

KDF  
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2020

## THERE IS MUCH TO LIVE FOR

The life of Mr Rahmat was turned upside down a year ago when he was diagnosed with end-stage kidney disease and was told that he had to undergo dialysis. This was a massive blow to him. At only 51 years old, he was already struggling with a number of chronic illnesses. He had also amputated two toes on his left foot due to a serious health condition.

"When I was diagnosed, it felt like the end of my life," he shared. He kept thinking "How am I going to afford the expensive medical fees and my son's school fees? I have a wife and son to feed." As the sole breadwinner of the family then, Mr Rahmat was drawing a modest salary as a night security supervisor. He was also worried that his medical condition would cause him to lose his supervisor duties to someone more able-bodied.

"These worries ran through my mind every night. I felt like a great burden to my family. I even asked my wife to leave me for someone better. I can't give her a good life and simply did not deserve her," he said. It turned out that his worry was undue because his family stood by him unconditionally.

A homemaker for 22 years, Mr Rahmat's wife took on a job as a service crew at a fast-food chain to help with the family expenses. His son decided to defer his polytechnic studies and serve his national service first to ease the family's financial burdens. Mr Rahmat's sister helped out actively by bringing his son out for meals and outings.

In February 2020, Mr Rahmat was referred to KDF by a social worker. He qualified for fully subsidised treatments. This relieved some of his financial burden. There were other things he had to cope with. "Due to my condition, my blood pressure fluctuated frequently after dialysis, causing me to feel dizzy. My son had to fetch me after each session. I had to learn how to control my water intake and was constantly thirsty. It was a difficult time."



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With help and encouragement from KDF's Head of Clinical Services and the nurses, Mr Rahmat steadily gained the courage and willpower to manage the challenges. "I thought I would only have 3 to 4 years to live. But the counselling sessions made me realise that there are many patients that have been on dialysis for more than 10 years and they are still living to their fullest! The nurses at KDF also constantly shared tips, encouraged me to manage my condition better and not to give up," he smiled.

His employer has also been very supportive throughout. Visibly moved, he added, "Everyone reminds me that I have so much to live for. I know that my family will always stand by me through thick and thin."

Today, Mr Rahmat lives everyday positively. He is managing his blood pressure and the requirements of going through dialysis. He rarely experiences dizzy spells after dialysis now. His family remains as his pillar of support - his wife preps his medication for him weekly and manages his dietary requirements; His son assists him with his travelling needs when required.

"My wife and I want to see him complete his national service, and to pursue his studies. As a father, I want to see him achieve important life milestones such as starting a family. This is my motivation." Mr Rahmat said, his eyes glinting with pride and joy.



## Silver Lining of Hope

Dialysis has accompanied Mdm Wong Lai Lai for a large part of her life. She is 53 years old this year and was diagnosed with early-stage kidney disease when she was 21. When she was 24, Mdm Wong got married, and soon after she became pregnant. For most people, this would be a joyous development, but such was not the case for her. "My doctor advised against this pregnancy. The doctor warned that should I decide to progress with it, my kidney condition would likely deteriorate twice as fast and I would require dialysis in less than 10 years," she recollected.

Despite the warning, Mdm Wong went ahead with the pregnancy. She became a homemaker after her son was born. She lapsed on her medical check-ups for some 4 years, then one day she started vomiting constantly. She could not stomach any food. Her weight plummeted to 35kg. She finally went to the hospital, but it was a little too late. "My blood pressure levels were dangerously high. The doctors told me that my kidney disease had reached end-stage. Dialysis was the only option left to keep me alive," she recalled solemnly. The prognosis struck her like a death sentence.

Looking down at her arm scarred from years of needling, she continued, "When I was younger, I remember seeing on television kidney patients hooked up to the machines and I secretly hoped that I would never reach that stage. I never expected myself to be one of them so quickly." Life was not easy for Mdm Wong. Her husband was not earning much and with a young son in tow, there was barely enough left to pay for her medical bills.

Besides financial needs, she also had to deal with social stigma. "Due to dialysis, I have a fistula (enlarged vein) on my arm and people would shun me when they see it. There was once I reached out to shake a friend's hand during a gathering. She hesitated to take it and asked if what I had was contagious. I almost broke down there and then. I told her that I hold my son with the same arm, and it is safe to shake her hand with it." She continued, "I struggled to see the light at the end of the tunnel."

In 2001, Mdm Wong was referred to KDF by a social worker, and has been dialysing with KDF since. At KDF, she started receiving full subsidies for her treatments.

To help meet financial needs, Mdm Wong and her husband decided to open a food stall in a junior college's canteen. This provided them with a more stable income. It enabled them to put their son through school. In early 2020, they encountered a setback. They were badly affected by COVID-19 and circuit breaker measures. Schools were closed, and their canteen food stall business followed soon after. To make things worse, her husband suffered a stroke in June, and Mdm Wong resolutely took on the role as his main caregiver.

But there is always a silver lining of hope within every storm cloud. Mdm Wong is now a proud grandmother as her son recently got married and had a son. She has also managed to find part-time employment as a service crew to help with the expenses.

With a twinkle in her bespectacled eyes, she quipped, "I have never expected that dialysis could help me live on for so long. This is now part of my life routine. By choosing to stay positive, I look forward to spending time with my family every day. Through thick and thin, in sickness and in health, they have given me a renewed purpose and simple happiness in life."

## My Health is My Responsibility

Mr Shaik, 74, has been a patient with KDF since 2007. His strict adherence to his diet and his punctuality for all his dialysis sessions have won him the "Most Compliant Patient Award" in early 2020.

About 14 years ago, just before his retirement, Mr Shaik was diagnosed with end-stage kidney disease. He was advised to start dialysis treatments and the doctors would monitor his health from there. He was also informed that he had to manage his lifestyle - among others, he had to restrict the intake of some of his favorite food, including Nasi Briyani.

Mr Shaik's eyes lit up at the mention of this delicious dish. However, he made up his mind since the early days to adhere to the requirements, including not to give in to food temptations, so as to maintain good health and not to add burden on his two daughters.

Pointing towards his fistula - an enlarged vein - on his left arm, Mr Shaik proudly declared, "My health is my responsibility, and I should take charge of it. By doing so, I am also helping my daughters."

"I want to thank the social workers who helped me back then," he said. Mr Shaik struggled to pay for his treatments then. Social workers came in promptly to help him and referred him to KDF. Mr Shaik qualified to receive fully subsidised treatments at KDF. The air cargo company he worked for also retained him in his job up until his retirement in 2008.

Today, Mr Shaik enjoys the time he spends with his grandchildren and considers that as one of the little things he could help his daughters with. He recently welcomed his youngest grandson, from his younger daughter.

"My days are very simple! Sending my grandchildren to school in the morning, going to the coffee shop in my estate to meet and chat with friends, going back home to spend time with my wife, watch television and rest, until it is time to pick up the grandchildren in the late afternoon," he said chirpily. The big grin on his face had his routines sound more interesting than simple.

On days that he has to go for his dialysis, Mr Shaik's wife would go fetch the grandchildren. With much encouragement from his supportive family, Mr Shaik is empowered and determined to lead a healthy lifestyle and maintain a positive mindset.

"If not for my family, I won't be the person that I am today and to enjoy this fulfilling life."



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Published by:  
Kidney Dialysis Foundation  
Blk 333 Kreta Ayer Road  
#03-33, Singapore 080333  
Email: events@kdf.org.sg  
Tel: 6559 2630

Printing:  
Drummond Printing Pte Ltd  
MCI (P) 019/03/2020



## A Life Changing Decision

Mdm Ng Siew Eng, 69, remembers being furious at the doctor after being diagnosed with end-stage kidney disease. "I was so angry! I cried on the spot. I shouted at him. I asked him why I developed end-stage kidney disease. I was simply in denial."

Prior to 2020, Mdm Ng had pre-existing kidney conditions and had to go for monthly check-ups. Unfortunately, her condition deteriorated suddenly in 2020 and reached end-stage rather quickly. Doctors recommended her to undergo dialysis. However, she refused the treatment. With a pensive look on her face, she said, "Back then, I thought that dialysis would make me feel worse. I was ready to let myself go. I didn't want to be a burden to my children."

Her decision resulted in frequent visits to the hospital. Often, she would be hospitalised, and some stays lasted up to a month. Besides having to grapple with the physical conditions, these visits and hospitalisations took an emotional toll on her.

One day, Mdm Ng was struck by a bout of severe breathlessness and was rushed to the hospital. The doctors had a serious discussion with her family members to prepare them for the worst. Palliative care was also on the cards. Intubated and surrounded by multiple beeping machines, something in Mdm Ng's mind clicked.

"I was desperate. I did not want to go through this pain of frequent hospital visits and hospitalisation anymore. If dialysis is a way to stop these visits, I would accept it," she recalled. Mdm Ng finally agreed to undergo dialysis and she was referred to KDF in August 2020.

With a smile on her face, she said, "The nurses at KDF are so patient with me. As a new patient, I had to learn to control my water and food intake. It was difficult. But the nurses here are gentle and they taught me how to manage my condition. They make listening to them easy."

Dialysis has stabilised Mdm Ng's condition greatly, and she is now more alert and energetic. Over the past months, Mdm Ng has also learnt to open up to her children. "Last time, I was very stubborn and never listened to them. Now, I think I have mellowed down. My daughter is now in-charge of scheduling my medical appointments, and my son drives me to and from my treatments. I have learnt to leave it to them," she shared.

Mdm Ng's two young grandchildren have become her motivation to manage her condition. Every weekend, her daughter will bring them over to Mdm Ng's place. She chortled, "There was once I was having a stroll with them. A neighbour walked past and jested at my grandchildren, '你们没有牵婆婆的手啊?' (Not holding grandma's hand?) Both of them fought to take my hand afterwards!" She continued, "It was at that moment when I was reminded that life is worth living. I am lucky to have the good fortune to spend time with my grandchildren."

She remarked, "It is difficult to maintain a positive outlook all the time, and I have my bad days too. But I have learnt to be more open to my family, and not let my frustrations consume me too much. I am happy that I did not give up earlier."

**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

## Coming Together to Make A Difference



Mr Lye performing a short magic segment for the KDF staff and patients in 2019.

Lions Club of Singapore Nassim's (LCS Nassim) introduction to the Kidney Dialysis Foundation (KDF) was through Mr Lye Yuen Chew, its Project Chairman. In 2015, Mr Lye first learnt of KDF through a flyer he received through the post. He felt strongly for KDF's mission. Following which, he introduced KDF to LCS Nassim.

In 2019, LCS Nassim members visited the San Wang Wu Ti - KDF Centre at Kreta Ayer, handed out goodie bags, and performed for the patients. Mr Lye himself even performed a short magic show, to the delight of everyone present at the dialysis centre.

In 2020, due to COVID-19 safe management measures, LCS Nassim had to suspend their outreach efforts. However, this did not stop the

club from raising funds for KDF. The members donated and also reached out to their personal networks. LCS Nassim raised a total of \$104,600 to donate 4 dialysis machines to KDF.

"We are very happy to support KDF in these challenging times with our gift. Lions Club of Singapore Nassim was chartered in Singapore with the goal of giving back to the local community, and we hope that this ground-up initiative will help uplift the lives of underprivileged end-stage kidney patients at KDF. I would like to thank all LCS Nassim members and friends who have made this fundraising effort a success."

**Ms Marissa Zhang**  
President (2019 - 2021)  
Lions Club of Singapore, Nassim

LCS Nassim Members - Alison Chong, Angeline Woo, Arulraj Ramalingam, Evelyn Chong, Gloria Chia, Helen Sim, Hii King Ching, James Yee, Jeanny Kung, Jeffrey Neo, Jeffrey Chng, Jimmy Lye, Joe Lim, Joey Tay, Johnson Koh, Linda Chan, Lynn Ng, Meyyappan Muthulogu, Neo Tiam Ting PBM, Palanichamy Kandasamy, Patrick Leong, Philip Soh, Roger Ho, Sandra Lee, Soh Wee Boon, Steve Ng, Steven Lim, Suresh Kumar, Dr. William Choo, Wong Sung Kok.



## Gifting It Forward

We would like to thank Ms Yeo Meio Khim and family, as well as Ms Ng Siew Gek for their generous donation of a dialysis machine each. Ms Yeo and Ms Ng were approached by their friend Ms Marissa Zhang (President of Lions Club Singapore Nassim) to contribute to the club's fundraising efforts for KDF. After understanding from Ms Zhang that KDF supports underprivileged end-stage kidney patients, both readily responded to the call.

"My children are at an age where it is crucial to educate them on the importance of giving back to society. I hope this gift will develop their interest to do so as they grow and progress."

**Ms Yeo Meio Khim**  
Financial Advisor  
Great Eastern Life Insurance

"Having been in the insurance industry for more than 3 decades, I have made many claims for my clients. I understand the weight of the term, 'health is wealth'. I hope that my donation of a dialysis machine will help the needy end-stage kidney patients. I want to also encourage people to contribute to charitable causes within their financial abilities."

**Ms Ng Siew Gek Celia**  
Director, Financial Services  
Great Eastern Life Insurance

## KDF Activities



### 3 & 5 November 2020 – Health Talk: The Kidneys

KDF conducted an informative bilingual health talk at The Serangoon Community Club (SRCC). Information regarding kidney health, kidney functions, causes and symptoms of kidney failure, dialysis and some treatment options were shared during the session. The talk was also live streamed on Facebook to reach out to the digital masses.



### 7 November 2020 – Sing for Charity 2020

Sing for Charity 2020, an online singing performance, was organised in collaboration with The Serangoon Community Club (SRCC) to raise funds for KDF. A total of 10 performers came together to sing for a charitable cause. The 2-hour long digital concert was live-streamed on Facebook and garnered 26,400 views. A total of \$94,516.00 was raised through this meaningful event.



### 10 December 2020 – Clinical Drill Exercises

Clinical Drills are conducted once a year in all our dialysis centres to ensure that our clinical staff remains competent during the event of medical emergencies that may arise during dialysis.



### 24 December 2020 – Year End Gifting

KDF staff put together gift packs filled with essentials for our kidney patients and nurses. Each gift pack contained reusable fabric face masks, cream crackers, and medicated oil. These essentials were provided by our generous donors – National Council of Social Service (NCSS), Khong Guan Biscuit and Axe Brand.

## KDF活动



### 2020年11月3日和11月5日 – 保健讲座：守护您的肾脏

KDF在11月3日和5日在实龙岗民众俱乐部举办了保健讲座。主讲者分享了关于肾脏的功能、如何照顾肾脏、导致肾衰竭的原因和肾衰竭的症状。主讲者也分享了关于血液透析治疗和如何预防肾衰竭的小贴士。该讲座也通过脸书直播，与网民分享。



### 2020年11月7日 – 《好歌献爱心2020》

KDF与实龙岗民众俱乐部联合主办了《好歌献爱心2020》，线上演唱会。当晚有10位表演嘉宾，包括知名艺人和民众，为KDF献唱筹款。两小时的线上演唱会吸引了接近26,000人观赏。这个义唱活动也为KDF筹得了近\$94,500。



### 2020年12月10日 – 洗肾中心临床演习

我们每年都会举行一次临床演习，以确保在洗肾中心的医疗人员在发生紧急状况时能迅速应变。



### 2020年12月24日 – 年终送礼活动

KDF的员工为我们的护士和病患准备了关怀礼包。礼包里有可重复使用的口罩、苏打饼和斧标驱风油。物品皆由国家福利理事会，康元饼干和梁介福药业有限公司赞助。

## 小小善举，传递温情



黎先生表演精彩的魔术。

2015年，新加坡那森狮子会计划主席黎润钊先生收到了KDF的宣传小册子。细读后，他认识和了解到KDF一直秉持着的简单愿景与使命，和为弱势肾病患者提供的各种协助。他感触颇深。随后，他把KDF介绍给新加坡那森狮子会的其他成员。

2019年，新加坡那森狮子会的成员到访三皇五帝 - KDF牛车水洗肾中心。他们除了给病患带来小礼包，也为他们呈现了几个娱乐表演。黎先生也表演了精彩的魔术。

在2020年，因为新型冠状病毒疫情，新加坡那森狮子会暂停了外联工作。他们深知疫情会对弱势人士有很大的冲击，决定为KDF筹资。除了会员们自己本身积极捐助，他们通过他们的人脉去募捐。通过大家的努力，他们捐赠了4台血液透析机给KDF。

“我们很高兴能为KDF募款。新加坡那森狮子会创办于2002年，主要目标是回馈社会。我们希望这小小捐赠会帮助到KDF服务的弱势晚期肾病患者。我也要感谢新加坡那森狮子会会员和朋友们，他们的努力促使这项募款活动圆满成功。”

**张清莉 女士**  
主席 (2019 - 2021)  
新加坡那森狮子会

## 我为什么要捐赠



我们衷心感谢杨妙琴女士和她的家人，以及黄秀清女士各捐赠一台新的血液透析机给我们的洗肾中心。通过张清莉女士（新加坡那森狮子会主席）的介绍，杨女士和黄女士当下决定参与捐赠活动。

“我想趁孩子还小时就教导他们回馈社会的重要性。我希望我的捐赠能让他们认识到行善的意义和助人乐趣。”

**杨妙琴 女士**  
金融顾问  
大东方人寿保险

“我从事保险行业已超过30多年，并为许多客户处理保险理赔。我深刻理解到‘健康就是财富’这句话的重要性。我希望我所捐赠的血液透析机能帮助有需要的晚期肾病患者。我也想鼓励大家力所能及，多多行善。”

**黄秀清 女士**  
财政服务主任  
大东方人寿保险

## 一个改变人生的决定

黄秀英女士今年69岁。她记得去年她被医生告知她患上晚期肾衰竭时，她的第一个反应是“错愕”。她说：“我当时很生气。我当场对着医生咆哮，我一直哭喊不停。我拒绝相信我的病情竟然恶化得那么快，怎么会那么快得到严重肾衰竭。”

在2020年之前，黄女士的肾脏已出现了衰竭症状。当时，她每个月都得去医院做体检。但就在2020年初，很不幸的，她的病情快速恶化，发展到晚期肾衰竭。医生建议她去洗肾，但被黄女士拒绝了。她说：“那时的我以为只要一洗肾，我的病情就会变得更糟糕。我不想拖累我的孩子。我当时已经准备就这么死了算了。”

黄女士的这个决定导致她身体经常感到严重不适，并得经常去医院就医，有时还得长期住院。在这期间，黄女士被病情折腾到身心俱疲。有一天，黄女士出现了呼吸急促的症状。她的家人感到事态严重，赶紧将她送去医院。经过诊断，医生告诉黄女士的家人她的病情已再度恶化，并建议他们认真考虑为黄女士准备临终关怀，为最坏情况做好准备。躺在病床上的黄女士恍然大悟。

黄女士说：“我不想继续受到精神和肉体上的折磨。我不要为了这个病情而得经常进出医院和经常住院。我突然想通了 - 如果洗肾能让我不用经常跑医院，我愿意尝试接受治疗。”黄女士终于答应接受洗肾治疗，并在2020年八月开始在KDF洗肾。

她笑着说：“KDF的护士们对我很有耐心。身为较新的洗肾病患，我得学习如何控制饮食和水份摄取。刚开始时，我觉得他们的要求是很难达到的。但护士们经常温馨地教导我该怎么做。因为有她们，我才会有信心去洗肾、我才能逐渐控制病情。”

自从接受洗肾疗程后，黄女士的病情已稳定下来。她现在感到体力已恢复许多、精神也比从前好。她也学会了让儿女们照顾她。“我以前非常固执，从未听他们的话。生了那场大病后，我的性情也变得比较柔和。现在我会让我的女儿负责安排覆诊，儿子负责开车接送我去洗肾。也是时候交给他们全权安排我的生活了。”

黄女士的两个孙子带给她很大的鼓励与支撑。每个周末，她的女儿会带孙子们去探望她。“记得有一次，邻居看到我和孙子们在散步，就问他们说：你们没有牵婆婆的手啊！孙子俩听到后就立刻争着要牵我的手！当时，我突然感到很温馨、很幸福。我很庆幸能和子孙们一起共渡家庭时光。”

“说实在的，要常期保持乐观是件不容易的事，但我学会了该怎么和家人沟通，也学会了不让负面情绪影响我的意志和精神。我很高兴我没有因为病情而放弃。”

### 聚沙成塔 您的捐助能给予弱势肾病患：

-  **\$160** 一次洗肾费用
-  **\$50** 一个月的医药费用
-  **\$10** 一剂流感疫苗
-  **\$1** 一次血糖检测

在肾脏透析基金，我们有很多保持积极乐观的肾脏病患。他们都会把握和珍惜与亲人相处的时间。您的慷慨解囊能帮助我们的肾脏病患。

您可将捐款支票的受益者写上‘KDF’，并在支票背面注明“KDF”以及您的联络资料，放入我们所提供的BRE寄回本基金。您也能选择通过手机扫描以下的PayNow QR 条形码或输入UEN: 199600830ZK33进行无限捐款。



扫描捐款二维码

Mr Rahmat的雇主也一直支持他。Mr Rahmat感动地说：“很多人提醒我说我有很多让我继续奋斗、让我好好活下去的理由、人和事。我也知道我的家人会一直支持我。”

现在，Mr Rahmat每天都积极地生活。他会管理自己的血压以及洗肾的需求。在洗完肾后他也很少感到头晕。他的家人仍然是他的支柱 - 他的妻子每周会为他准备需要服用的药和管理饮食；儿子也会妥善安排他交通所需。

“我想和太太一起看到儿子服完兵役，然后再去继续念书。做为一个父亲，我想看着我的儿子长大，成家立业。这是我的动力。”



## 希望就在转角

对53岁的黄丽女士来说，洗肾早已是她生活的一部分。在她21岁时，医生就诊断出她患有早期肾衰竭，并需要定期接受体检。在她24岁那年，黄女士结了婚，并在不久后怀了孕。这因该是件喜事，但对黄女士而言，事实并非如此。她回顾：“医生鉴于我的身体状况，不赞同我怀这个孩子。他担心这会导致我的肾病加速恶化，可能会在十年之内就需要接受血液透析治疗。”

黄女士选择生下这个孩子。儿子出生后，黄女士选择在家全职照顾孩子和家人。她在往后4年里没去做体检。突然有一天，她开始不停地呕吐，并几乎完全没办法进食。她的体重爆跌到了35公斤。她虽然被送进医院，但为时已晚。黄女士说：“在那时，我的血压升到了一个非常危险的水平。经过诊断，医生告诉我说我的肾病已恶化到了晚期，必须接受洗肾才可以维系生命。我当时感觉就像被判了死刑似的。”

她说：“我记得我年轻时，在电视上看到有关洗肾的节目后我希望自己的病况不会恶化到那阶段，但没想到我那么快就成了晚期肾病患者。”

当时，黄女士面临了许多挑战。她家庭经济状况并不好 - 她的丈夫工作收入不多，扣除了抚养年幼儿子所需的开销和洗肾费用后，剩下的收入只是勉强糊口。

黄女士说当时的社会有一部分人不了解肾病，而这些人会对肾病患者带有偏见和歧视。“为了洗肾，我在我的手做了一小手术 - 架了一条血管通路（静脉扩张）。以前，旁人看到了都会远离我。在一个聚会，有人甚至犹豫和我握手，并问我是否有传染病、问我如果和我握手是否也会被传染。我当时委屈到差一点就哭出来。但我忍住了眼泪对她说这不是传染病，我可以抱我儿子，相信我也可以和你握手。当时的我感到相当沮丧和无助。”

在2001年，通过社工的转介，黄女士来到KDF接受洗肾治疗。她也获得KDF洗肾治疗所需的全额资助。这大大地减轻了他们的经济负担。同时，为了生计，她和丈夫决定在一间初级学院的食堂开个熟食摊位。这让他们有了较稳定的收入并能够继续供儿子上学。

但不久之后，他们又再次面临一个大挫折。2020年因为新型冠状病毒疫情，政府实施阻断措施。因为全国学校关闭，他们在学校里经营的熟食摊位没法营业。他们别无选择，决定关闭摊位。令情况雪上加霜的是她的丈夫在这不久后突然中风。虽然经过救治后没生命危险，但中风造成他有些行动不便。除了要照顾自己的病情，黄女士也当起了丈夫的主要看护。

所谓守得云开见月明，黄女士的儿子最近结了婚，并很快为家里添多一名小成员，让她荣升作祖母。黄女士也很顺利地找到一份兼职工作，为家里补贴家用。

黄女士笑着说：“我从来没想到洗肾能帮助我活那么久。现在已经习惯了。我选择保持乐观的态度，和家人一起共度闲暇时间。无论发生什么事，我们一家人都不分开。我们会在简单的生活中找到乐趣和意义。”

## 我的健康，我的责任



现年74岁的Mr Shaik从2007年起就开始来KDF接受洗肾治疗。由于他非常严格遵循定下的饮食规定，也准时来中心洗肾，他在2020年初获得“模范肾病患者奖”。

约14年前，Mr Shaik在退休之前被诊断出患有晚期肾衰竭。医生建议他开始接受血液透析治疗并定期复诊。医生也告知他必须即刻起改变饮食习惯、开始控制饮食、少吃他喜欢的美食 - 包括黄姜饭。

Mr Shaik喜欢吃东西，并对黄姜饭情有独钟。每次一提起黄姜饭他的眼睛就会发光。但他为了自身的健康，也不想增加两个女儿的负担，他老早就下定决心要抗拒美食的诱惑。

Mr Shaik指着自已左臂上的瘻管-静脉扩张，自豪地说：“我的健康是我的责任，应该由我自己负责。我照顾好自己的身体，也就等于在帮助我的两个女儿。”

“我非常感谢当时给予我们帮助、为我们提供辅助的社工们。”社工推荐他到KDF洗肾，并获得KDF给予洗肾全额辅助。他当时在一家航空货运公司兼职。在获知他的健康情况后，公司继续雇佣他直到他在2008年退休。

如今，最令Mr Shaik开心的是他能帮忙凑孙 - 他的小女儿最近又为家里添加了一个小成员。含饴弄孙的日子让他感到格外欣慰。

Mr Shaik带着满脸笑容地说：“我的日子很简单！早上我带孙子去学校，然后在住家楼下的咖啡店与朋友见面聊天。过后回家陪妻子、休息、看电视。中午一到，我就去接孙子回家。”若需去洗肾，接孙子的任务就落在他太太的身上。看似简单反复的生活对Mr Shaik而言是充满幸福乐趣的。因为有家人的大力支持和鼓励，他下定决心要过健康的生活以及保持积极的心态。“如果没有家人的支持，我想我不会享有这幸福的生活。”



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电邮: events@kdf.org.sg  
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印刷：  
Drummond Printing Pte Ltd  
MCI (P) 019/03/2020



# 肾析简报

十月-十二月  
2020

## 我会活得积极和充实

一年前, Mr Rahmat被诊断出他患有晚期肾衰竭。这消息对他来说是晴天霹雳、雪上加霜。当时, 他虽只有51岁, 但他已经患有许多慢性疾病, 也因病而需截去左脚的两根脚趾。医生告诉他必须尽快接受血液透析治疗。

“当我被诊断出患有晚期肾衰竭时, 感觉似乎已到了穷途末日。”他一直问自己, 他该怎么负担昂贵的医疗费用以及儿子的学费。“我得照顾妻子和儿子, 哪来多余的钱来治病?” Mr Rahmat当时担任夜间安全监督员, 薪水不高, 也是全家的经济支柱。他非常担心他会因为这个病情而被公司解雇或被调派到一个薪水较少的职位。

“每一晚我都辗转难眠, 脑子里尽是各种焦虑。我觉得我成为家里的严重负担。我非常担心我将不能给我太太和儿子一个他们应得的好生活。我甚至一度叫我太太离开我, 去找一个她更可以托付终身的人。”事实证明他的担心和焦虑是多

余的, 因为他的家人一直无条件地陪伴他、支持他。

在这之前, Mr Rahmat的太太已经当了22年的全职家庭主妇。为了解决家里的经济困境, 她去一家快餐店当兼职服务员。他的儿子也为了减轻家里的经济负担, 决定先去服兵役, 延后去理工学院念书。Mr Rahmat的姐姐也经常带他的儿子出去吃饭。

2020年2月, 一名社工将Mr Rahmat介绍到KDF洗肾。在KDF, Mr Rahmat得到洗肾所需的全额辅助, 大大减轻了家里的经济负担。

“刚开始洗肾时, 我的血压在洗完肾后会有些不稳定, 因而常感到头晕。儿子必须来洗肾中心接我回家。我也常感到口渴难耐, 但是我得学习如何控制饮水量。那段时期其实蛮难熬的。”

在KDF的诊症部主管和护士们的帮助和鼓励下, Mr Rahmat以坚强的毅力克服了困难。“我以为我只能活多三到四年。但是经过辅导之后, 我知道很多患有晚期肾衰竭的病人通过洗肾和做适当的生活调整, 仍可以充实地生活。KDF的护士们也不断分享一些生活小提示, 让我能更好地管理自己的病情。”



### 本期内容



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