

A QUARTERLY BULLETIN OF KDF

KDFLINK

INSIDE

FEATURED

Living Strong Despite Adversity

Page 1

SPECIAL

KDF Got To Goal 2024 Charity Futsal Tournament: Healthier As One

Page 4

SPECIAL

KDF Got To Walk 2024 Charity Walkathon – Beat Diabetes, Protect Your Kidneys!

Page 6

SPECIAL

KDF Patient Education Seminar and Outing to Gardens By The Bay

Page 8

SPECIAL

KDF Admiralty Link Dialysis Centre Open House

Page 10

UPDATES

KDF Happenings

Page 12

LIVING STRONG DESPITE ADVERSITY

At 62 years old, Mr Chng is proving that resilience and determination can defy even the toughest challenges. A kidney dialysis patient who continues to work as a delivery driver, he is a rare exception in a world where many dialysis patients struggle to hold onto employment.



Editor-in-chief: Watson Ong
Editor: Chan Soo Sen
Assistant Editors:
Bellamy Leong, Justin Teo

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Kidney Dialysis Foundation
20 Peck Seah Street, #03-00 Singapore 079312
Email: events@kdf.org.sg | **Tel:** 6559 2630

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Kidney Dialysis Foundation,
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His journey has been anything but easy—an accident that changed his life, the battle with kidney failure and diabetes, and the challenges of securing a job while managing a chronic illness. Yet, through it all, he continues to push forward, supported by his family, employer, and colleagues, who have helped him find strength in the face of adversity.

Almost eight years ago, while working as an interior contractor, Mr Chng was caught in a workplace accident that changed his life forever. A stack of plywood—weighing nearly half a ton—fell on him, crushing his pelvis and knee. He underwent surgery and was hospitalised for two months, followed by two years in a wheelchair.

Losing his ability to walk meant losing his job. Even after regaining mobility, he struggled with chronic pain and instability, often leaning against walls for support when walking.

A once active and independent man now had to rely on others for basic movements.

The road to recovery was slow, but Mr Chng was determined to regain his independence. Just as he was starting to find his footing again, another major health setback struck—kidney failure.

Grappling with Kidney Failure

In November 2022, while at home, Mr Chng started experiencing severe weakness, diarrhoea, and difficulty breathing. Fearing the worst, he called for an ambulance and was rushed to Singapore General Hospital (SGH). Tests confirmed that excess water retention was placing severe strain on his body, and his kidneys were failing. By December 2022, he

started dialysis at KDF's San Wang Wu Ti Kreta Ayer Dialysis Centre. The treatment was lifesaving, but it came with its own set of challenges.

His family had a long history of diabetes, and six of his siblings had also been diagnosed. Most recently, one of his brothers had begun dialysis just three months earlier. Travelling to dialysis treatments was another struggle. Blurry vision, nausea, and an unstable gait made his commutes exhausting.

He always carried plastic bags in his bag, knowing that nauseousness from his diabetes history could strike at any moment.

Sometimes, he even had to get off the train mid-journey just to vomit before continuing his trip.



But through all these difficulties, his family never left his side. Throughout his most challenging days, his siblings became his greatest source of strength.

His sister, a retired nurse, constantly reminded him to take his medications, manage his diet, and stay strong despite the setbacks.

She kept a watchful eye on his health, making sure he never neglected his treatments. Other family members frequently checked in on him, offering words of encouragement and support. They understood the toll that chronic illness could take, and though they couldn't always be physically present, their care and concern kept him going. It was this family bond that gave him the motivation to push forward.

A Rare Case of Getting Employed as a Dialysis Patient

Many dialysis patients struggle to find work, as employers are often hesitant to hire someone with frequent medical appointments and health concerns. But Mr Chng refused to let his condition define him.

For the past two years, he has been working as a part-time contract

delivery driver at First Food Industries, a food exporter and distributor. It's a job that requires energy and focus—both of which can be difficult for someone undergoing dialysis. But with an understanding employer and supportive colleagues, he has been able to make it work.

His boss allows him to leave work early for dialysis and ensures that he does not have to do heavy lifting. His colleagues help cover deliveries



when he's feeling unwell and even encourage him to rest when needed. On particularly exhausting days, they let him take a nap in the office before heading home.

While some might see work as an additional burden, for Mr Chng, it is a lifeline. It gives him a sense of purpose and routine, something to look forward to beyond just managing his health.

Despite his luck in finding an understanding employer, Mr Chng knows that many others in his position are not as fortunate.

He hopes that more employers will be open to hiring people with chronic illnesses and offering them the flexibility they need to continue working.

With just minor adjustments—such as flexible hours, lighter workloads, and time off for medical appointments—employers can make a huge difference in someone's life.

Many dialysis patients still want to contribute to society. They are not looking for special treatment—just an opportunity to work despite their condition.

The Importance of Medication

Reflecting on his journey, Mr Chng also recognises the importance of taking medication timely—something he once neglected. In the past, he would skip doses or forget to take his medicines, thinking it wouldn't make much of a difference. But over time, he saw his vitals worsened. When he finally committed to taking his medication as prescribed, he noticed a significant improvement in his condition.

He urges other dialysis patients not to take their medications lightly, as sticking to the prescribed regimen can greatly impact their well-being.

Despite everything he has been through—a near-fatal accident, a long battle with kidney failure, and the daily struggles of dialysis—Mr Chng refuses to give up. His journey is a testament to strength, resilience, and the power of support—from both family and an employer willing to give him a chance.

For those living with chronic illnesses, he hopes his story can serve as encouragement. Life doesn't stop because of an illness. With the right support, opportunities, and mindset, it is still possible to live meaningfully.

YOUR GENEROSITY FUELS RENEWED HOPE AND RESILIENCE

With your donations, our underprivileged patients can receive:

\$185 1 Dialysis Session

\$80 1 Month of Medications

\$15 1 Flu vaccine

\$1 1 Blood Glucose Test

PAYNOW QR CODE

SCAN TO DONATE

UEN No:
199600830ZK33



KDF GOT TO GOAL 2024 CHARITY FUTSAL TOURNAMENT: HEALTHIER AS ONE



On 7 and 8 December 2024, Got To Goal: Healthier As One brought together the community for an exciting weekend of futsal, fun, and family bonding at Kick Off @ Kovan. With over 20 action-packed futsal matches and a host of engaging activities, the event celebrated the importance of active living, sportsmanship, and togetherness.

This year's event saw a fantastic turnout, with more than 800 participants joining over two days. From competitive matches to carnival fun, Got To Goal showcased how an active lifestyle contributes to better health while strengthening bonds within the community. Most importantly, thanks to the generous support of donors and participants, the event raised an impressive \$500,000 to support essential dialysis treatments for needy kidney patients in Singapore.



The highlight of the event was the futsal competition, where teams competed in over 20 thrilling matches. Adding to the excitement, the Real Madrid Foundation Football & Basketball School, a valued partner of Got To Goal 2024, hosted an engaging booth featuring mini-games, exclusive merchandise, and interactive activities. Their involvement extended beyond the venue, as they helped raise awareness through social media platforms, reinforcing the message of community engagement and healthy living.



Guest-of-Honour Mr Shawn Huang Wei Zhong, Senior Parliamentary Secretary, Ministry of Education &

Ministry of Finance, attended the event on 7 December. He officiated the Adults Open Category Finals with a ceremonial kick-off and later took part in a vegetable bouquet-making activity with beneficiaries, highlighting the event's commitment to promoting healthy living and meaningful community engagement.



On 8 December, Ms Tin Pei Ling, Member of Parliament for MacPherson SMC, graced the

occasion as the Guest of Honour for the final day. She presented trophies and cash prizes to the winning futsal teams and participated in a pebble art activity with beneficiaries, symbolising resilience and unity among kidney patients. Her involvement reflected the event's theme, reinforcing the strength of community and the power of shared experiences.



Beyond the futsal matches, participants and families enjoyed a range of activities at the FUN'tastic Family Carnival. The Juggle Master Challenge tested participants' football juggling skills, with the top performer winning a set of JBL Tune Wireless Earbuds. Football-themed inflatable games provided fun for children and families, while a Foosball Mini Tournament, sponsored by Wen Hong Engineering Services, awarded cash prizes of \$300 for first place, \$200 for second, and \$100 for third. Families also took part in arts and crafts sessions organised by Paya Lebar Kovan CC, while carnival food stalls added to the festive atmosphere with treats such as hotdog buns, cup corn, and bananas sponsored by Sunpride Singapore, along with ice cream, creating a lively and enjoyable experience for all.



A commendable act of generosity came from Team Birkenstock, who donated their cash winnings back to KDF to support dialysis patients in need. Their gesture reflected the true spirit of Got To Goal 2024—using sports and community engagement to make a meaningful impact. KDF sincerely appreciates their generosity in contributing to the care and treatment of kidney patients in need.



Reflecting on the event's success, Mr Chan Soo Sen, KDF Director, expressed his gratitude: "We are truly heartened by the participation and energy of everyone who came together for Got To Goal 2024. Beyond the games and fun, this event has been a powerful reminder of how we can stay healthier as a community. We are grateful for everyone's commitment to promoting active living and healthy lifestyles, which ultimately leads to better kidney health."



A heartfelt thank you goes out to all participants, supporters, and sponsors for making Got To Goal 2024 a meaningful and successful event. Your contributions enable KDF to continue providing dialysis treatments for those in need while advocating for a healthier Singapore.



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KDF GOT TO WALK 2024 CHARITY WALKATHON – BEAT DIABETES, PROTECT YOUR KIDNEYS!



On 9 November, Got To Walk 2024 united close to 5,000 participants at OCBC Square, Singapore Sports Hub, in an inspiring show of solidarity for kidney health. This year's theme, "Beat Diabetes, Protect Your Kidneys," highlighted the pressing need for diabetes prevention, as the condition remains a leading cause of kidney failure in Singapore.



Thanks to the unwavering support of our donors, partners, and participants, we raised an incredible \$1 million, ensuring that KDF can continue providing lifesaving dialysis treatments to our most vulnerable kidney patients.

We were honoured to have Minister for Transport and Second Minister for Finance, Mr. Chee Hong Tat, grace the event as our Guest-of-Honour. In his speech, he emphasised the importance of collective action in tackling chronic diseases like diabetes, which affects one in seven

Singaporeans and remains a major contributor to kidney failure. We were also privileged to welcome Special Guests, Mr Lim Biow Chuan, PBM, Member of Parliament (MP) for Mountbatten SMC, and Ms Chan Hui Yuh, PBM, Advisor for Aljunied GRC Grassroots Organisations, who joined us in championing the cause. Their presence further reinforced the importance of community-driven efforts in supporting kidney patients and raising awareness about preventive healthcare.

Following his speech, Minister Chee led participants in a health pledge, reaffirming their commitment to better health. As the flag-off commenced, excitement filled the air as participants embarked on a scenic 5km walk, soaking in the vibrant atmosphere and the energy of the community. This year's walk also embodied the spirit of #GoingTheExtraSmiles, encouraging individuals to step out of their comfort zones and embrace healthier lifestyles.



Adding to the excitement, Got To Walk 2024 welcomed Mediacorp and TCP artistes, along with other popular celebrities, who lent their voices to raise awareness about kidney health. Among them were Richard Low, Xiang Yun, Romeo Tan, Desmond Ng, and Bonnie Loo, as well as TCP artistes David Matthew and Mei Xin, who actively engaged with participants and encouraged healthier lifestyles. Wu Meilin and Eason Lee also joined in, further adding to the day's lively atmosphere.



From taking photos with fans to walking alongside participants, these celebrities played a key role in amplifying KDF's mission, inspiring the crowd to be proactive about their health. Their presence not only brought excitement but also reinforced the importance of community-driven efforts in promoting kidney health awareness.



The festivities continued beyond the walk with an engaging Family Carnival, where participants could learn, interact, and celebrate through a variety of fun-filled activities. Attendees enjoyed kidney health-themed games, live performances, caricature drawing, and a high-energy warm-up workout led by REVL Fitness, getting everyone into the spirit of movement and healthy living.



In support of preventive healthcare, a Health Screening Check-up Station was also available for participants to assess their health and gain valuable insights into healthier living. This initiative reinforced the importance of early detection and proactive health management, underscoring KDF's commitment to raising awareness about kidney disease prevention.



The excitement peaked with the grand lucky draw, where lucky participants walked away with amazing prizes—adding a thrilling touch to an already eventful day. A major highlight of the event was the debut of KDF's newest mascot, 'NINI', who now joins 'KIDDI' in advocating for kidney health. Representing our two hardworking kidneys, these mascots will continue spreading awareness and educating the public about the importance of preventing kidney disease through healthier lifestyle choices.



The success of Got To Walk 2024 would not have been possible without the generous support of our sponsors, whose contributions enable KDF to continue providing lifesaving dialysis treatments while raising awareness about kidney health. We extend our deepest gratitude to our Presenting Sponsor, Obayashi Singapore, our Principal Sponsor, Shaw Foundation, and our Lead Sponsor, Scan-Bilt, for their incredible generosity. A special thank you also goes to our Supporting Sponsors: Acti-Tape, Empire, FunClaw, Kazo, Klook, Flexi-Patch, Milo, Patch-It, Shimano Cycling World, Shinfuni, Teo Heng Family KTV Studio, Tong Garden, Trident, and Tote Board, whose support helped make the event even more vibrant and impactful. Your commitment to our cause empowers us to continue making a meaningful difference in the lives of kidney patients.

Reflecting on the event's success, Dr Lim Cheok Peng, Chairman of

KDF, shared his appreciation for the strong community support: "We are deeply heartened by the overwhelming response from the community. Beyond raising vital funds, we hope today's event has inspired everyone to take charge of their health. Together, we can make a meaningful difference in the lives of kidney patients and promote better health for all."

As we look ahead to next year's walk, let's continue making healthier choices and supporting those

in need. Together, we can Beat Diabetes, Protect Our Kidneys, and Build a Healthier Singapore! See you at Got To Walk 2025!



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KDF PATIENT EDUCATION SEMINAR AND OUTING TO GARDENS BY THE BAY



On 27th October, the Kidney Dialysis Foundation (KDF) and Renal Friends came together to organise an unforgettable day for patients—one that blended valuable health education with a refreshing escape to nature. From an insightful seminar on diabetes care in kidney disease to a rejuvenating visit to Gardens by the Bay, the event was a perfect mix of learning, connection, and joy.

KDF's commitment to patient care and lifelong learning, reminding everyone of the importance of staying informed and proactive in managing their health.



Leading the seminar were Consultant Endocrinologists Dr Sueziani Zainudin and Dr Zhu Ling from Sengkang General Hospital. Dr Sueziani presented in English, while Dr Zhu delivered her talk in Mandarin, ensuring that every patient could fully engage with the session. Their presentation, "Diabetes Care in Kidney Disease," provided crucial insights into managing diabetes effectively to prevent kidney disease progression. They covered practical strategies on diet, medication adherence, and lifestyle choices, empowering patients with the tools to take charge of their well-being.



To reinforce these key takeaways, a lively quiz session followed, sparking enthusiasm among attendees. Patients eagerly raised their hands to answer questions, each correct response rewarded with a \$10 NTUC voucher—a fun and engaging way to



The day kicked off with a warm welcome from emcee Bellamy, who greeted attendees on behalf of KDF and Renal Friends. This set the stage for the educational seminar, which began with an inspiring opening address by KDF Medical Director, A/Prof Lina Choong. She reinforced

solidify learning points. The energy in the room was infectious, with participants eager to showcase their newfound knowledge.



After an enriching seminar, it was time for a hearty buffet lunch. Thoughtfully prepared by KDF staff and Renal Friends nurses, the meal provided a wonderful opportunity for patients to relax, chat, and strengthen bonds within the community. Beyond just food, it was a time for connection, laughter, and support.



With spirits high, the second half of the day commenced where we brought our patients on a scenic retreat to Gardens by the Bay. Special thanks to the generous Comfort DelGro Taxi CabbyCare drivers, who volunteered their time to transport non-ambulatory patients, ensuring that everyone could participate fully in the outing.



The journey began at the Flower Dome, the world's largest glass greenhouse. Patients wandered through breathtaking floral displays, surrounded by vibrant blossoms and unique plant species from Mediterranean and semi-arid regions. The cool, air-conditioned space provided a refreshing escape, allowing everyone to bask in the beauty of nature comfortably.



Next, the group ventured into the Cloud Forest, home to the world's tallest indoor waterfall. As mist filled the air, patients took in the awe-inspiring sight of a lush, green mountain draped in orchids, ferns, and pitcher plants. Many took leisurely strolls along the Cloud Walk, admiring the panoramic views and learning about rare plants and the importance of conservation. The cool mist and tranquil environment made the experience both calming and therapeutic, offering a much-needed respite from daily life.



Throughout the day, patients laughed, explored, and shared heartfelt moments, capturing beautiful memories against a backdrop of lush greenery and stunning floral landscapes. More than just a day out, the event served as a reminder of life's simple pleasures—and how vital it is to care for both the body and the spirit.



As the day drew to a close, smiles were abundant, and hearts were full. The event was a testament to the power of holistic care, where medical support is complemented by emotional and social well-being. KDF and Renal Friends remain committed to organising such enriching experiences, believing that nurturing the mind and soul is just as crucial as caring for physical health.



This enjoyable day was made possible by the collective effort, compassion, and generosity of all involved—proving that even in the face of health challenges, joy, community, and the spirit of adventure remain within reach.

KDF ADMIRALTY LINK DIALYSIS CENTRE OPEN HOUSE



On 6 October 2024, the Kidney Dialysis Foundation (KDF) warmly welcomed the community to the KDF Admiralty Link Dialysis Centre for a vibrant and engaging open house. The day was filled with fun, learning, and a shared commitment to supporting kidney health and spreading awareness about KDF in the north side of Singapore.



Visitors enjoyed a lively array of activities, from complimentary health screenings to delicious treats at the KAZO puffs and popcorn stations. Creative and educational games like the “Sugar Smackdown,” where participants playfully knocked down sugar cubes with nerf guns, highlighted diabetes’ role as the leading cause of kidney failure. The “Catch The Signs” activity challenged guests to catch sticks dropped at random intervals, cleverly illustrating the importance of early detection in preventing chronic kidney disease.

Attendees also had the opportunity to tour the Admiralty Link Dialysis Centre, gaining a rare glimpse into the daily routine of dialysis patients. They learned about the commitment required from patients, who spend four hours per session, three times a week, in the dialysis chair. Adding a sense of adventure, guests received

quest cards to complete activities at various stations, earning an exclusive KDF KIDDI goodie bag upon completion. The event also featured a sign-up booth for KDF’s upcoming “Got to Walk 2024” event, encouraging continued community involvement.



A highlight of the open house was an insightful health talk delivered concurrently in English and Mandarin by KDF’s Head of Clinical Services, Ms Petra Chong, and Senior Nurse Clinician, Ms Ma Mingjuan. The talk provided valuable information about kidney health, sparking curiosity and engagement among attendees, who actively participated in a lively Q&A session. Those with the correct answers were delighted to receive \$10 NTUC vouchers. Social workers from KDF’s Patient Welfare Services also shared about the holistic support services available, underscoring KDF’s dedication to patient care.



The excitement continued into the second half of the event with the official launch of the “Vending Hearts” initiative. In a heartwarming ceremony, Guest of Honour Dr Lim Wee Kiak, Adviser to Canberra GROs, joined KDF Chinese Community Committee Chairman, Mr Lawrence Lim, and KDF Directors, Mr Uantchern Loh and Mr Timothy Kwan, to activate a unique launch mechanism. With a unified tap, the group revealed the “Vending Hearts” initiative, symbolising hope and generosity for KDF’s patients.

The Vending Hearts initiative was created to provide KDF patients with a convenient way to redeem daily necessities, offering support and easing their financial burdens. Each patient is provided with a special card, allowing them to select essential items from the vending machine up to five times a month. This initiative aims to bring comfort to patients by helping them meet their day-to-day needs.



A cheque presentation ceremony followed, celebrating the generosity of donors who made this initiative possible. KDF express our deep gratitude to Master Hui for his

remarkable \$100,000 donation, FoodXchange for their generous \$65,388 contribution, and all the other supporters who championed this meaningful cause. Dr Lim presented tokens of appreciation to the donors, acknowledging their vital role in bringing the initiative to life. In his speech, Dr Lim also shared heartfelt reflections on KDF’s impact, highlighting the foundation’s unwavering dedication to serving needy kidney patients. He emphasised the importance of promoting kidney health awareness and praised KDF’s compassionate approach to patient care.



KDF extends our heartfelt thanks to Shin Min Daily News for covering the event and to every attendee and donor who contributed to the day’s success. The open house was more than just an event—



Adding a personal touch to the event, KDF patient Mr Siew Kum Hoong and his wife demonstrated how the Vending Hearts initiative works. Using a special card, Mr Siew redeemed a packet of coffee from the vending machine, showcasing how the initiative allows patients to easily access daily necessities. His demonstration brought the initiative to life, highlighting the tangible impact this thoughtful programme will have on the lives of KDF patients.

it was a celebration of community spirit, compassion, and a shared mission to support kidney patients and promote healthier lives.



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KDF HAPPENINGS



30 OCTOBER 2024
Spreading Wellness: A Generous Donation of Fresh Lettuce to KDF Patients and Staff

We would like to extend our heartfelt appreciation to HEC Electrical & Construction Pte Ltd and STAR Ready Mix Pte Ltd for their generous sponsorship of 80 bags of fresh lettuce, with 40 bags each distributed to our Kreta Ayer and Ghim Moh dialysis centres. These thoughtful contributions were shared with both our patients and dedicated nurses, bringing not only fresh produce but also a gesture of care and support to brighten their day. Thank you for nourishing both bodies and spirits within our KDF community.



19 NOVEMBER 2024
ChariTrees 2024 Light-Up Ceremony: Illuminating Hope for Kidney Patients

On 19 November 2024, the ChariTrees Light-Up Ceremony at Marina Bay Waterfront Promenade marked the start of a season of giving and hope. This annual event, organised by The RICE Company Limited (TRCL), featured an impressive display of 78 decorated Christmas trees—the largest in its history. The ceremony was officiated by Minister for Health, Mr. Ong Ye Kung, and the Kidney Dialysis Foundation was honoured to be one of the beneficiaries alongside other charitable causes. Each tree lit represents the generosity of donors and the resilience of patients, serving as a beacon of hope for those battling kidney disease. We are deeply grateful to all donors and supporters for helping us brighten the lives of our patients this festive season.



28 NOVEMBER 2024
Spreading Warmth and Joy: Fun Claw Blanket & KIDDI NINI Plushies Distribution

On 28 November 2024, our dialysis centres were filled with laughter and excitement as patients took part in a mini claw-catching game, bringing a delightful twist to their day. This fun-filled activity was made possible by Fun Claw, who also generously distributed cozy blankets and our adorable KIDDI and NINI plushies to our patients. The event not only brought smiles to their faces but also provided warmth and comfort—both physically and emotionally. Thank you Fun Claw for spreading joy and showing care to our patients, brightening their day.



28 DECEMBER 2024
Re:String Guitar Ensemble Delivers Exceptional Performance at KDF Bishan

On 28 December 2024, the Re:String Guitar Ensemble treated KDF Bishan patients to a remarkable performance of classic songs. Their lively and engaging set offered a refreshing musical escape, uplifting spirits with both enjoyment and emotion. The carefully selected classics resonated deeply with the audience, fostering a vibrant atmosphere. Our sincere gratitude goes to Dr Chew for organising the event, which brought a touch of joy and unity to everyone present.

肾脏透析基金 活动



2024年10月30日
慷慨捐赠, 传递健康:新鲜生菜捐赠温暖患者与医护心田

肾脏透析基金衷心感谢HEC Electrical & Construction私人有限公司与STAR Ready Mix 私人有限公司的慷慨捐赠。两家企业共同赞助的80袋新鲜生菜, 已平均分配至肾脏透析基金位于水车路及锦茂的透析中心。这份贴心捐赠不仅为患者和护士带来新鲜蔬菜, 更是为患者及医护人员送上一份特别的健康关怀与支持, 滋养了肾脏透析基金社区的身心。



2024年11月19日
“慈心树”2024亮灯仪式: 为肾病患者点亮希望之光

2024年11月19日, 由The RICE Company Limited在滨海湾滨水步道主办的年度“慈善树”(ChariTrees) 亮灯仪式“慈心树”亮灯仪式璀璨启幕。本届活动以78棵精心装饰的圣诞树创造了历年最大规模的光影盛景, 正式拉开了岁末慈善季的序幕。卫生部长王乙康先生受邀主持了亮灯仪式。肾脏透析基金作为本次活动的受惠机构之一, 很荣幸与多家慈善组织共同见证了这场温暖盛典。每一棵点亮的圣诞树都代表着捐赠者的慷慨和患者的坚韧, 为与肾脏疾病作斗争的人们点亮希望的灯塔。我们衷心感谢所有捐赠者和支持者, 在这个节日季节帮助我们照亮患者的生活。



2024年11月28日
暖心礼物, 温暖身心:Fun Claw毯子及KIDDI NINI毛绒玩具送暖

2024年11月28日, 肾脏透析基金各个透析中心内欢声笑语不断, 一场别开生面的迷你抓娃娃机游戏活动为患者们的治疗日增添了难得的欢乐色彩。本次活动由Fun Claw爱心赞助, 将趣味游戏与暖心礼物完美结合, 让患者在治疗间隙感受到社会的温暖关怀。他们慷慨地向我们的患者分发了舒适的毯子和我们可爱的吉祥物 KIDDI 和 NINI 毛绒玩具。这次活动不仅为患者们带来了笑容, 还提供了身心上的温暖。感谢Fun Claw为我们的患者们传递欢乐和关爱, 照亮了他们的一天。



2024年10月30日
弦乐传情:Re:String吉他乐团为碧山中心患者带来暖心音乐会

2024年12月28日, Re:String吉他乐团在肾脏透析基金碧山透析中心举办了一场温暖人心的岁末音乐会, 为患者们带来了一场精彩的经典歌曲演奏。他们充满活力和感染力的表演, 为患者们提供了一次令人耳目一新的音乐之旅, 用愉悦和情感提升了他们的精神。乐团精心准备的经典曲目深深地打动了观众, 营造了充满活力的氛围, 带来了一场兼具艺术性与疗愈效果的音乐盛宴。我们衷心感谢周医生组织了这次活动, 为在场的每个人带来了欢乐。

肾脏透析基金海军部连路透析中心开放日



2024年10月6日，肾脏透析基金海军部连路透析中心为民众敞开大门，举办了一场别开生面的开放日活动，热烈欢迎社区居民的到来。这场融合了健康科普与暖心互动的嘉年华，在乐趣与学习中彰显了肾脏健康的承诺，也相应提高新加坡北部地区居民对肾脏透析基金的认识。



来访者们参与了丰富多彩的活动，包括免费健康检查、KAZO泡芙和爆米花站的美食分享。创意十足的教育游戏，如“糖分狙击战”，由参与者用Nerf玩具手枪击倒糖块，寓教于乐地强调了糖尿病作为肾衰竭主要原因的作用。“掌握征兆”游戏则是由参与者捕捉随机掉落的棍子，考验快速反应能力。这游戏巧妙地说明了早期检测在预防慢性肾脏疾病中的重要性。

参与者们还有机会参观KDF海军部连路透析中心，了解透析患者的日常生活。他们了解到患者每周三次、每次四小时在透析椅上接受治疗所需要的毅力。为了增加趣味性，参观者在领取了任务卡后，在各个游戏

关卡站点完成活动，完成后可获得独家肾脏透析基金吉祥物 KIDDI 礼品袋。活动还设有肾脏透析基金即将举办的慈善竞走活动报名站，鼓励社区居民参与。



开放日的亮点则是肾脏透析基金临床服务部主管莊茵婷女士以及资深临床护士马明娟女士分别用英语和华语同时进行的健康讲座。讲座提供了有关肾脏健康的宝贵信息，激发了大众的好奇心和参与感，他们积极参与了热烈的问答环节。答对问题的参与者欣喜地获得了10新元的职总平价超市礼券。肾脏透析基金患者福利服务的社工们还分享了可用的全面支持服务，强调了对患者护理的奉献精神。



在活动的下半场，激动人心的“贩爱机”（Vending Hearts）计划正式开启。仪式上，在主宾坎贝拉基层组织顾问林伟杰医生的见证下，肾脏透析基金华社咨询委员会主席林胜来先生与董事劳万成先生和关荣添先生共同启动了独特的启动装置。随着一声统一的点击，他们揭晓了“贩爱机”计划，象征着对患者的希望和慷慨。

“贩爱机”计划旨在为肾脏透析基金患者提供一种便捷的方式来兑换日常必需品，减轻他们的经济负担。每位患者都会获得一张特殊的卡，每月最多可以在自动售卖机中选择五件必需品。该计划旨在通过帮助患者满足日常需求，为他们带来些许安慰。



随后举行了支票捐赠仪式，庆祝捐赠者为该计划的实现所做出的慷慨捐赠。肾脏透析基金对慧戒师傅慷慨捐赠的10万新元、富亿城慷慨捐赠的65,388新元以及所有支持这项有意义事业的其他捐赠者由衷表

示深切感谢。林伟杰医生向捐赠者颁发了感谢状，感谢他们在实现该计划中所发挥的重要作用，并致谢道这些善举让医疗关怀变得触手可及。

林伟杰医生在致辞中还发表了对肾脏透析基金所带来的影响的衷心感想，强调了该基金会为贫困肾病患者服务的坚定奉献精神。他强调，提高肾脏健康意识的重要性，并赞扬了肾脏透析基金富有同情心的患者护理方式。



肾脏透析基金衷心感谢《新明日报》对本次活动的报道，并感谢每一位为本次活动成功做出贡献的参与者和捐赠者。



为了给活动增添一份亲切感，肾脏透析基金患者萧先生和他的妻子演示了“贩爱机”计划的运作方式。萧先生使用一张特殊的卡，从自动售卖机中兑换了一包咖啡，展示了该计划如何让患者轻松获取日常必需品。他的演示生动地展现了这项贴心计划将对肾脏透析基金患者的生活产生的切实影响。

这次开放日不仅仅是一次展示透析中心专业服务的活动，更是一种社区精神、同情心和共同使命的庆祝，旨在支持肾病患者并促进更健康的生活，健康倡导的桥梁。



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肾脏透析基金滨海湾花园乐学之旅



10月27日，肾脏透析基金与肾友会共同为老人们组织了一场融合健康教育与自然疗愈的特别活动，将宝贵的健康教育以及令人精神焕发的自然之旅完美结合。从实用的糖尿病肾病护理讲座到充满活力滨海湾花园的舒心之旅，这场体验融合了学习、交流和欢乐。



随后，来自盛港综合医院的内分泌专家 Sueziani Zainudin医生与 Zhu Ling医生分别以英语和华语演讲，确保每位患者都能充分了解其内容，并能够参与其中。他们联袂呈现《肾病患者的糖尿病护理》专题讲座，涵盖了饮食控制、用药规范和生活方式调整的实用策略，帮助患者掌握管理自身健康的工具。



为了巩固这些重要知识点，讲座后进行了一场生动的问答环节，激发了与会者的热情。患者们踊跃抢答，每答对一道题正确答案都能获得10新元职总平价超市礼券。这种寓教于乐的形式既巩固了学习要点，更让现场充满欢声笑语，一举两得。



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开幕致辞。钟副教授重申了肾脏透析基金对患者护理和终身学习的承诺，提醒大家保持信息灵通和积极主动地管理自身健康的重要性。



在内容丰富的讲座之后，大家享用了一顿肾脏透析基金工作人员与肾友会护士精心准备的丰盛自助餐。这段时间也提供病友们放松交流的温馨时刻。餐桌上流转的不仅是美味佳肴，更是病友间相互鼓励的暖心话语。



在愉悦的气氛中，下午的滨海湾花园之旅也开始了。肾脏透析基金由表感谢康福德高 (ComfortDelGro) 的CabbyCare德士司机，抽出时间接送行动不便的患者，确保每个人都能充分参与这次郊游。



旅程从世界上最大的玻璃温室 – “花穹”开始。患者们漫步在令人叹为观止的花卉展示中，周围环绕着来自地中海和半干旱地区的充满活力的花朵和独特的植物物种。凉爽的空调空间提供了一个令人精神焕发的休憩之所，让每个人都能舒适地沉浸在大自然的美景中。



其后，大家前往世界上最高的室内瀑布的所在地 – “云雾林”。当雾气弥漫时，患者们欣赏着覆盖着兰花、蕨类植物和猪笼草的郁郁葱葱的绿色山脉的壮丽景色。许多人在云中漫步道上悠闲漫步，欣赏全景，并了解稀有植物和保护的重要性。凉爽的雾气和宁静的环境使这次体验既平静又具有疗愈作用，为人们提供了远离日常生活的难得喘息机会。



患者们的欢声笑语，探索美景，分享温馨时刻，在郁郁葱葱的绿色植物和令人惊叹的花卉景观中留下了美好的回忆。这次活动不仅仅是一次郊游，更是提醒人们生活中的每一刻乐趣，以及照顾身心健康的重要性。



在活动尾声，每位参与者脸上都洋溢着幸福的笑容。这场活动生动诠释了整体护理的力量，医疗支持与情感和社会福祉相得益彰。肾脏透析基金与肾友会也将会继续组织此类内容丰富的体验，因为我们相信，滋养身心与照顾身体健康同样重要。



这美好的一天离不开所有参与者的共同努力、同情心和慷慨付出。这证明了即使面对着健康挑战，生命中的美好、社区的温暖与希望仍然触手可及。

肾脏透析基金 2024 年慈善竞走活动：战胜糖尿病，保护肾脏



11月9日, 2024年慈善竞走活动 (Got To Walk) 在新加坡体育城华侨银行广场盛大举行, 此活动汇聚了近5000名参与者, 共同为肾脏健康献上鼓舞人心的团结力量。今年“战胜糖尿病, 保护肾脏”的主题强调了预防糖尿病的紧迫性, 因为糖尿病仍然是新加坡肾衰竭的主要原因。在各界善心人士的支持下, 本次活动成功筹得100万新元善款, 而这笔善款将用于继续资助贫困肾病患者的透析治疗。



交通部长兼财政部第二部长徐芳达先生作为主宾莅临现场并致辞强调:”新加坡每七人就有一人患糖尿病, 我们必须携手应对这一导致肾衰竭的主要诱因。”蒙巴登区议员林谋泉先生和阿裕尼基层组织顾问主席陈惠意女士也作为特别嘉宾出席, 共同倡导肾脏健康理念。他们的

出席进一步强化了社区推动的努力在支持肾病患者和提高预防性医疗保健意识方面的重要性。

徐部长在致辞后, 带领参与者进行了健康宣誓, 重申了他们对更好健康的承诺。随着起跑仪式的开始, 参与者们踏上了风景优美的5公里步行之旅, 沉浸在充满活力的氛围和社区的能量中。今年的步行活动也体现了“#GoingTheExtraSmiles”的精神, 鼓励人们走出舒适区, 拥抱更健康的生活方式。



活动现场星光熠熠, 为增添活动的活力, 活动还迎来了新传媒艺人刘谦益、向云、陈罗密欧、黄振隆和罗美仪, 以及TCP艺人David Matthew和美心。他们也积极参与互动, 通

过合影等形式呼吁公众关注肾脏健康。吴美琳和李子森也加入了活动, 为当天的热闹气氛增添了更多色彩。



从与粉丝合影到与参与者一起步行, 这些明星在扩大肾脏透析基金的使命方面发挥了关键作用, 激励人群积极主动地关注自己的健康。他们的出席也强化了社区驱动的努力在促进肾脏健康意识方面的重要性。



步行活动结束后, 精彩纷呈的嘉年华活动也接棒登场。参与者通过各种有趣的活动进行学习、互动。嘉年华活动的种类繁多, 有能让参与者们互动的肾脏健康主题互动游戏、现场表演、即兴肖像绘画以及由REVL Fitness带来的高能量热身运动及健身操, 让每个人都融入了运动和健康生活的氛围中。



为了支持预防性医疗保健, 活动还设立了健康筛查检查站, 提供免费筛查服务供参与者评估自己的健康状况, 并让其获得有关更健康生活的宝贵见解。这项举措强化了早期检测和积极主动的健康管理的重要性, 强调了肾脏透析基金致力于提高人们对肾脏疾病预防的意识。



激动人心的时刻达到了高潮, 幸运的参与者在盛大的幸运抽奖中赢得了丰厚的奖品, 为原本就精彩纷呈的一天增添了刺激感。活动的一个重要亮点是KDF最新吉祥物 NINI 的首次亮相, 与 KIDDI 共同化身护肾大使, 一起倡导肾脏健康。这两位吉祥物代表着我们勤劳的两个肾脏, 将继续传播意识, 并通过更健康的生活方式向公众普及预防肾脏疾病的重要性。



本次活动特别鸣谢首席赞助商 – 大林组 (新加坡)、主要赞助商 — 邵氏基金、首席赞助商: Scan-Bilt公司。我们还要特别感谢我们的支持赞助商: Acti-Tape, Empire, FunClaw, Kazo, Klook, Flexi-Patch, Milo, Patch-It, Shimano Cycling World, Shinfuni, Teo Heng Family KTV Studio, Tong Garden, Trident, and 和新加坡赛马博彩管理局 (Tote Board), 他们的支持使活动更加充满活力和影响力。你们对我们事业的承诺使我们能够继续为肾病患者生活带来有意义的巨大改变。肾脏透析基金主席主席林焯彬博士分享了他对社区大力支持的感激之情:”公众的热烈响应令我们深受鼓舞。这不仅是筹款活动, 更是健康生

活方式的倡导。我们希望今天的活动能激励每个人掌控自己的健康。让我们继续携手, 为肾病患者创造更美好的未来。

展望明年的竞走活动, 让我们继续做出更健康的选择, 并支持有需要的人。就让我们一起努力, 相约2025年”慈善竞走活动: 战胜糖尿病, 保护肾脏“的承诺, 共建一个更健康的新加坡!



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肾脏透析基金 2024 足球慈善赛：齐心健行



2024年12月7日至8日，肾脏透析基金 2024 足球慈善赛：齐心健行 (Got To Goal: Healthier As One) 活动在高文的Kick Off! 球场成功举行，为社区带来了一场充满激情、欢乐与家庭互动的精彩周末。活动通过超过20场激动人心的五人制足球比赛和一系列引人入胜的活动，共同庆祝了积极生活、体育精神和团结的重要性。

今年的活动吸引了大量参与者，两天内共有超过800人参加，场面热闹非凡。从激烈的比赛到嘉年华的欢乐氛围，“齐心健行”展示了积极的生活方式如何促进健康，同时加强社区内的联系。最重要的是，在捐赠者和参与者的慷慨支持下，活动成功筹集了50万新元，用于支持新加坡贫困肾病患者的关键透析治疗。



活动的亮点是五人制的室内足球比赛，参赛队伍在20多场精彩对决中展开角逐。作为2024年“齐心健行”活动的合作伙伴，皇家马德里基金会足球和篮球学院 (Real Madrid Foundation Football & Basketball School) 也设立了互动展位，举办迷你游戏、并展示独家商品和互动活动。为活动增添了更多亮点。他们不仅在现场积极参与，还通过社交媒体平台提高活动影响力，进一步传递社区参与和健康生活的理念。



12月7日，教育部兼财政部高级政务次长黄伟中先生作为主宾出席了活

动。他主持了成人公开组决赛的开球仪式，并随后与受益者一起参与了蔬菜花束制作活动，彰显了活动对推广健康生活和有意义的社区参与的重视。



12月8日，麦波申单选区议员陈佩玲女士作为主宾出席了活动的最后

一天。她为获胜的足球队颁发了奖杯和现金奖励，并与受益者一起参与了卵石艺术活动，象征着肾病患者之间的坚韧与团结。她的参与进一步强化了活动的主题，体现了社区的力量和共同经历的意义。



除了室内足球比赛，参与者和家庭还在“FUN” tastic家庭嘉年华上享受了各种活动。其中，“足球颠球挑战赛”考验了参与者的足球技巧，表现最佳者赢得了一套JBL Tune 无线耳机。足球主题的充气游戏为儿童和家庭带来了乐趣，而由文宏有限公司赞助的“桌上足球迷你锦标赛”则为前三名分别提供了300新元、200新元和100新元的现金奖励。此外，巴耶利峇高文民众俱乐部组织的艺术与手工活动也吸引了众多家庭参与。而嘉年华美食摊位则提供了热狗面包、杯装玉米和由Sunpride Singapore赞助的香蕉以及冰淇淋等美食，为所有人营造了欢乐的节日氛围。



值得一提的是，Team Birkenstock 队伍将他们的比赛奖金捐赠给了肾脏透析基金，以支持有需要的肾病患者。这一善举体现了2024年“齐心健行”活动的真正精神——通过体育和社区参与，创造有意义的社会影响。肾脏透析基金衷心感谢他们为需要帮助的肾病患者的护理和治疗所做的贡献。



回顾活动的成功，肾脏透析基金董事曾士生先生表示：“我们非常感谢所有参与者的热情和支持。除了比赛和欢乐，这次活动也提醒我们，作为一个社区，我们可以通过积极的生活方式变得更健康。我们感谢大家对推广健康生活方式的承诺，这最终将有助于改善肾脏健康。”



最后，肾脏透析基金向所有参与者、支持者和赞助商致以衷心的感谢，是你们的努力与贡献让2024年“齐心健行”活动取得了有意义的成功。正是因为你们的贡献，肾脏透析基金才能继续为有需要的肾病患者提供透析治疗，同时倡导一个更健康的新加坡。

曾拖7年才治疗

获全额津贴免付费 老妇终能安心洗肾

陈维敏 报道 chinacheng@knews.com.sg

【本报综合报道】一名患有慢性肾脏病的70岁老妇人，在经历了长达7年的漫长治疗过程后，终于获得了全额津贴，免除了高昂的洗肾费用，得以安心接受透析治疗。

这位老妇人姓李，家住新加坡。她患有慢性肾脏病多年，病情逐渐加重，最终需要定期进行透析治疗。由于经济条件有限，她一直面临着高昂的医疗费用压力。经过长期的申请和等待，她终于获得了政府的全额津贴，使得她能够负担得起透析治疗的费用。

李老妇人的家人表示，她一直非常坚强，但面对高昂的医疗费用时，她感到非常无助。在得知她获得了全额津贴后，全家人都感到非常高兴和欣慰。她现在可以安心接受透析治疗，身体状况也有所好转。

肾脏透析基金表示，他们非常高兴能够帮助到这位老妇人，并祝愿她早日康复。基金将继续致力于为有需要的肾病患者提供支持和帮助。

李老妇人的家人表示，他们非常感激肾脏透析基金和政府的帮助。他们希望其他有需要的患者也能得到类似的帮助，早日摆脱疾病的困扰。

肾脏透析基金表示，他们将继续努力，为有需要的肾病患者提供支持和帮助。基金将定期举办各种活动，提高公众对肾脏健康的认识，并鼓励人们定期进行体检，及早发现和治疗肾脏疾病。

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他的生活充满了坎坷 – 一场改变人生的意外、与肾衰竭和糖尿病的漫长斗争,以及在慢性病的困扰下寻找工作的艰辛。然而,在家人的支持、雇主的理解以及同事的支持与帮助下,他始终勇往直前,并在逆境中找到了前行的力量。

一场改变命运的故事

大约在八年前,身为室内承包商的莊先生遭遇了一场改变了他人生的工伤事故。一场突如其来的工地事故彻底改变了他的人生。重达近半吨的胶合板堆意外倒塌,压碎了他的骨盆和膝盖。经过手术和两个月的住院治疗,他不得不在轮椅上度过了两年。

失去行走能力也意味着莊先生失去了工作。即使后来恢复了行动能力,他仍饱受慢性疼痛和不稳定的步态困扰,走路时常常需要倚靠墙壁支撑。

曾经活跃独立的他,如今不得不依赖他人完成基本动作。

康复之路漫长而艰难,但莊先生抱着着重获独立的决心。就在他逐渐站稳脚跟,恢复状态时,另一场健康危机却降临了——肾衰竭。

与肾衰竭的抗争

2022年11月,莊先生在家中突然感到极度虚弱、腹泻和呼吸困难。意识到情况不妙,他叫了救护车,被紧急送往新加坡中央医院(SGH)。检查结果显示,体内积水严重,肾脏功能衰竭。到2022年12月,他开始在肾脏透析基金位于水车路的三皇五帝透析中心接受透析治疗。虽然治疗

挽救了他的生命,但也带来了新的挑战。

莊先生的家族有长期的糖尿病史,六位兄弟姐妹也患有此病。最近,他的一个兄弟在三个月前也开始接受透析。往返透析中心接受治疗的过程也同样艰难。视力模糊、感觉恶心和步态的不稳让他的通勤变得异常疲惫。

由于糖尿病病史,他知道自己随时可能恶心呕吐,因此总是在包里装着塑料袋。有时,他不得不在中途下车呕吐,然后再继续行程。



尽管困难重重,莊先生的家人始终不离不弃,陪伴在他身边。在他最艰难的日子里,兄弟姐妹成了他最大的力量来源。

他的姐姐是一名退休护士,经常提醒他按时服药、控制饮食,并在挫折中保持坚强。

她密切地关注着他的健康状况,确保他从不忽视治疗。其他家人也经常关心他,给予鼓励和支持。他们深知慢性病带来的痛苦,尽管不能时刻陪伴在他身边,但他们的关怀和支持也让莊先生有了坚持下去的动力。正是这份亲情,给了他勇于前行‘不轻言放弃的动力’。

透析患者的就业奇迹

许多透析患者会觉得难以找到工作,正是因为雇主往往不愿意雇用需要频繁就医和健康状况不佳的人。但莊先生拒绝让病情定义自己的人生。

在过去两年里,他一直在食品出口和分销商“First Food Industries”

有限公司担任兼职送货司机。这份工作需要体力和专注力,对于接受透析治疗的人而言并不容易。但有了理解他的雇主和支持他的同事,他成功地完成了工作。有限公司担任兼职送货司机。这份工作需要体力和专注力,对于接受透析治疗的人而言并不容易。但有了理解他的雇主和支持他的同事,他成功地完成了工作。



他的老板允许他提前下班接受透析治疗,并确保他不需要做重体力劳动,如搬运重物。同事们在他身体不适时帮忙送货,甚至鼓励他在需要时休息。在特别疲惫的日子里,他们也会让他在办公室小睡一会儿再回家。

虽然有些人可能认为在这种健康情况下工作是一种额外的负担,但对莊先生来说,工作是他的生命线。它赋予他目标感和规律的生活,让他有更多值得期待的事情,而不仅仅是管理健康。

尽管他幸运地找到了一位理解他的雇主,但他知道,许多像他一样的人并没有这么幸运。

他希望更多雇主能够开放心态,意雇用患有慢性病的患者,并为他们提供所需的灵活性。

只需一些微小的调整——如灵活的工作时间、减轻工作量以及允许医疗假等,雇主就能为他们的生活带来巨大改变。

许多透析患者仍然希望为社会做出贡献。他们并不寻求特殊待遇,只希望在病情允许的情况下继续工作。

按时服药的重要性

回顾自己的经历,莊先生也意识到按时服药的重要性——这是他曾忽视的事情。过去,他常常漏服或忘记吃药,认为这无关紧要。但随着时间的推移,他发现自己健康状况恶化了。当他最终坚持按处方服药时,他发现自己的病情有了显著改善。

他呼吁其他透析患者不要轻视服药,因为坚持用药对健康至关重要。

尽管经历了几乎致命的事故、与肾衰竭的长期斗争以及透析的日常挑

战,莊先生从未放弃。他的人生旅程证明了力量、韧性以及来自家人和愿意给他机会的雇主的支持的力量。对于那些与慢性病抗争的人,他希望自己的故事能够成为一种鼓励。生活不会因为疾病而停止。只要有正确的支持、机会和心态,依然可以活出有意义的人生。

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:

- \$185 一次透析治疗
- \$80 一个月的药物
- \$15 一支流感疫苗
- \$1 一次血糖测试

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本期内容

精选

逆境不屈:透析司机的坚韧人生

—— Page 24

特辑

肾脏透析基金 2024 年慈善竞走活动:战胜糖尿病,保护肾脏

—— Page 18

特辑

肾脏透析基金海军部连路透析中心开放日

—— Page 14

特辑

肾脏透析基金 2024 足球慈善赛:齐心健行

—— Page 20

特辑

肾脏透析基金滨海湾花园乐学之旅

—— Page 16

季度更新

肾脏透析基金 活动

—— Page 13

逆境不屈: 透析司机的 坚韧人生

62岁的莊先生以他的故事证明,坚韧与决心是能够战胜最艰难的挑战。作为一名肾透析患者,他依然坚持从事送货司机的工作,这在许多透析患者难以维持就业的现实中,实属罕见。



主编: 王春发
编辑: 曾士生
助理编辑: 梁劭荣, 张嘉伟

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