



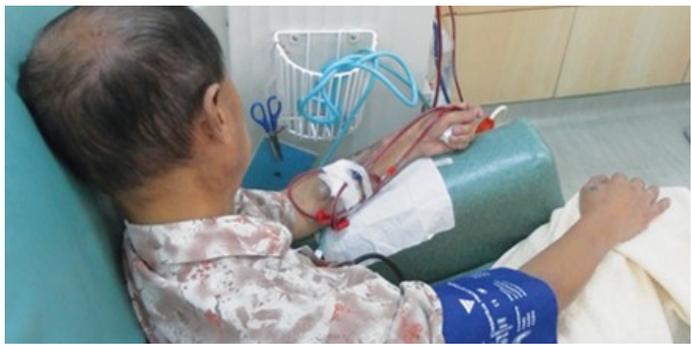
UPCOMING PROJECTS

Chinese New Year E-card
Send your Chinese New Year wishes to your family and friends now!

Atacama Crossing Charity Drive
Donate & support our fundraising event!

World Kidney Month – Coming to you in March 2012
KDF has a special event as part of our celebrations of 'Kidneys For Life' on World Kidney Month. Keep a look-out for it!

FEATURE



A Fighter In His Own Right

Born in a family of ten children, 58 year-old Mr Wang Tah Teng, does not expect his life to be a bed of roses. With seven younger siblings in the family and minimum education, Mr Wang started working as a coffeshop assistant in his early 20s. In his younger days, he drank heavily and paid little attention to his diet and health. As a result, he suffered from hypertension. Even then, Mr Wang often skipped his medication, as he was afraid of taking medicine. [Read More](#)



Tribute to Mr Yeo Thiam Teng

At 71 years old, Mr Yeo Thiam Teng, (affectionately known as TT), was still actively involved in the work of the Foundation. He was the Director of Operations, Chairperson of the Patient and Programme Selection and Chief Editor of KDF's publication; KDF Link. KDF staff best remembers Mr TT Yeo for his personable and approachable qualities, which touched and won the hearts of many. He exhibited a strong passion and dedication for the cause of the Foundation, even when he was ill. [Read More](#)



FORWARD TO A FRIEND



VOLUNTEER SIGN-UP



KDF ON FACEBOOK

EVENTS



Health Talk @ Workplace

As part of its public education initiative to increase kidney and renal disease awareness amongst the working population, KDF organized health talks for OCBC staff in September and October 2011. The theme was "What You Do Not Know, CAN Hurt You". It was heartening to see a strong turnout for each session. The health talk started with Dr Tan Chee Eng, a consultant Endocrinologist speaking on the topic "Do I have diabetes? Do I need to control my cholesterol?". [Read More](#)



KDF 15th Anniversary Open House

On the 20th of August 2011, KDF held its inaugural open house as part of its 15th Anniversary celebrations. Held at the newly renovated Bishan dialysis centre and Bishan community club, the highly interactive and fun-filled event was graced by Mr. Wong Kan Seng - MP for Bishan-Toa Payoh GRC. Attended by distinguished guests and students from Kuo Chuan Presbyterian School, the event was also opened to members of the public. [Read More](#)



Walking for Health With Their Amazing 'Feats'...

With the success of The Amazing Kidney Race held last year, KDF kept the amazing momentum going by organizing the Amazing Feats, the second event in the KDF Amazing series. Held at Lower Seletar Reservoir on the 9th July 2011, The Amazing Feats was the second collaboration between KDF and Nee Soon South Youth Executive Committee. The event was planned with the objective of promoting a healthy and active lifestyle. [Read More](#)



A Visit to Kidney Dialysis Foundation at Bishan

A group of Year 3 biology students from Raffles Institution visited KDF on 26th September 2011. They had studied about the role of the kidney in osmoregulation and excretion in their biology lesson. In addition, they learnt

through role play about what a kidney patient would go through when he finds out that he has kidney disease. They were really looking forward to the KDF visit to see for themselves how dialysis is carried out. [Read More](#)

HEALTH



Your Kidneys

Why are kidneys important?

The kidneys are especially important as together, they function as the master chemist of the body keeping it chemically balanced and healthy.

What do healthy kidneys do?

The healthy kidneys essentially perform three basic and important actions.

[Read More](#)



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