



An e-Bulletin of KDF April 2013

Resilience

1. The power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.
2. Ability to recover readily from illness, depression, adversity, or the like; buoyancy.
(Credits to: <http://dictionary.reference.com/browse/resilience?s=t>)

A quick search on the dictionary for the word "Resilience" reveals the above and brings to mind a warrior. At KDF, all of us believe that all our patients are like warriors in their own fight while battling kidney failure.

Every new patient that comes through our doors bring with them their own stories and struggles. Patients, young and old, have their own story to tell. In this issue of K-Bytes, we highlight 3 patients once featured in our quarterly newsletter, KDF Link, who have showcased and personified the word, Resilience.



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Kim Moi (Sep 2003 issue) - One of His

Kim Moi is a fighter because not only did she lose her hearing at a tender age of 9, but she was first diagnosed with thrombocytopenia, a condition which affected her body's ability to stop bleeding. This came together with the news of her pregnancy after her marriage in 1994 to a hearing-impaired husband.



After receiving news from doctors who confirmed that their unborn child had inherited the blood disorder, worried relatives were quick to urge Kim Moi to abort the baby. However, the soon-to-be mother dismissed the idea simply because she would not give up her flesh and blood. She went on to deliver her baby and was suddenly diagnosed with kidney failure two years later, when both her kidneys stopped working completely.

The many adversities that Kim Moi faced throughout her life have not stopped her from pursuing a life filled with hope, even as a kidney patient.

Alex* (Apr 2010 issue) - Strength to Overcome Obstacles

Alex (not his real name), was 17 when he found out that he suffers from chronic kidney disease during a routine check-up while he was studying at a polytechnic. This was an indefinite blow for a fine teenager like himself. As he started taking medication to slow down the onset of kidney failure, he realised he could no longer afford it soon after the completion of his National Service and stopped his medication

altogether.

His condition deteriorated and his symptoms started to worsen, once getting so bad that when he went to a polyclinic to seek help, but was instead rushed to the Accident & Emergency ward at the hospital for immediate attention. Despite a missed kidney transplant opportunity, Alex was still able to pull himself together and has since undergone haemodialysis treatment instead.

To come to terms with his illness at such an early stage of his life, and to deal with the fact that he had limited occupational choices due to his dialysis schedules left him with a job as a night shift security guard. He has since been more independent and is now able to pay for his own expenses without the need to place extra burden on his family members.

We are encouraged by patients like Alex, who have taught us many life lessons of perseverance and strength.

Alex has since undergone a transplant and is no longer with KDF.

Mr Mohamed Saini Bin Jumali (Jan 2011 issue) - The Resilience Behind His Smile

Mr Mohamed Saini has been with KDF for more than a decade, not before countless trips to the hospital that inevitably took a toll on his savings in less than 5 years while he was at a private dialysis centre. After being introduced to KDF by a medical social worker, complications arose due to his illness, but he remains strong at heart till this day. He smiled, as he shared with us how he is able to live a meaningful life, a gift that the medical treatment has made possible.



When Mr Saini's legs were stronger, he worked as a coffee shop attendant and did voluntary work during his free time. Those were the times that he treasured as he could earn his own keep, pay for his medical treatments, and had the opportunity as well as the ability to give back to the community.

However, in July 2010, Mr Saini's legs became weak due to the stress he put on his legs from working and has led to reliance on a walking stick for him to move around. This posed as a challenge as he continues to work and do the simple things he enjoys, such as volunteering and meeting his friends. Even through his hardships, Mr Saini's spirit remains strong and he does not see himself as being any much different from others. He still shares with us his desire to work, and to be more financially independent.

"Take good care, eat well, and always be strong; like me." were his parting words to us as we ended the interview.

His selfless acts of doing community work, and bringing a smile towards life despite the difficulties he faced along the way is admirable to all of us.

We are encouraged by the tenacity displayed by all of our patients at KDF, and we are certain that they will inspire the public with their stories of courage and resilience as they overcome the ongoing battles with kidney failure.

Please click [here](#) if you have been touched by our patients today; and wish to show your support by easing their financial burdens.

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