 2025

Vesak Day Celebrations

This Vesak Day, we were honoured to once again be part of Master Hui's annual celebrations, a meaningful tradition that has continually supported our mission to provide life-saving care for kidney patients in need. His generosity and dedication have been invaluable in raising funds and awareness for our cause. On this special day, we also extend our deepest gratitude to Li Teck Chuan Cin Tong for their generous \$10,000 donation, which will go a long way in helping us deliver essential treatment and support to those who depend on us. Together, their compassion made this Vesak Day a true celebration of kindness and giving.



22 May 2025

Lonpac Insurance Health Talk

On 22 May 2025, our team conducted a health talk at Lonpac Insurance, led by our Head of Clinical Services, Ms Petra Chong, on the critical link between diabetes and kidney disease. Highlighting that diabetes accounts for up to 67% of new end-stage kidney failure cases in Singapore, Ms Chong stressed the importance of prevention and shared practical kidney care tips. The session concluded with an engaging Q&A, and we thank the Lonpac team for their active participation and support in raising awareness on kidney health.



**“Alone we can
do so little; together
we can do so much.”**

— Helen Keller

FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS!



Kidney Singapore



Kidney Singapore



**Kidney Dialysis Foundation
(Kidney Singapore)**



“一人之力有限，
众人同心无所不能。”

— 海伦·凯勒 海伦·凯勒

FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS!



Kidney Singapore



Kidney Singapore



Kidney Dialysis Foundation
(Kidney Singapore)

本季活动



2025年5月6日

莲圣坛龙狮学院慈善拍卖

肾脏透析基金诚挚感谢 Yuan Zong Reno 私人有限公司，于2025年5月6日在莲坛圣福利协会举办的慈善神像拍卖会上，以\$3,888善款慷慨认捐“旺蛇”吉祥圣像。此项重要支持将直接用于为贫困肾病患者提供挽救生命的治疗与护理，持续推动本机构的公益使命。



2025年5月8日

肾脏透析基金迁址柏城街20号开启新篇章

2025年5月8日，肾脏透析基金的办公地点正式从车水路333号迁至柏城街20号，就此开启了我们旅程中的全新篇章。开幕仪式是由肾脏透析基金主席林焯彬医生和董事杨允仁先生主持。新办公室空间也象征着肾脏透析基金自1996年位于亚历山大区，首家洗肾中心成立以来发展历程与成长，凝聚了对患者无微不至的照护与关怀、肾脏健康倡导以及社区赋能的持续承诺。

开幕典礼充满象征意义，不仅有寓意吉祥的“抛凤梨”仪式，也有合作伙伴与支持者们的热情参与，共同见证了这全新的开始。它象征着更紧密的合作关系与守护大众肾脏健康的新里程碑。



2025年5月12日

卫塞节庆典

今年卫塞节，我们非常荣幸能够再次参与慧戒师傅的年度庆典。这项意义深远的传统持续为贫困肾病患者提供生命救助支持，慧戒师傅的慷慨奉献与坚定支持，为肾脏透析基金筹款与提高公众认知作出不可估量的贡献。

值此殊胜之日，我们亦要衷心感谢立德傳心堂慷慨捐赠1万元。这笔重要资金将极大助力我们为依赖本机构的患者提供关键治疗与支持。两份善心交相辉映，使本次卫塞节成为慈悲与奉献精神真正庆典。



2025年5月22日

Lonpac Insurance 健康讲座

2025年5月22日，肾脏透析基金临床服务部主管莊茵婷女士受邀出席了由Lonpac Insurance举办的一场健康讲座，主题深入解析糖尿病与肾病的密切关联。

莊女士指出，在新加坡新增的终末期肾衰竭病例中，糖尿病致病因素占比高达67%，并重点强调了预防的重要性及实用护肾建议。

讲座尾声的互动问答环节气氛热烈，感谢Lonpac Insurance积极参与及对肾脏健康倡导的支持，共同推动公众对肾脏健康的关注与认知。

售旗日 2025



2025年5月10日，肾脏透析基金举办了一年一度的售旗日，号召社会大众为贫困肾病患者奉献时间与爱心，为有需要的肾病患者筹款。从清晨至傍晚，不同年龄层的志愿者涵盖了包括勿洛、金文泰、实龙岗与大巴窑等全岛的多个巴士转换站。通过大家携手努力，本次活动一共筹得了 \$21,000 善款，而这笔善款将直接用于资助透析治疗、患者关怀项目及肾脏健康教育计划。



这一天充分展现了公众们为爱而行的真谛。志愿者包括学生、家庭、企业团队以及长期支持者组成的志愿者为伍，以两小时轮班或是全日值班的方式向路人募集善款，积极向路人传递讯息与爱心。许多参与者表示，这不仅仅是一场筹款活动，更是提升公众对肾病影响与社区支持重要性的认知的机会。为表谢意，所有参与的志愿者者获赠志愿者T恤、志愿服务学时等纪念心意。当天还有“毛孩子”志愿者加入，它们可爱的身影为募捐活动增添温馨笑意。



最令人动容的，并非仅是款项的数目，而是每个募捐点洋溢的团结与善意。志愿者自豪地手持募捐罐，向驻足行人讲解肾脏透析基金的使命。这些小小的交流、互动时时刻刻让公众意识到：每一份微小善举，都能为肾病患者获得必要护理带来重大改变。



此次筹得的善款，将为拯救生命的透析治疗提供补助，并推动全方位

的关怀项目，帮助患者在身体、心理与社交层面获得支持。每一元善款，都将转化为切实援助——无论是支付一次透析治疗的费用、资助康乐活动，还是推动教育宣传以预防肾脏病。



我们在此由衷感谢所有在那天付出时间、努力与慷慨的志愿者、捐助者与社区伙伴，在这个周六付出的时间、精力与善意。您的贡献，不仅是金钱上的支持，更传递出一则有力的讯息：我们的患者并不孤单，社区与他们并肩同行。

2025年肾脏透析基金售旗日，再次证明了社区的力量源自同理与慈悲之心；只要携手并肩，我们就能在肾病患者的人生路上，带来切实的改变。

Capital 95.8FM《健康123》:DJ 琪琪专访资深临床护士马明娟



错过直播?

欢迎扫描下方二维码随时收听全部五集精彩节目!



2025年3月31日至4月4日,肾脏透析基金荣幸受邀参与Capital 95.8FM热门健康节目《健康123》,由知名主持人琪琪与资深临床护士马明娟女士,透过电台向新加坡数千名听众传递肾脏健康专业知识与护理的热忱。

与症状,提醒公众何时应及时就医。



马护士不仅分享专业医学知识,更通过真实病例与照护经验,使科普内容更贴近人心、具共鸣性与实践价值。节目在播出当天均安排重播,特别覆盖早高峰通勤时段听众,方便更多听众在通勤时收听。

节目也破除了关于肾脏健康的常见迷思,帮助大众厘清饮食、生活方式及治疗上的错误观念。另一集则聚焦透析治疗,深入解释透析的运作方式、为大众解答常见疑虑并介绍支可获得的支持与资源。最后,节目以“肾病的预防与治疗”为主题,聚焦肾病防治策略并强调健康生活习惯、定期体检及早期干预的重要性。

我们衷心感谢Capital 95.8FM提供的广播平台,以及主持人琪琪深入浅出的专业引导,让复杂的医学知识化繁为简。此类合作将有不仅扩大了公众教育的覆盖面,也让更多人了解肾脏健康的重要性,助力公众主动守护肾脏健康。随着新加坡每年仍有成千上万的国人受肾病影响,媒体的协作无疑在扩大肾脏透析基金的使命,推动更广泛的健康意识。

在为期五集的节目中,马护士与听众探讨了多项与社区息息相关的重要课题。她首先讲解了肾脏的功能,解释为何肾脏常被称为身体的“无声工匠”,接着介绍肾脏病变的迹象



2025 保龄球慈善活动：投出希望，击出健康



2025年6月28日，肾脏透析基金于花柏山战备军人协会俱乐部的SuperBowl保龄球馆成功举办首届《投出希望，击出健康》保龄球慈善活动。当天逾200名参与者齐聚一堂，在欢聚、乐趣与公益中度过难忘的夜晚，共同为有需要的肾病患者筹得逾25万元善款。



这场温暖包容的活动让患者们能够亲身参与其中，成为真正主角。对许多肾友而言，首次举起保龄球是一种全新的挑战。但从他们每一个笑容与喝彩中都充满了自豪与勇气。从最初的尝试到渐入佳境，他们在当天所留下的都是一幕幕难忘的生命时刻。



然而，活动承载着的意义不仅仅是击倒球瓶的游戏，更是击出关于肾脏健康、疾病预防与透析患者困境的重要的话题。每一局比赛，都是一次提升公众认知的机会，每一声欢呼与笑声都提醒着大家，社区的力量能点亮患者的生活。最令人动容的是，看到患者们参与其中，走出透析中心，尽情享受友谊与喜悦，重拾日常生活的体验。



特邀嘉宾黄超群，David Matthew与Delson Yii的莅临为活动增添光彩。他们的参与不仅激励患者，更向参与者与支持者传递了一个重要讯息：更广大的社会与他们同在。



本次活动的成功离不开本地岸外与海事工程公司海底、建筑商日本大林组新加坡子公司等企业伙伴的鼎力支持。他们的贡献直接改善了患者的生活，确保他们能够持续获得救命治疗与全方位护理。



肾脏透析基金 2025 保龄球慈善活动：投出希望，击出健康 不仅开启了一项全新筹款计划，更是一场代表着坚韧、团结与健康的庆典。它证明当社区凝聚力量，生命终将焕发光彩。展望未来，肾脏透析基金将继续乘势而上，创造更多机会让公众参与其中、回馈社会，为肾病患者谱写希望篇章。

乙巳年慈善福物推介晚宴 -《有舍有得》



肾脏透析基金于4月12日在大巴窑战备军人协会的欢喜楼隆重举办了2025年慈善福物推介晚宴，正式推出2025年肾脏透析基金慈善大使-《有舍有得》。这场意义非凡的活动旨在为贫困肾病患者筹集资金。

在傍晚六点，宾客们也都陆续到场，活动正式拉开序幕。主持人热情地

欢迎大家，并简要介绍了当晚的节目安排，为整晚的庆祝定下了温馨的基调。我们很荣幸能迎来多位董事和嘉宾，包括肾脏透析基金董事陈惠意女士、王春发先生、曾士生先生，以及慧戒师傅和翁两光先生，他们的出席让现场更添光彩。随着乐队带来欢快的乐曲，整个会场洋溢着热闹与喜悦的气氛。

主宾国家发展部长兼碧山-大巴窑集选区议员徐芳达先生莅临现场时，祥瑞的舞狮表演以传统礼仪热烈迎宾。徐部长随后与华社委员会主席林胜来先生、获颁公共服务奖章的后港基层组织顾问李宏壮先生共同登台留影。



在当晚精彩的表演开始前，宾客们首先观看了一段感人的视频，回顾了肾脏透析基金“贩爱机”的项目。视频展示了善款如何化为实实在在的生活物资，送到有需要的病患手中，凸显了每一份捐助都能带来直接而重要的帮助。接着登场的是精彩的《白蛇传》舞蹈表演，为稍后的蛇舞揭开序幕。表演通过鲜活的画面及优美的舞姿，将经典故事娓娓道来，赢得了观众的阵阵掌声。



健康教育与自然疗愈：肾脏透析基金携肾友会举办城市农场关怀日活动



2025年6月22日，肾脏透析基金与肾友会共同为患者们组织了一场难忘的一日活动。这场活动融合了预防跌倒的健康教育以及自然体验之旅，而地点选在别具特色的 City Sprouts @ Henderson。这独特的场所由一所旧校舍改建而成，如今已转型为充满活力的 Sprout Hub 社区农场。拥有38座由本地城市农夫经营的温室，是兼具教育与社区性质的城市农场。坐落于中峇鲁绿荫间的这片活力空间，这个充满生机的空间为当日的活动提供了清新

且启发性的背景。



活动由主持梁劭荣热烈欢迎参与者并致辞，随后由肾脏透析基金医学总监钟慧玲副教授发表欢迎致辞。她再次重申肾脏透析基金致力于积极健康管理及终身学习的承

诺，并向CabbyCare团队领袖——Kanapathy先生与沈先生致赠纪念牌，以表彰他们这十年来坚持接送轮椅病患参加一年两次的外出活动，他们的付出让类似的参与机会得以实现。



针对肾病患者常见行动力与骨骼健康问题，卫生部控股资深首席物理治疗师杨莉敏女士与资深物理治疗师王亭蓁女士分别以英文与华语讲解如何“预防跌倒”的专题。



随后的趣味问答环节中,为了巩固学习效果,现场安排了轻松活泼的问答竞赛,患者们踊跃参与,积极抢答赢取10元NTUC平价超市的购物券。现场欢笑与默契交织充满全场,患者们在欢乐的氛围中展示所学知识。

在有趣的问答环节之后,患者们也享用了由肾脏透析基金职员与肾友会的护士团队精心准备的自助午餐。午餐不仅提供了美味营养的食物,更营造出温馨氛围,让患者们能够轻松交流,分享个人故事,建立社区联系。正是这些简单却深具意义的时刻,构筑了彼此之间的连结与支持。



午餐过后,患者们走进 City Sprouts @ Henderson, 沉浸在社区农场的探索与焕新体验中。大家亲手参与了从农场到餐桌的实践课程,用新鲜的本地食材制作椰丝糯米糍和蛋挞。随后,患者们在导览下参观了绿意盎然的温室,每一座温室都由充

满热情的本地农夫精心打理,展示了他们如何通过可持续农业让旧校舍空间重获新生。



这场活动的成功离不开肾脏透析基金病患关怀组与临床服务组的精心筹划与全力支持,以确保每个细节都以患者福祉为中心。



肾脏透析基金的关怀不仅限于临床治疗。通过教育、社区与自然的结合,我们陪伴患者走上一段全方位的肾脏健康之旅。在志愿者的陪伴与City Sprouts等社区空间支持下,我们将继续赋能生命,滋养心灵,确保每位肾病患者都不再独自面对肾病。

初期的艰难与挣扎

2015年，陆女士首次被诊断出患有慢性肾病。当时的她仍在兼职当清洁工，每周工作五天、每天四小时，觉得自己还撑得住，不需要治疗，因此拒绝透析。

**因听闻透析
针头粗大、
易引发昏厥
且治疗负担
重的传闻，
她拖延透析
长达三年。**

最终，陆女士症状恶化，其中包括严重的腰痛和呕吐，让她再也不得不正视病情。在朋友和一位自幼就开始透析的邻居的鼓励下，她终于在2018年11月同意接受透析。那时，她右手的血管已不适合穿刺，只能改用左手。虽然起初十分畏惧，但她坚持了下来。

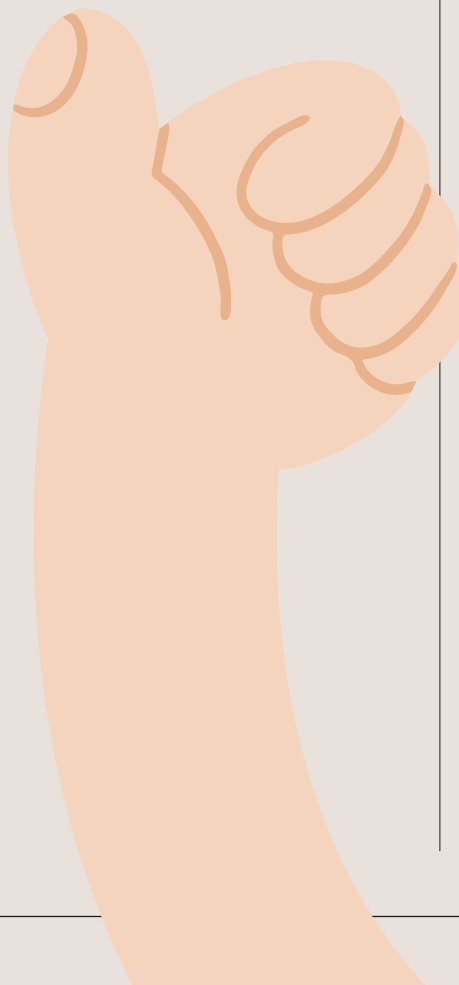
她认为自己的肾衰竭是多重因素造成的：长期憋尿、因痛风而长期服用止痛药，以及药效过强的药物。尽管如此，她并未怨天尤人，而是专注于能掌握的当下。

劳碌与坚韧的一生

陆女士的一生几乎都在辛勤工作。少年时期，她在红山小贩中心卖过鸡饭和鸭饭，后来又在鱼圆面摊工作，最后转做清洁工。她最珍惜的一段回忆是从幼儿园到小学六年级都资助她的学费的鸡饭摊老板她独自抚养两个孩子，如今已48岁和50岁。

小儿子目前是Grab私召车司机。尽管健康堪忧，她始终不愿成为孩子们的负担。

**她坚定地
说：“我必须
自我激励，我
要活得长久、
活得精彩，不
给孩子们添麻
烦。”**



平凡日常中的欢愉

透析生活并没有削弱陆女士的精神。在非治疗日，她喜欢去巴刹、跟着YouTube视频运动，锻炼身体，通过拉伸和踢腿保持活力。她还常到活跃乐龄中心，与朋友们一起参加活动。



她的爱好包括用手机玩游戏，例如《宠物拯救》和麻将配对等等。她觉得这有助于保持头脑灵活。早年，她最爱与童年好友在牛车水唱卡拉OK，尤其喜欢唱陈雷的歌曲。直到今天，音乐依然是她的快乐和慰藉。

感恩与扶持

虽然有时需要轮椅代步，陆女士仍然保持独立，尽管步伐不稳，她仍坚持活动。

展望未来

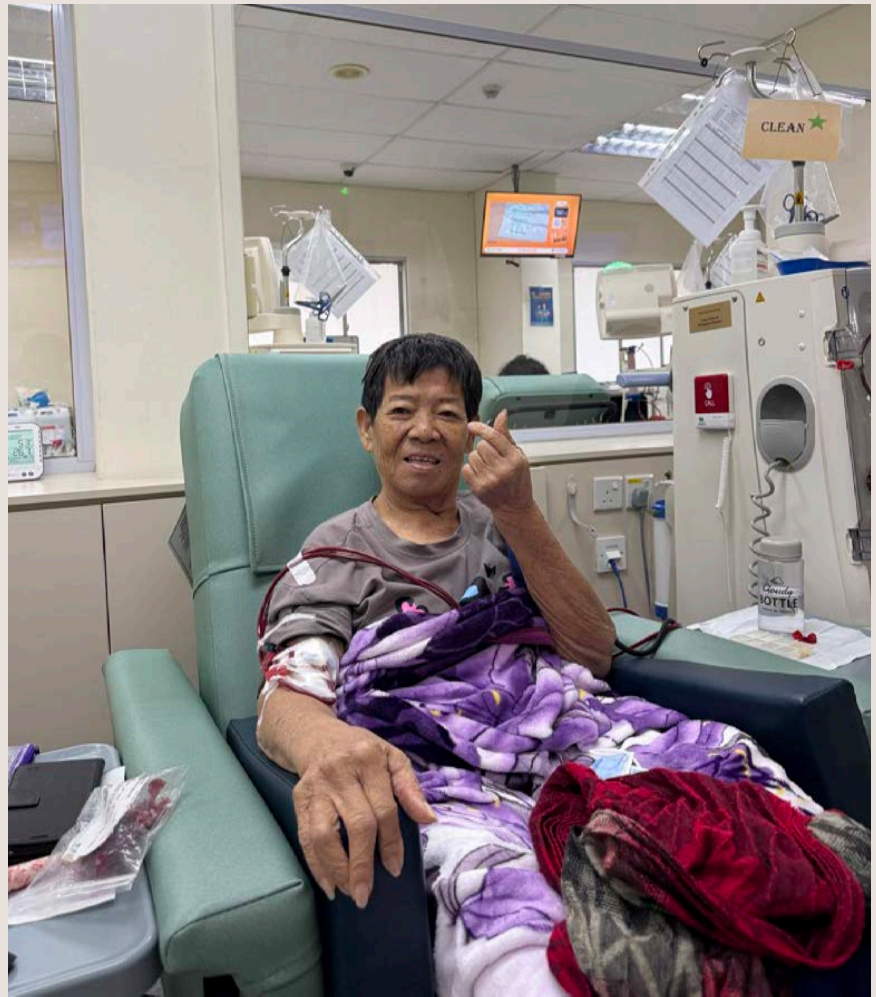
她由衷感谢肾脏透析基金的支持，不论是透析补助、交通援助，还是生活必需品的帮助，都让她安心许多。

给予新确诊的肾病患者，她的忠告真挚而简单：

“保持积极的心态。有喜就有希望，有快乐，就有希望。不要消沉，要有信心面对肾病。”

她希望更多人了解，透析并没有想象中那么可怕。

“它并不消耗过多体力，也不会过于疼痛。最重要的是，及早照顾好自己的身体。不要憋尿，也不要忽视身体发出的警讯。”



展望2025年，陆女士只期盼平安健康的生活。她珍惜孩子们的爱，他们始终告诉她，母亲永远不是负担，照顾她是孩子的本分。这份亲情与她的决心，共同支撑着她前行。

陆女士的故事关乎勇气、勇气、坚持与希望的写照。它提醒我们，即便面对疾病，生活依然可以充满力量、尊严与喜悦。

您的慷慨重燃生命与希望。

您的捐款可帮助我们的贫困患者获得：

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69岁肾衰竭患者的 坚韧人生：有喜乐， 就有希望

现年69岁的陸桂美女士以坚韧沉静的姿态面对生活，即便在与肾病的抗争中亦不曾退缩。如今，她每周三次都会前往肾脏透析基金牛车水洗肾中心接受血液透析。然而，她与肾衰竭的旅程并不平坦。



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