

# KDF LINK



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## REMINISCENCE

BY JEMIN CHUA

Imagine a time when your spouse, sibling, child, or even yourself, had to be responsible for connecting tubing and inserting needles into your arm for medical treatment. It is quite unthinkable for most of us as we are used to these procedures being done by medical professionals.

But that was the situation at the Self Dependency Dialysis Unit (SDDU) at Alexandra Hospital before KDF took over its management in 1996. Mdm Tan (not her real name) is one of KDF's first patients and one of the remaining few who had that unique experience.

### KDF-Alexandra Dialysis Centre

"In the past at Alexandra Hospital (AH), almost everything had to be done by ourselves. Caregivers were taught how to insert the needles and prepare the dialyser and bloodlines (tubing) for dialysis. My husband learnt how to do these procedures and he needled me every time. There were nurses of course, but very few, so we did things ourselves," Mdm Tan shared in Hokkien.

It was hardly easy for her husband, Mr Tan (not his real name), who not only had to accept his wife's condition, but also had to shoulder the responsibility of inserting needles into her arm to prepare her for dialysis. "Of course it was scary



(having to do needling), it's flesh and blood, but there was no other way," Mr Tan remarked.

He was however, proud of having mastered this 'skill'. "The nurses were very fierce in the day; they'd scold you if you fumbled or did not perform a procedure well. For example, when dialysis was over caregivers had to remove the needles, and if we did not apply pressure to the site correctly, you'd immediately hear a voice screaming: 'who taught you to do that!' That was the kind of training that we went through back then, we were scolded until we did things right," he shared proudly.

It was not until several months later that KDF changed the structure of care at the KDF-AH dialysis centre, relieving these responsibilities from the caregiver. Till today, registered nurses perform these procedures at all KDF dialysis centres.



**Then versus Now**

While the KDF-AH dialysis centre may have ceased operations in 2005, long-time patients like Mdm Tan hold fond – but gradually fading – memories of the place.

“At the AH centre there wasn’t a reception and waiting area, once you entered you see the dialysis stations immediately. The seating layout was also different and the people too. It was mostly local nurses in the past so they could communicate with me in dialect, but now, sometimes I need my neighbour to help translate what the nurses are saying,” Mdm Tan said as she gave her neighbour a small nod of gratitude.

“But the quality of care and financial help we received from KDF has been good and hasn’t changed since then. For that I am thankful, otherwise we would not have been able to afford treatment,” she added.

Having been a KDF patient for 20 years now, Mdm Tan currently has her dialysis at our San Wang Wu Ti dialysis centre in Chinatown. You’d imagine

that for a veteran patient like her, dialysis would have become normality, but time had also taken its toll.

While she was once determined to live well with her condition by accepting dialysis, as the months and years went by, feelings of futility seeped in and grew exponentially, as nothing had really changed for the better.

“It’s quite meaningless really, we’re just waiting for time. We dialyse until the day we die,” Mdm Tan said sullenly. While upsetting to hear, there is some truth to what she said. Unlike most medical treatment where you seek to get cured after a few sessions, dialysis is for life, as once our kidneys fail it is irreversible.

**In sickness and in health**

Life is unpredictable to say the least.

In 2010, Mr Tan was forced to start dialysis after he was admitted to the hospital due to extreme body aches. He had known that his kidneys were failing for some time, but was adamant about starting dialysis.

“I never wanted to start. It’s not like I could be cured in one or two sessions, it was something I had to depend on for the rest of my life. Where was I to find the money?” he said exasperatingly. “Seeing my wife go through all that and now even myself, it was just so complicated.”

“Now, I try not to think about it since there is nothing I can do. It’s a new day regardless of whether I’m happy or worried. I still have some CPF that can cover my dialysis fees for now, and we’ll just have to see how it goes from there,” Mr Tan said matter-of-factly.

**Kidney Dialysis Foundation**

Both Mdm Tan and Mr Tan currently receives subsidised dialysis treatment at KDF and pay \$20 per session. They are both well into their silver years and have been blessed with extremely supportive children, who were just short of entering teen hood when Mdm Tan first started her dialysis at KDF. Their children are now working adults who help to share the financial burden of Mdm Tan and Mr Tan.

As KDF celebrates our 20<sup>th</sup> Anniversary this year, we look back at our humble beginnings and at the lives we touched along the way. Mdm Tan is one of several patients who have been with us since the very beginning, and we take comfort in knowing that we have served her and the community well for the past two decades.

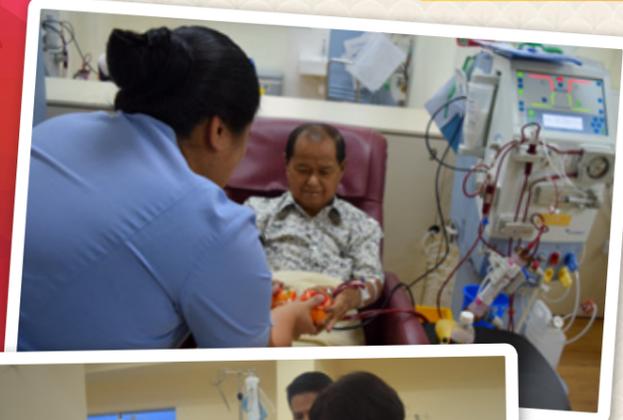
Aid us in our life-saving mission. Support our patients by making a small contribution via the enclosed business reply envelope. It has been 20 good years, and with your support it will be many more to come.

**Disclaimer:** Names used in the story are not their real names as the patient requested for anonymity. Photos featured do not contain the patient either.



# A JOYOUS START TO THE YEAR OF THE MONKEY

BY JEMIN CHUA



Patients at the KDF dialysis centres were off to a joyous start this Lunar New Year as we partnered with our service providers, donors and a catholic welfare society to bring the festive celebrations to them. Observing Lunar New Year traditions, patients were presented with mandarin oranges for good luck and *hongbaos* – much to the delight of our patients.

Several days before the Lunar New Year, patients at our Ghim

Moh dialysis centre were paid a visit by representatives from the Society of St. Vincent De Paul (Conference of Church of St. Ignatius), who personally handed a *hongbao* to each of our 80 patients during their dialysis, across the six different sessions.

Renal Team – our service provider for Ghim Moh – further surprised our patients, as they too, prepared *hongbaos* for them, while KDF presented bags of mandarin oranges.

Not forgetting the patients at the San Wang Wu Ti and Bishan dialysis centres, representatives from the KDF corporate office handed out 180 *hongbaos* generously donated by Mr Anthony Sia, to patients at both centres. Mandarin oranges were also distributed to our patients by Fresenius Medical Care and DaVita, the service providers for San Wang Wu Ti and Bishan dialysis centre respectively.

KDF would like to take the opportunity to thank the donors mentioned above for their generosity and kindness, and we hope that more altruistic individuals and groups will step forward to contribute in similar ways in future, especially during festive periods.





# RIDE OF HOPE

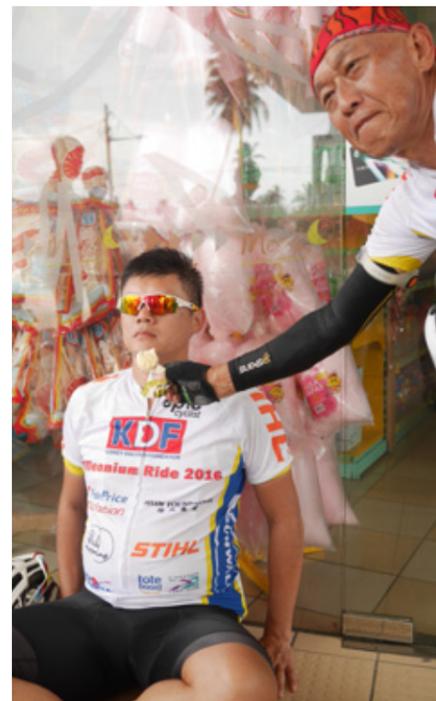
BY JEMIN CHUA  
PHOTOGRAPHY BY KDF, EPIC CYCLIST

Riding into its third year, the KDF Millennium Ride 2016 concluded its arduous 1,000KM journey on 18 January 2016. The ride saw 60 cyclists from diverse backgrounds participating in this annual long distance ride for charity, with the common goal of completing the ride safely and doing their part for the ill-stricken and less fortunate in Singapore.

Held from 15 - 18 January 2016, some 60 cyclists spent close to 10 hours on the road daily, covering a total distance of 1,000KM in just four days.

Besides the good company of like-minded individuals who were passionate about the sport and the cause, the searing heat and rolling hills were trusted – though some might say pesky – travel companions.

The ride flagged off from the picturesque Belum Rainforest Resort near Gerik, on the Northern Peninsular of Malaysia, and stopped over at Kuala Besut, Cherating and Mersing before heading back home.



Besides stretching their personal limits, cyclists had also helped to raise funds for KDF patients by rallying their friends and families to support their participation by making a donation to KDF. Every pedal had been a commitment to their supporters and a promise of hope for our patients.

This year, we were joined by not only local cyclists but also foreign cyclists from Bangladesh and Malaysia.

It seemed though, that they weren't the only ones who wanted to be part of the action. Along the way, cyclists encountered cattle, goats, horses, wild boars, and even wild elephants. Wait, elephants? It was a rare sight indeed, but possible due to the hectares of relatively untouched forest in Belum.

Animal encounters aside, 1,000KM over four days is no simple feat. It is an endurance challenge of both the body and mind, and one where good camaraderie is vital to the successful completion of the ride.

With their combined efforts and the robust support from corporate organisations and individuals, to date, a grand total of \$370,500 has been raised through this event.

KDF would like to thank everyone who has contributed to the success of this event. To donors who believed in our cause, support volunteers who were dedicated in their service, Clifford and the Epic Cyclist organising team who provided direction and ensured safety, and last but not least, the 60 cyclists who deserve every ounce of respect for going the distance to raise funds for needy kidney patients. Thank you and we hope to see you again next year!

All proceeds from the event would be channelled into the KDF general fund which subsidises the treatment and medication fees for our patients and supports the operating expenses of KDF, which includes public education as well as research.

# KDF TURNS 20

BY JEMIN CHUA

The evening of 18 January 2016 was a night to remember, as we not only welcomed home 60 cyclists who took part in the KDF Millennium Ride 2016, we also took the occasion to celebrate the Kidney Dialysis Foundation's 20 years of service to the community.

Gracing the event as the guest-of-honour for the evening was Minister of Health, Mr Gan Kim Yong, who was joined by former DPM and MP of Bishan-Toa Payoh GRC, Mr Wong Kan Seng, KDF directors, donors, cyclists, and many old friends of KDF.

It was a privilege and an honour to have both old and new friends join us in this momentous celebration and to witness KDF's development over two decades.

When KDF was founded 20 years ago in 1996, we were nested within the Alexandra hospital compound with only 28 patients. All it took was a small group of like-minded, passionate people, who had a clear vision of dialysis care in Singapore to grow the Foundation to how it is today.

"Twenty years on, with the support of the Ministry of Health, the general public, and all of you here tonight, I am proud to say that we have achieved our vision and mission. The mission is to ensure that no needy kidney patient in Singapore should perish because of a lack of funds for dialysis. For this, there is indeed reason for celebration," said Dr Gordon Ku, chairman of KDF, in his welcome address to dinner guests.



Special recognition to two of our longest serving volunteers was also conferred during the dinner. Mr Ong Lian Kwang, current chairman of the Chinese Community Committee received the 10-Year Volunteer Long Service Award for his contribution and efforts in strengthening KDF's ties with the local Chinese community.

From the same committee, Mr Lawrence Lim Seng Lye received the 15-Year Volunteer Long Service Award from KDF. Mr Lim was the founding member of the committee and was instrumental in building KDF's presence within the Chinese community; he currently serves the committee as advisor.

KDF would like to thank both Mr Ong and Mr Lim for their dedication and efforts. We would also like to take the chance to thank all past and current supporters and donors who have helped to further our reach in helping needy kidney patients in Singapore. We keenly look forward to another 20 good years to come.



On 5 December 2015, more than 140 volunteers stationed themselves at various locations in Singapore with one common aim, and that is to raise funds for needy patients at KDF.

Although our Flag Day coincided with the school holidays, it did not stop student volunteers from taking their precious time off to appeal for donations on the streets. The students were visibly excited and eager to do their part for KDF patients despite the fact that the weather changed from a scorching hot morning to a thunderstorm in the late afternoon.

For some student volunteers, it was their first time participating in a Flag Day collection. Joey Chan, who was looking for events to volunteer since she had free time during the school holidays said: "I saw the event poster, and I thought the event was quite interesting because I had never been a street collector before, so I decided to try it out. It's an interesting experience although it was pretty tiring but I wouldn't mind doing it again!"

Others like Amelia Chew, said: "the experience as a street collector was quite enriching as I got to interact with people from all walks

# KDF FLAG DAY 2015

BY DANIEL YAO

of life. Although it was only a few hours, I met several people from the public who gave words of encouragement and showed recognition for my volunteering efforts. There were also people



who approached me to donate and parents asking their children to donate on their behalf. Their actions supported my role as a street collector."

Shriya Lakshman who had volunteered for the KDF Flag Day because she had a close family member who recently experienced kidney failure agreed that the experience was enriching. "Knowing that there are many people out there who are willing to help others that they don't even know is very heartwarming to say the least."

Besides student volunteers, we also had volunteers from the corporate sector including staff from Standard Chartered Bank, Roche Pharma Singapore and Fresenius Medical Care. Together with their colleagues, they combed the streets and approached strangers for donations, doing their part in their organisation's social corporate responsibility efforts. Some of the adult volunteers



even brought along their family to be part of this meaningful event.

Volunteers from Standard Chartered Bank and Gan Eng Seng School raised \$869.30 and \$684.46 respectively, the highest amount collected in their category. ITE College West on the

other hand, came in tops for garnering the most number of student volunteers.

KDF would like to take this opportunity to thank our donors and volunteers involved for their generosity and support towards Flag Day 2015.

If you are touched by what the volunteers did during Flag Day 2015 and want to be part of this fundraising event to help the needy, please contact Mr. Daniel Yao at **6559 2650** or email to [daniel.yao@kdf.org.sg](mailto:daniel.yao@kdf.org.sg) for more details on Flag Day 2016, happening on 23<sup>rd</sup> July 2016 (Saturday)!

## URINARY TRACT INFECTION (Part 2)

In the last issue of KDF Link we shared basic information on UTI. In this issue we will delve deeper into the condition and learn how it can be prevented.

### 5. Do people with normal urinary tract get UTI?

Certainly! Women with normal urine tract are up to 30 - 40 times more prone to getting UTI than men. This is due to the short length of the urethra in women, which allow bacteria easy access from the outside to enter the bladder. The urethral opening is also very close to the anus and vaginal areas where bacteria are present. Sexual activity in women also increases the risk of getting a UTI.

### 6. How will I know that I have an episode of UTI?

You may experience one or more of the following symptoms:

- frequency, urgent need to urinate
- burning sensation around the private parts when urinating
- lower abdominal pain
- milky or cloudy urine
- unpleasant-smelling urine
- blood or pus in the urine
- low back pain and fever

Not all of these problems may be present at the same time.

### 7. Can UTI be prevented?

Episodes of UTI can be prevented by practicing good personal hygiene. This is especially important in women where the short urethra allows bacteria to travel into the bladder easily from the skin outside of the body.

- 1) Drink plenty of water everyday (2 - 2.5L/day). The urine produced can flush the urethra of the bacteria.
- 2) Take showers instead of soaking in the bathtub.
- 3) Urinate when you feel the need, avoid overstretching the bladder.

#### For females:

- 1) After micturation or a bowel motion where washing is not possible, wipe from front (the "clean area") to the back (the "less clean area") after urination to prevent bacteria around the anus from entering the vagina or urethra.
- 2) Make sure both partners wash the perineal area before and after sex to reduce the numbers of bacteria present on the skin around the area.

In the last installment of this article, we will discuss the diagnosis and treatment options for UTI and how it is related to kidney failure. Look forward to the next issue of KDF Link!



# 2015年KDF售旗日回顾

译鲁旭 (Shelley Lu)

2015年12月5日, 140多名义工为了同一个目标走上街头——为KDF的贫困病患筹款。

虽然我们的售旗日刚好碰上学校假期, 但这并没有阻止来自颜永成学校、云海中学、莱佛士书院, 以及ITE西部校区的学生们, 利用他们宝贵的假期时间义务上街筹款。尽管售旗日当天早晨骄阳似火, 下午却暴雨倾盆, 也难掩同学们眼中为KDF病患们多尽一份力的决心和兴奋之情。

除了学生义工, 我们也有众多来自渣打银行、罗氏制药和费森尤斯医疗等企业团体的志愿者们。平时工作中一起拼搏的同事, 现在一起为所效力的公司尽一份社会企业责任, 一同走街串巷向陌生人倡议捐款, 有些义工还带上他们的家人一同参加这么有意义的售旗活动。

渣打银行的义工和颜永成学校的同学们分别筹得\$869.30元和\$684.46元, 成为企业组和学校组中筹得善款最多的机构。而ITE西部校区则为本次售旗日召集最多学生志愿者。

我们借此机会感谢所有支持本次活动的义工, 以及为活动慷慨捐款的善心人士们。

如果您被我们义工的善行感动, 也希望加入我们的筹款活动贡献一己之力, 请联系Daniel 姚先生, 电话6559 2650, 电邮: daniel.yao@kdf.org.sg。



# KDF欢庆20周年

译蔡永馨 (Jemin Chua)

2016年1月18日, KDF于新加坡岛屿乡村俱乐部举办了一场意义非凡的晚宴。当晚除了迎接60名爱心骑士凯旋归来之外, 我们也筹办了KDF成立20周年的庆典和答谢晚宴。

此次晚宴我们荣幸邀请到大会主宾, 卫生部长颜金勇, 还有前副总理兼前碧山大芭窑集选区国会议员黄根成、KDF董事会成员、长久以来支持KDF的善心人士, 和凯旋归国的爱心骑士。那一夜, 新旧朋友把酒言欢, 一起回顾和见证了KDF这20年来的发展和茁壮。

在1996年KDF刚成立的时候, 我们位于亚历山大医院的洗肾中心仅服务28名患者。能发展成今日的规模, 要归功于开山元老对本地透析服务的理想, 和他们极力推动和实现愿景的努力。



“转眼间就20年了。当初我们立志确保贫困肾脏病患者不会因无法支付透析费用而丧失性命。在卫生部、国人, 和在场的各位的支持下, 我可以很自豪的说, 我们成功达成了当初所设的目标和愿景, 为此今晚的确值得庆祝!” KDF主席古国泰医生在致欢迎辞时说道。

当晚我们也特别颁发了长期服务奖状给两位KDF华社筹款委员会的资深义工, 感谢他们长久以来对KDF的贡献和付出。

现任华社筹款委员会主席翁两光先生, 一直致力于维系和强化KDF与本地各华族社群、商圈、宗教团体的友好关系, 当晚荣获10年长期服务奖。

同一委员会的现任顾问, 林胜来先生则获颁15年长期服务奖。林先生是当年成立华社筹款委员会的元老级成员, 15年间一直不懈地在华族社群内推广KDF的慈善事业和建立友好关系。

在此我们想向翁两光先生和林胜来先生表达衷心感谢之意。此外, 我们也想感谢所有曾经帮助过KDF的善长仁翁和支持者, 并热切期许大家会继续与我们一同迈向另一个20年。



# 爱心之旅

译蔡永馨 (Jemin Chua)  
摄影KDF, Epic Cyclist

迈入第三个年头的《KDF慈善脚车马拉松》于今年1月18日傍晚在新加坡岛屿乡村俱乐部圆满落幕。参与这项1000公里慈善马拉松的60名爱心骑士虽来自社会各阶层和领域，但他们却同样秉着一众病患及不幸的一群尽一份绵力的精神，竭尽全力并安全的完成这项爱心之旅。

这60名爱心骑士在酷热的天气下每天骑行约十个小时，还需‘征服’不时出现的山坡。可幸一路上有志同道合的伙伴相扶相持，队伍才得以成功在四天内（1月15日至18日）完成了1000公里的远征。

KDF的爱心车队从风景如画的Belum度假村启程，由马来西亚北部南下，途经Kuala Besut, Cherating及Mersing再回到新加坡。大伙儿在途中不仅见到了牛、羊、马、山猪等动物，甚至还巧遇了野生大象，甚是幸运。相信也惟有在生态环境保护得近乎完美的Belum才得以有此奇遇。

而今年除了来自本地的爱心骑士之外，来自孟加拉和马来西亚的骑士也一同参与了这项既有挑战性又别具意义的慈善活动。

实际上，要在四天内完成1000公里的路程是一项不容小觑的任务。除了个人耐力的考验之外，骑士的精神状态和意志力也是成功与否的关键。另外，队友间的互相扶



持、相互打气的团队精神也是这一趟爱心之旅最不可或缺的成功要素。

值得一提的是，参与这项慈善活动的每一位爱心骑士其实也参与了筹款活动，亲自为KDF募集善款。他们通过社交媒体向自己的亲友们介绍这项慈善活动，并且鼓励亲友们以捐款的方式为自己和肾脏病人打气。

通过爱心骑士的努力和各商家、团体、善翁的慷慨解囊，2016年《KDF慈善脚车马拉松》成功为贫困的肾脏病患者筹得了\$370,500善款。

借此机会，KDF要感谢各方的鼎力相助，包括各位善长仁翁、热忱投入的义工、尽心尽力完成这趟爱心之旅的60名爱心骑士，和协办方Clifford及Epic Cyclist。希望明年再聚！

本次活动所得善款，在扣除活动开销之后，将全数导入KDF普通基金。此基金用于支付病人透析津贴、行政开销、公共教育宣导等用途。



# 欢庆新春

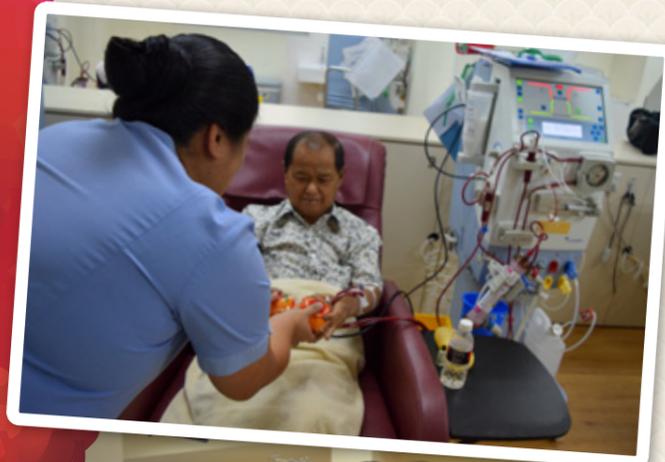
文鲁旭 (Shelley Lu)

庆祝新春猴年的到来，KDF连同几位爱心人士和医疗服务提供方在农历新年期间通过送红包和桔子这一传统习俗，把吉祥和祝福带到KDF各洗肾中心、带给我们的病患。

在新年前夕，善心人士Peter携Society of St. Vincent De Paul (Conference of Church of St. Ignatius) 的教友们一同筹款，为我锦茂洗肾中心近80位病友每人送上新年礼券红包一份。

病患们分两天六个班次轮流洗肾（一天有早中晚三班），Peter和教友们特别分成六组人马亲自在病友们洗肾时将红包送到他们的手中。

在收到教会朋友的新春红包不久，锦茂中心的病患们又获得另一份惊喜—该中心的医疗服务提供方The Renal Team也为病患们准备了红包礼券，加之KDF为每人送上象征大吉大利的桔子礼包。



在三皇五帝中心和碧山中心，另一位善心人士Anthony Sia先生在新年前就为两个中心的180名病患悄悄购买了购物礼券装在红包里。新年伊始由KDF职员代为将这些爱心红包送给病患，以表达他的一片心意。而我们的医疗服务方FMC和DaVita也和往年一样给病患们送上吉祥的桔子。

非常谢谢各位善翁的爱心奉献。期待往后的每一个春节，我们都能为病友们带去欢乐和祝福。

## 患难与共

人生无常，但对陈氏夫妇而言，这无常来得过于沉重。

2010年，陈先生也开始洗肾了。陈先生早就被医生告知其肾功能在逐渐衰竭，要做肾脏透析准备，但他十分抗拒，直至因身体极度酸痛，被紧急送院救治，才不得不开始定期洗肾。

“我根本就不想开始（洗肾），这不是一次两次就能治好的病，是要依赖它一辈子的，我要到哪里去找钱（支付）？”陈先生懊恼地说道。“看着我的妻子辛苦洗肾20年，现在连我也这样，心情真的很复杂。”

“转念想想，开心过是一天，烦恼过也是一天，我没有办法改变现状，只能改变心态。幸好我还有一点公积金可以暂时支付洗肾费用，以后的事就以后再考虑吧。”陈先生坦然说道。

陈女士成为KDF的病人已有20年，目前在KDF位于牛车水的透析中心洗肾。作为资深的肾病患者，定期洗肾已成为她日常生活的一部分，但长期的病痛折磨也令她灰心丧气。

曾乐观看待病情，积极接受透析治疗的她，在长年累月反复治疗，身体状况却不见好转的情况下，心中滋生的无力感和绝望感日益倍增。

她坦言：“（洗肾）其实很没意义，我们只是在‘等时间到’而已。洗肾是一辈子的事，要一直洗到离开人世为止。”

陈女士的这番话直白却有几分道理，肾脏透析不同于其它医疗手段，病人不会因为接受几个疗程的透析治疗就痊愈。末期肾衰竭是无法挽回的，就如同陈女士所言：洗肾是一辈子的。

声明：为尊重病患隐私及个人意愿，文中所用的姓名皆虚构，照片中的病人也非受访病患，恳请谅解。

## 肾脏透析基金

陈先生和陈女士目前在KDF透析中心接受有补贴的透析治疗，每次仅需支付20元。陈女士初到KDF做透析时孩子都还小，现在，他们的子女已然就业，能够承担起照顾年迈父母的责任并分担他们的医药费用。

在KDF 20周年庆典之际，我们回首过去，像陈女士这样见证KDF大家庭从无到有，相伴一路走来的肾友，倾听他们的故事，如同KDF所行所为的缩影。过去的20年，KDF为低收入病患提供高质量有补贴的透析治疗，使他们的生命得以延续，成功地帮助了无数像陈女士这样的病患和他们的家庭，这让我们感到万分欣慰。

我们恳请您继续协助我们为贫困病人服务，提供受津贴的洗肾治疗。欲捐款贡献一份薄力可用随附的回邮信封。您的支持必定能让我们和病患拥有另一个20年。

## 泌尿系统感染 (2)

保健

续上一期《肾析简报》我们了解了什么是泌尿系统感染及其类别之后，这一期我们继续更深入的了解患上泌尿系统感染的危险群及如何预防。

### 4. 谁会患上泌尿系统感染？

任何人都可能患上泌尿系统感染，这并没有性别或年龄之分。然而，下列人士受感染的机会较高：

- 先天泌尿系统发育异常
- 因病需使用导尿管排尿
- 病危或昏迷

- 尿液带难闻的气味
- 血尿
- 腰部疼痛
- 发烧

上述症状未必会同时出现。

### 5. 泌尿系统发育正常的人士有可能会患上泌尿系统感染吗？

当然会！其中女性比较容易受感染，机率高出男性三十到四十倍。这是因为女性的尿道比较短。在肛门及阴道的细菌因非常接近尿道的出口，而能轻易侵入膀胱。

此外，有性生活也会提高女性受感染的可能性。

### 6. 我如何知道自己是否患上泌尿系统感染？

您可能会有下述任何一种或几种症状：

- 尿频
- 排尿时有灼热的感觉
- 小腹疼痛
- 尿色乳白或混浊

### 7. 如何预防泌尿系统感染？

养成良好的个人卫生习惯。这对女性而言尤其重要。因为女性的尿道较短，细菌容易从体外进入体内。

- 1) 每日喝2-2.5公升的水。尿液能冲淡尿道里的细菌。
- 2) 洗澡使用淋浴方式。
- 3) 避免憋尿。

#### 女性：

- 1) 如果大小便后不能即时清洗，使用厕纸时需从尿道口前抹到肛门后，以防止细菌从肛门的周围进入阴道或尿道。
- 2) 男女双方性交前后应清洗阴部，减少出现在其皮肤表层上的细菌数量。

下期《肾析简报》将是泌尿系统感染的最终连载，我们将探讨如何确实诊断此感染和其治疗方案，以及泌尿系统感染与肾衰竭的关联性。

# 肾析简报



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爱心之旅



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欢庆KDF  
20周年



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2015年  
售旗日



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## 忆当年

译蔡永馨 (Jemin Chua)

想象这样的一幕：需要接受医疗的你，由你的配偶，你的兄弟姐妹，你的子女亦或是你自己，负责连接导管并将针头插入手臂。相信我们中的大多数难以接受这样的场景，因为我们早已习惯这些操作只能由专业的医护人员来完成。

但在当年，亚历山大医院的自助式透析室 (Self-Dependency Dialysis Unit) 就上演着这样的场景，直到1996年KDF接手管理后情形才有所改变。陈女士 (化名) 作为KDF最早期的患者之一，是目前仅存的几位上述场景的亲历者。

### KDF - 亚历山大洗肾中心

“以前在亚历山大透析中心，几乎所有的东西都要由自己来做。病人家属要学会扎针、准备透析用品和连接各类导管。我先生学会了整套操作，以前都是他帮我完成这些。那时虽然也有护士在场，但人手不足，就只能自己来。”陈女士用福建话说道。

对担此重任的陈先生 (化名) 而言，这绝非易事。他不仅要接受妻子罹患肾病需要洗肾的残酷现实，还要亲手为妻子穿刺接管，准备透析用品。“扎针时当然会害怕，那可是我妻子的血肉之躯，但除了面对别无他法”陈先生坦言道。

当然，能够掌握这项‘技能’，陈先生还是感到非常自豪的。“以前的护士可凶了，如果你手忙脚乱或者操作不当，定会引来一顿训斥。比如洗肾结束，拔除针头后要对着穿刺处适当施压止血，如果我没有正确施压，立刻会听到护士的喝责：‘谁教你那么做的！’我们接受的就是这种严苛的‘训练’，根本就被骂到会为止。”陈先生回忆道。



所幸陈女士开始自助透析几个月后，KDF便在护理方面进行了改革转型，将执行这些医疗操作的责任人转回到护士身上。直至今时今日，KDF旗下所有透析中心，都是由注册护士完成相关医疗操作，自助透析的模式在KDF已不复存在。

### 忆当年

由KDF经营的亚历山大透析中心虽然于2005年已经结束运营，但那里仍然是陈女士这样资深KDF肾友唤起回忆的所在。

“从前没有接待处或等候区作为隔离，所以一踏入亚历山大透析中心，透析器和病人便一目了然。座位布局以及护理人员也和现在不一样，以前大多数护士是本地人，可以用方言和我交流，但现在不同，有时还得麻烦相邻病友帮忙翻译护士在说什么。”陈女士边说边向‘邻居’点头致意。

“值得庆幸的是，这么多年KDF给予我的经济援助和医疗照顾从未改变过，为此我衷心感恩。没有KDF的援助，我和我的家庭无法负担这样庞大的医药支出。”她诚挚的说道。