

KIDNEY



KEEPING ACTIVE

CONTRIBUTED BY **MR OW YONG KONG YEN**
(KDF PATIENT)

EDITED BY **DANIEL YAO**



I took a deep breath and air filled my lungs, giving strength to my arms and legs. As I slowly exhaled, every stroke and kick propelled me forward in the chlorinated water that engulfed my body.

Being in the water is second nature to me. It feels as if time stands still while my body moves freely, drawn towards the tiles at the end of the lap. Every so often I emerge for air, before plunging back into the serene and comforting waters.

I am 80 years old this year and battling with end-stage kidney failure, but I swim once a week, as I believe that one must continue to lead an active lifestyle even when you are sick. To me, doing sports increases fitness and improves my quality of life, so besides swimming, I also brisk walk on non-dialysis days.

I keep an active regime partially because I don't like to be cooped up at home doing nothing, but I also fear that my condition will worsen if I stop exercising. That is why I make an effort to meet my friends for weekly swims at the swimming complex near my flat. Even when I am not exercising, I will still leave the house to walk around shopping malls or catch up with my 'kopi-kakis' at the coffeeshop to remain mentally active.

HARD TIMES

I grew up on Club Street and life was simple for our family of five. However, my childhood was a traumatic one; it is one that I'd avoid revisiting if I could, as it pains me to this very day.

My family and I lived through World War II and the terror stayed with me all these years. I was merely three or four years old then, but I recall a group of Japanese soldiers barging into my house to capture my father, who was a Chinese physician. He was taken away together with all his Chinese medical books and my mother could not do anything except to cry unceasingly, huddled together with my eldest brother and sister.

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Although I didn't quite understand what was happening, it was horrifying to witness my father taken away by a group of strangers with rifles, sprouting an alien language and then to never see him again after that fateful day. Life without my father was tough, but we survived by collecting wood to sell.

Our life improved after the Japanese occupation and I had the chance to enrol into Yeung Ching School (now known as Yang Zheng Primary School). Upon graduation, the principal recommended me for an apprenticeship at the Sembawang Naval Base. There, I worked as an apprentice for five years, then as a ship mechanic for the rest of my career there.

The job was physically demanding, as it required us to climb up and down within the aircraft carrier. It got even tougher after the British forces left and the shipyard was transitioning into a commercial one. There was an increase in ships from all over the world that required to be repaired fast, and this resulted in us working from 7am to 9pm daily.

Around this time, my kidneys showed initial signs of damage but it could be controlled with medication to slow its progression. However, I had no choice but to put in more hours at work in order to afford the costly medication.



RETIREMENT

In 1992, I decided to retire as I was no longer able to manage the labour-intensive tasks due to my age and health. However, I promised myself that even in retirement, I would keep fit and maintain a healthy lifestyle, so I picked up pickleball, a popular sport back then.

As I became more seasoned at the sport, I was approached by a community centre staff to lead a pickleball class for residents and the elderly. That period was one of the highlights of my life as we not only had the opportunity to take part in competitions, we picked up many trophies along the way. Sadly, I no longer play pickleball as my reaction time has declined and my legs have weakened significantly.

Eventually, in 2013, my kidneys worsened and I was diagnosed with end-stage kidney failure and needed to start dialysis. Despite having to undergo dialysis three times a week, I did not stop exercising. In fact, I worked it into my schedule by walking to and fro the dialysis centre from my home.

You may wonder why I continue to exercise so regularly at my age and when I am stricken with kidney disease. People have also asked me where I get my energy from, and my answer would always be that I persevere because I truly believe exercise helps to maintain my physical and mental health. Although it can be challenging due to my condition, since I tend to be very tired after dialysis, I still make time and always give it my best. If an old uncle like me can do it, you definitely can too!

Mr Ow Yong receives full subsidy at KDF and does not need to pay any out-of-pocket fees for his dialysis treatment, which could easily cost over \$2,000 monthly. Mr Ow Yong is an inspiration to us at KDF as he manages to maintain such an active lifestyle despite his age and medical condition.

At KDF, we encourage our patients to remain positive and active by introducing social outings and activities on top of our core programme of dialysis provision. But for us to sustain these programmes, we will need your support. You may send in your donation via the enclosed Business Reply Envelope. If you need more information, please visit www.kdf.org.sg or call 6559 2630.

21 new HDF dialysis machines



NEW BEGINNINGS AT BISHAN

By JEMIN CHUA

On 2 April 2018, patients at our Bishan dialysis centre were greeted by a fresh sight as they came for their dialysis. KDF nurses were donned in their new set of athletic-inspired scrubs in varying shades of blue.

This new look aims to create a cohesive identity for KDF nurses and also takes into consideration functionality and comfort. The varying shades of blue adopted is also used to differentiate rank, for instance, the nurse manager wears navy blue, staff and senior staff nurses wear royal blue and enrolled nurses wear the lightest shade, ciel blue.

Besides the new uniforms, our Bishan centre is also the new home of 21 new HDF dialysis machines - the first of its kind to be used by a non-profit charitable dialysis provider in Singapore. These HDF machines feature added technical functions to improve the efficacy of dialysis treatment.

While regular dialysis machines can clear small and medium size bio-waste molecules from the patient's blood, these new HDF machine are able to clear small, medium and large bio-waste molecules. This will result in an improvement and correction of a number of clinical conditions that affect dialysis patients.

Special thanks goes out to CabbyCare charity group and ComfortDelGro Taxi, who not only sponsored HDF machines but also a new wall mural installed along the corridor of our Bishan dialysis centre.

If you or your organisation is keen on sponsoring any of the remaining HDF machines, please contact Ms Jemin Chua at jemin.chua@kdf.org.sg or 6559 2651 for further discussion.



KDF would like to extend our sincere gratitude to the following donors for sponsoring HDF machines

-   
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 -    
- The Tanglin Club
 - CabbyCare and ComfortDelGro Taxi
 - Origin Beechoo
 - Capital Group
 - Mdm Lim Choo Eng
 - Mr Low Kwang Tong & Family
 - Mr Wong Yee Lih

Singapore's Longest Charity Ride

By DANIEL YAO
JEMIN CHUA

1,200 km Cycling journey



At the start of the year, the KDF Millennium Ride rode into its fifth year with 64 local and foreign cyclists each covering 1,200KM in the name of charity. This charity ride in aid of KDF patients occurred over 5 days, from 25 to 29 January 2018, and cut across three nations. It is one of the longest charity rides in Singapore and in Asia.

Launched in 2014, this annual charity event has raised close to 1.8 million dollars for KDF over this five-year period, including \$368,685 raised this year. Expenses have also been controlled stringently, with event costs never exceeding 18% of total donations raised.

To commemorate its fifth year, an extra day and 200 kilometres was added to the traditionally 1000KM-over-4-days journey. The extra distance was well worth the effort as cyclists began their journey cruising around Hat Yai and Songkhla, occasionally stopping for photos at key tourist landmarks such as the golden reclining Buddha on Ko Yo island and the Songkhla Golden Mermaid statue.

After a good night's rest in Dannok, cyclists bade goodbye to the land of smiles as they continued their charity journey in Malaysia. They rode through country roads in Taiping, Kuala Lumpur and Muar and immersed themselves in the sights, smell and sounds of the fairly untouched Malaysian countryside.

After five days of enduring long hours on the road under unpredictable weather, less-than-ideal road conditions, sleep deprivation and exhaustion, our group of charity cyclists overcame all these limits to successfully complete the 1,200KM journey in aid of low-income dialysis patients.

To celebrate the successful completion of the ride and their safe return, a closing dinner was held at the Singapore Island Country Club on the 29th of January in honour of this group of 64 cyclists.

The dinner was graced by Mr Chee Hong Tat, Senior Minister of State, who was joined by KDF Chairman, Dr Gordon Ku, KDF board members, donors as well as family and friends of our cyclists.

But behind the glitz and glamour of the dinner and media coverage, this charity event is not an easy feat to pull off. Hundreds of hours go into the meticulous planning and coordination of the event by both KDF and Epic Cyclist, our cyclist partner.

As far as nine months prior to the event, Mr Clifford Lee, founder of Epic Cyclist, and his team will scour through Google maps to identify possible routes. They will then take time off their own schedules – and at their own expense – drive to Thailand and Malaysia to recon-

the planned route and observe road and traffic conditions. More than often, such trips happen more than once, so as to be familiar with the route and also to ensure safety conditions.

Concurrently, recruitment for the next ride would commence. Being a long distance ride, safety is always our biggest concern, as such, new cyclists are required to be assessed prior to registration. Administered by Epic Cyclist, new cyclists would have to complete a 500KM ride over 2-days before they can qualify for participation in the KDF Millennium Ride.

In spite of all the time and effort devoted into planning the ride, Epic Cyclist has been doing this on a voluntary basis and is not a paid partner.

It is with a strong purpose and simple goal to help the needy cope with their dialysis treatment that the Epic Cyclist team has supported KDF year after year, and for that, KDF is extremely grateful for their altruism.

It takes the support of many to execute a successful event, as such, KDF would like to thank Epic Cyclist, event donors, support volunteers and the 64 cyclists who put in their time and effort into raise funds and completing the gruelling ride in aid of our patients.

We would also like to express our deepest appreciation towards the Tourism Authority of Thailand, Singapore and Hatyai office, for their support and hospitality in Thailand.

Without your unwavering support, the event would not have been a success. Thank you and see you next year.

Special thanks to the following donors and supporters:

Platinum Partners:



Supporting Partners:



Official Communications Agency:



Online Donation Partner:



Official Skincare Product:



Proudly Organised By:



BLESSED BY A DOG OF FORTUNE

By SHELLEY LU



In 2003, volunteer Mr Lawrence Lim gathered a group of his friends and formed the KDF Lunar Seventh Month Fundraising Committee, with an aim to raise funds for needy kidney patients at KDF through icon auctions during the lunar seventh month. In the same year, the committee organised their very first charity icon launching ceremony and appreciation dinner. The inaugural event was attended by over a hundred guests, comprising of potential donors and lunar seventh month dinner organisers.

In the span of fifteen years, the charity icon launching dinner has not only become a yearly event for KDF, the number of guests in attendance has also grown six times since then. The committee was subsequently renamed as the 'KDF Chinese Community Committee', in line with growing fundraising opportunities secured by members of the committee which occurred outside of the lunar seventh month period.

While KDF's annual icon launching dinner has typically been held in July, this year, we brought it forward to April in conjunction with the KDF Chinese Community Committee's 15th year anniversary. Moreover, this coincides with the start of our new financial year, enabling the committee to commence their fundraising efforts for the whole year with the launch of our new icon - "Dog of Fortune".

Held on 21 April 2018 at the Jubilee Garden Restaurant located within Toa Payoh SAFRA, this year's dinner was graced by Guest-of-Honour Ms Tin Pei Ling, Member of Parliament for MacPherson and honorary advisor of the KDF Chinese Community Committee.

In commemoration of the committee's 15th anniversary, Ms Tin, KDF directors and committee members led a rousing toast to celebrate the committee's past successes and aspiration for more good years ahead. Special recognition awards were also presented to six donors to appreciate their contributions towards KDF. These donors have donated more than \$50,000 each to the fundraising projects initiated by the committee in the past 15 years.

Another highlight of the evening was the launch of the 2018 KDF charity icon "Dog of Fortune". Together with other VIP guests, Ms Tin unveiled five new icons, which were then blessed by Feng



Shui Master Hui, in hopes of bringing fortune and good luck to the people who will own them.

Thereafter, these five icons were put up for auction to raise funds for KDF patients, and after rounds of intense bidding, six donors prevailed. They are: Mrs Eric Yeo (Donated \$16,888), Mr Tan Kee Kuang of Lao Zhong Zhong Five Spice Eating House (Donated \$12,888), Mr Richard Lee of Fu Lu Shou Si Mian Fo (Donated \$10,000) and Mr Michael Wong (Donated \$10,000).

Mr Tong Lee Song, owner of Golden Pillow 933 and vice chairman of the Chinese Community Committee had originally submitted a winning bid of \$9,333, but he generously donated the icon out for another round of auction, which was won by Mr Ong Lian Kwang, owner of Chi Han Trading Pte Ltd and chairman of the Chinese Community Committee, at \$8,812.

Mr Ang Chin Koon of C K Department Store and Mr Phua Koon Heng of Chin Boon Foodstuff Trading also contributed \$5,000 and \$10,800 respectively, for two diamond art paintings. These two paintings were crafted and donated to KDF by Mdm Chen Mei Zhu and Mdm Shirley Lim individually.

Though other guests did not get the chance to acquire these unique icons and exquisite art pieces, they did not hesitate to contribute to our cause. Mr Foo Tian Ann of Qian Xi Group, Mr Ong Liang Hong, CabbyCare Charity Group, Ang Tian Hock Trading Pte Ltd and The Kheng Chiu Tin Hou Gong are amongst those who made outright donations to KDF that evening.

With the combined generosity of our guests, KDF managed to raise more than \$130,000 for needy dialysis patients that evening. We would like to extend our heartfelt gratitude to all our guests, donors and partners for the immense support you have shown to KDF and to our needy patients.



Receive a 'Dog of Fortune' for all donations of \$888 and above.
Please indicate "Charity Icon" at the back of your cheque.
Alternatively, you can make an online donation at www.kdf.org.sg.

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.



Understanding Renal Medications & Outing to Qian Hu Fish Farm

By Jemin Chua

On 22nd April 2018, 84 KDF patients and their caregivers gathered at the HomeTeamNS Bukit Batok clubhouse for the first Renal Friends patient education seminar and social outing for the year.

Always a lively affair with patients and nurses from our three dialysis centres in attendance, this run focused on helping our patients identify and understand the array of medication most commonly prescribed to dialysis patients.

To facilitate a better understanding of the topic, the seminar was conducted in English, Chinese and Malay, by registered pharmacists from the Singapore General Hospital. Topics covered during the seminar include the functions of specific medications, how to correctly take them, and common queries about these drugs.



Recognising Outstanding Patients

Additionally, to recognise the exceptional efforts put in by some of our patients in their fluid and dietary control and attitude towards treatment, six 'Most Compliant Patient' awards were presented at the seminar by our medical director, Assoc Prof Lina Choong.

In order to be nominated for the award, patients need to achieve blood test results that are better than average, which is suggestive of good self-discipline and excellent awareness of their fluid limitations and dietary requirements, among other indicators.

By recognising their efforts, we hope to encourage them to maintain or do better the next year and also to inspire other patients to take greater control in the management of their health while on dialysis.

Flag Day 2018 Volunteer Recruitment

This year, we aim to raise \$50,000 for our low-income dialysis patients and we are inviting everyone to join us as Flag Day ambassadors.

VIA/CIP hours will be awarded for your participation.



For more information, please contact:

Mr Dickson Loi at 6559 2652 or email: dickson.loi@kdf.org.sg
Mr Daniel Yao at 6559 2650 or email: daniel.yao@kdf.org.sg

Outing to Qian Hu Fish Farm

In the second part of the day, patients and their caregivers were brought to Qian Hu Fish Farm, where they spent their time admiring row after row of ornamental fishes, including many unique breeds and the most coveted albino and silver Arowanas.

Our elderly patients also got the chance to relive their childhood memories through Long Kang fishing. Although it was a challenge for many of them to bend down to reach the tiny but swift fishes in the shallow pond, they enjoyed the nostalgic activity and were more than happy to bring their catch home.

For the less active, a special treat awaited them at the fish spa, where hundreds of Garra Rufa fish (also known as doctor fish) were all set to nibble away fatigue and dead skin from their tired feet. It took a little getting used to as it started out ticklish, but that soon gave way to a relaxing, slightly tingly sensation that left our patients refreshed and ready for the new week ahead.

We would like to express our heartfelt thanks to Renal Friends for organising this event and to CabbyCare Charity Group for offering their supporting by ferrying wheelchair-bound patients, so they too, could enjoy the outing and seminar. Special thanks also go out to UCare volunteers, nurses and KDF staff who contributed their personal time on Sunday to make this event a success.

Event Details

DATE
07 JULY 2018
SATURDAY

TIME
8am - 5pm
AM Shift (4 hours)
PM Shift (4 hours)
Full Shift (9 hours)

REPORTING STATIONS

- Bishan MRT Station
- Jurong East MRT Station
- Tampines MRT Station
- Woodlands MRT Station
- Serangoon NEX Shopping Mall

狗年旺旺， 身体棒棒

文/鲁旭
(Shelley Lu)



2003年，义工林胜来先生和一群志同道合的好友一起成立了肾脏透析基金（KDF）中元节筹款委员会，希望通过在中元节义标福物，为肾病患者筹款。委员会还在同一年举办了首次慈善福物推展仪式及感谢晚宴。

之后的十五年里，慈善晚宴每年如期举办，福物义标筹款活动开展得如火如荼。不同的是，当年的中元节筹款委员会已更名为华社筹款委员会，当年只有十来桌宾客的晚宴，如今有六百多人济济一堂。

今年筹委会特别把宴会时间从七月提前到四月。当KDF在四月开启新财政年时，华社筹委会也在主席翁两光先生和执行顾问林胜来先生的带领下，开始新一年的筹款工作。

而新财政年筹款的第一声锣鼓在四月的年度慈善福物推展仪式及感谢晚宴上敲响。

此次晚宴在位于大巴窑SAFRA的欢喜楼举行。麦波申区国会议员兼本筹委会名誉顾问陈佩玲小姐任晚宴主宾。

宴会中，在陈佩玲议员、KDF董事以及华社筹款委员会委员们的带领下，全场一起饮胜庆祝筹委会成立十五周年。陈议员还特别为六位善翁颁发特别贡献奖，感谢他们对华社筹委会的大力支持。

这六位善翁是：Yeo Hee Chong Eric, Lim Ah Hoo Dennis, Eng Lee Shipping Company P/L, 慈航贸易私人有限公司、福祿寿四面佛私人有限公司以及老中中餐室。这些善翁在过去十五年内向KDF华社筹委会的筹款项目捐款超过五万新元。

2018年的新慈善福物《旺狗纳福》也在陈议员和众嘉宾的见证下亮相。首批揭幕的五尊福物还特别获得风水师傅慧戒大师的点睛赐福。



五尊《旺狗纳福》随后便被现场善翁热烈竞标获得，他们是：善心人士杨太太（捐款\$16,888）、老中中五香虾饼东主陈机光先生（捐款\$12,888）、福祿寿四面佛东主李贵先生（捐款\$10,000）、Michael Wong（捐款\$10,000）。金枕头933东主兼本筹委会副主席董理松先生（捐款\$9,333）在标得福物后，将其捐出再次义标，由慈航贸易有限公司东主兼本筹委会主席翁两光先生成功标得（捐款\$8,812）。

CK百货公司洪振群先生以及进文面厂潘坤兴先生则分别以\$5,000和\$10,800标下由善翁陈美珠女士和林燕玲女士分别捐赠的两幅水晶钻石绣品。在座的其他善翁，如千禧集团符先生、城市德士慈善小组等，虽未标得福物，但也不落后，慷慨捐款帮助我们的病患。

通过本次晚宴，KDF华社筹款委员会再为我肾病患者筹得近十四万元善款，并成功推展2018年慈善福物《旺狗纳福》，感谢所有热心人士和各界社团机构的大力支持。

捐款\$888元及以上善款，可获赠KDF 2018 慈善福物《旺狗纳福》一尊。请在捐款支票背面或回邮信封中注明“义购福物”。您也可以到KDF网站中的《旺狗纳福》义购页面在线捐款，网址：www.kdf.org.sg。

同时，我们也倡议各庙宇、会馆、中元会，让KDF在它们举办的宴会中义标福物，为贫困肾脏病患筹集洗肾医药费。

如需更多了解，请联络Shelley 鲁小姐，电话 6559 2653，电邮：luxu@kdf.org.sg。



慈善骑骋 为爱远行

译/蔡永馨
(Jemin Chua)

1200公里， 慈善之旅



今年年初，64名来自海内外的脚踏车骑士展开了为期五天行程达1200公里的慈善募款之旅，旨在为肾脏透析基金 (KDF) 的贫困患者筹集医疗费。此次《KDF慈善脚踏车马拉松》活动于今年1月25日拉开序幕，从泰国南部出发，途经马来西亚多个城市，于1月29日返回新加坡，横跨三国，是整个亚洲地区行程最长的慈善义骑项目。

《KDF慈善脚踏车马拉松》始于2014年，五年来已经为KDF筹集了近180万元的善款，其中包括今年筹得的\$368,685。秉承节俭裕民的宗旨，活动开支被严格控制，费用从未超出捐款总额的18%。

为庆祝《KDF慈善脚踏车马拉松》创办五周年，本次活动的行程由原来的四天1000公里增加至五天1200公里。事实证明这额外的行程相当有趣：车队由热闹的泰国合艾 (Hatyai) 起程，骑往丹诺 (Dannok) 的途中参观了位于Ko Yo 岛的巨型卧佛和宋卡的人鱼铜像。骑士们边骑边欣赏泰国南部的人文风情，一路不忘打卡、拍照留念。

在泰国丹诺度过美好的一晚之后，脚踏车队便告别了微笑之国，前往马来西亚继续他们的慈善之旅。他们骑行穿过太平市、吉隆坡和麻坡的乡间小路，宁静、淳朴的田园风光尽收眼底。

五天的长途骑行，爱心骑士们克服了不可预知的天气、不理想的路况、睡眠不足和体力透支等诸多困难，圆满完成了为贫困肾病患者募款的1200公里慈善脚踏车马拉松之旅。

1月29日爱心骑士们返回当天，我们在新加坡岛屿俱乐部举办了一场晚宴，为平安归来的骑士们接风洗尘，共同庆祝此次慈善马拉松的圆满落幕。晚宴由高级政务部长徐芳达主持，在座嘉宾包括KDF主席古国泰医生、KDF董事会成员、活动支持方和参与活动的义工、骑士们及其亲友。

圆满的盛事背后往往意味着时间与精力的巨大投入。活动策划、细节确认、KDF和合作伙伴Epic车队之间反复的协调与沟通……千头万绪，繁杂琐碎，策划团队投入的时间超过100个小时，总筹备时间约9个月，过程相当耗时耗力。

筹备伊始，总策划兼Epic车队创始人Clifford先生和他的团队核心成员先在Google地图上规划出骑车路线，然后自费开车前往马来西亚和泰国探路，确认路线的可行性和路况的安全性。秉承安全至上原则，Clifford和其团队又多次前往探路考察，一来为熟悉路线，二来为能确保万无一失。

与此同时，Epic车队骑士的招募工作也在进行中，有意加入者需要先通过两天骑行完成500公里的考核才能准予加入，为保证他们有足够的体力完成千里骑行。

所有的筹备活动由Epic车队全权负责，五年来他们分文不取，甚至还自掏腰包，仅凭着坚定的使命感和为贫困患者筹募医疗费的初衷。Epic车队已连续五年与KDF合作，我们对他们的无私奉献深表敬意与感激。

KDF在此特别感谢本次活动各合作方的支持与配合：Epic车队及参与活动的64位骑士、义工和捐款支持我们的善心人士。同时，我们也要鸣谢泰国观光局的新加坡和合艾办事处对本活动的大力支持和协助，感恩他们在泰国的热情款待。

因为有你们的支持，今年《KDF慈善脚踏车马拉松》才得以圆满成功，期待明年再相聚！



特别感谢以下
机构的支持：

白金支持方：



合作伙伴：



公关通讯机构：



捐赠合作伙伴：



皮肤护理：



主办方：





了解肾病药物与鱼场半日游

译/蔡永馨 (Jemin Chua)

2018年4月22日, 84名KDF患者及其亲友聚集在武吉巴督内政群英俱乐部, 参加了本年度首次肾友会举办的健康宣教研讨会及郊游活动。

来自三所KDF透析中心的肾友和护士们齐聚一堂, 场面好不热闹。本次研讨会的主要内容是宣教透析患者常用药物的相关知识。

为使肾友们充分掌握讲解内容, 研讨会由新加坡中央医院的两位注册药剂师主讲, 她们分别用华语、英语和马来语进行讲解。内容包括: 特定药物的功能、如何正确服用药物, 以及一些相关的常见问题。



表彰杰出肾友

此外, 为褒奖肾友对饮食和液体摄入的良好控制以及他们面对治疗的积极态度, KDF的医疗总监钟慧玲副教授在研讨会现场为6名肾友颁发了“最佳病患奖”以示鼓励。

此奖项的评选标准相当严格, 验血报告指标要保持在一定数值范围内才可被提名。由此可见, 获得此奖的肾友不仅有良好的自律性, 还对食物、液体摄入的控制以及各种注意事项有极高的依从性。

对杰出肾友的表彰, 一方面希望他们再接再厉, 继续保持; 另一方面期待他们能成为表率, 激励其他肾友注重自我的健康管理。

仟湖渔场半日游

本次活动的下半场, 肾友及其家人来到了仟湖渔场。在那儿, 他们有机会欣赏到上百种色彩缤纷、形态各异的观赏鱼, 其中不乏白化银龙鱼等稀有品种。

渔场还设计了特别的沟渠, 让游客们体验捞‘龙沟’鱼。弯身捕抓这些动作灵敏的小鱼对我们年长的肾友来说虽然有些吃力, 但却唤起他们许多童年回忆。更开心的是他们可以自己抓到的小鱼带回家饲养, 真是大大满足了未泯的童心。

对不喜欢活动的肾友, 我们在鱼疗池安排了特别的SPA体验, 上百条淡红墨头鱼(俗称小鱼医生)啃啄他们脚上的死皮, 一开始感觉痒痒的, 渐渐转变为舒服的隐隐刺痛, 特别的足疗体验让他们的疲惫一扫而空, 为即将到来新的一周的治疗做好准备。

感谢肾友会举办了这次健康宣教研讨会及趣味横生的郊游活动, 也特别感谢CabbyCare慈善团体义务接送坐轮椅的病患往返活动现场。最后还要感谢UCares义工队、洗肾中心的护士及KDF职员奉献宝贵的周末时间支持本活动, 使得我们的活动成功举办。



理, 所以我们每天要从早上七点忙到晚上九点才放工。

也是在那个时候, 我的肾脏出现了最初的损伤迹象, 但还是可以通过药物控制延缓其恶化。可是为了支付那昂贵的医药费, 我不得不加班加点做更多的活。

退休时光

在1992年, 我决定退休。因为年纪和身体的缘故, 我已经无法胜任需要高劳动要求的工作。但我暗下决心: 即便是退休了, 也一定要保养身体、过健康的生活, 所以我立马加入当时很流行的一项球类运动—匹克球。

随着我的匹克球球技日渐熟练, 某社区中心的职员邀请我为该区的居民和乐龄朋友开设匹克球学习班。那段时光是我人生中的一大闪光点。我们不仅参加了很多匹克球比赛, 还获得了许多奖杯。遗憾的是, 现在我的腿脚不方便、反应力也下降, 已经不能再打匹克球了。

我的肾脏终于在2013年几乎完全坏损, 我被确诊为末期肾脏衰竭, 并且开始洗肾。虽然一星期需要洗肾三次, 但我没有放弃锻炼身体。事实上, 我规定自己要坚持走路来回家和洗肾中心。

你可能会问像我这么把年纪还得了肾病, 为什么还这么频繁的锻炼身体? 也有人问我哪来这么多的精力? 我的回答永远是: 我坚持锻炼, 是因为我真切相信锻炼有助于维护我的身心健康。

虽然在每次洗肾后我总会觉得非常疲倦, 锻炼对我来说是极大的挑战, 但我尽力投入时间和精力做到最好。如果像我这样的老安哥都可以做到, 你肯定也能做到!

欧阳先生在KDF洗肾享有全额津贴。每月大约\$2,000元的洗肾费, 他不需要自己掏腰包出一分钱。尽管已年过古稀、还患有肾病, 但积极乐观的欧阳先生是KDF所有人学习的榜样。

在KDF, 除了提高洗肾服务, 我们还通过组织社交、娱乐及教育活动, 鼓励病患保持积极向上的精神态度。我们希望您能支持并帮助我们, 让这些富有意义的项目活动能持久进行。您可以使用本杂志随附的回执信封寄回捐款。如果您需要更多了解, 请访问KDF网站 www.kdf.org.sg 或致电 6559 2630。

售旗日义工招募

活动详情:

我们正在为KDF 2018的售旗日招义工。今年的筹款目标是\$50,000, 因此诚邀大家担任我们的售旗日大使, 为低收入洗肾患者筹募医药基金。

日期

2018年
7月7日
(周六)

时间

早上8点 - 傍晚5点
早班 (4小时)
午班 (4小时)
全天 (9小时)

报到地点

碧山地铁站
裕廊东地铁站
淡滨尼地铁站
兀兰地铁站
NEX 购物中心

加入我们吧!

更多详情, 请联系:

黎先生 (6559 2652) 或电邮 dickson.loi@kdf.org.sg
姚先生 (6559 2650) 或电邮 daniel.yao@kdf.org.sg



报

简



析

望

活力常在

KDF 病患 Ow Yong Kong Yen 先生 口述，
译/鲁旭 (Shelley Lu)



深呼吸，让空气充满胸腔，为双臂和双腿注入能量。慢慢地吐气，舒展手掌、张开手臂、用力蹬脚、伸直双腿。池水推动着我的身体，让我轻快地向前游行。

当我在游泳池里自由游动，在每一圈结束时沉入水底，那一刻时间仿佛静止。片刻后，再浮出水面、吸气、重返那宁静而安详的水域。畅游水中是我无法改变的习惯。

我今年已经80岁，患末期肾衰竭，但我仍然每星期去一次泳池游泳。因为我坚信即使身患疾病，还是应该保持积极的生活态度。对于我来说，运动和锻炼不仅可以增强体质，还能提高我的生活质量。所以除了游泳，我还在非洗肾日做快走来锻炼身体。

我之所以这么活跃，是因为我不想整天闷在家里无所事事。当然我也担心如果不锻炼，身体会越来越糟糕。所以，我坚持每星期和朋友们到家附近的泳池游泳。即使不锻炼，我也一定会走出家门去商场逛逛，或者到咖啡店会会我的咖啡老友来保持头脑精神。

蹉跎岁月

我从小在客纳街长大，家中五口人过着平淡的生活。然而，童年对我来说却是一段充满着创伤和悲痛的回憶，我刻意避免去碰触的疤痕。

我们一家经历过二战，对战争的恐惧至今还让我心有余悸。我记得在我三、四岁的时候，一群日本兵冲进我家抓捕我的父亲。我父亲是名中医师，他们把他和他的中医书一起统统带

走。我的母亲束手无策，只能抱着我的哥哥姐姐们大哭。

虽然当时我并不理解发生了什么事情，但看着父亲被一群背着机关枪、讲着外星语的陌生人带走还是觉得胆颤心惊。那天之后，父亲就再也没有回来。在没有父亲的日子，生活异常艰辛，我们只能靠卖捡来的木头勉强过活。

日子在日佔结束后有所好转，我也有机会到养正学校就读。毕业后，受校长推荐到三巴旺海军基地当学徒工。我在海军基地做了五年学徒，之后便当了一辈子的船舶机械工。

因工作需要，我必须在航空母舰里爬上爬下，非常耗体力。这份工随着英国海军离开、船厂商业化后变得愈发辛苦。因为从世界各地来的船越来越多，还都要求尽快修

本期看点

04

慈善骑骋 为爱远行



了解肾病药物与鱼场半日游

03

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