

BROCHURES FOR HEALTHY KIDNEYS

At KDF, one of our commitments is to promote public awareness and education of kidney diseases. Through the years, we have designed, printed and distributed many brochures for public education. Currently we have 19 educational brochures that cover a range of topics from information about our kidneys to problems associated with kidney failure, hypertension and urinary tract infection.

All of our brochures are printed in English and Chinese with two brochures in the Malay language. These brochures are complimentary and are available at our dialysis centres, hospitals and some private clinics. The brochures are also available online on [our website](#).

We have three categories of health brochures:

GENERAL SERIES

With this brochure, the general public will be able to identify and prevent the symptoms that cause kidney failure. They will understand the functions and importance of maintaining a pair of healthy kidneys. The brochure highlights the common warning signs of kidney diseases and how you can delay or prevent kidney failure.

COMMON KIDNEY ALIMENTS

Our brochures under this category provide relevant information on the complications of kidney related diseases that may cause kidney problems in the future. One of our brochures 'Urinary Tract Infection (UTI)' details the reasons why it is the most common infection in woman after the common flu and what are the causes leading to UTI. Another brochure focuses on Hypertension and why it is known as the 'silent killer'.

DIET SERIES

Our Diet Series brochures targeted exclusively for kidney patients include tips on how to manage your diet as well as controlling your fluid intake. The 'Low Potassium Diet' brochure provides instructions on how to avoid food and fruits that are high in potassium and how 'leeching' is used to remove potassium from vegetables. Another brochure for kidney patients undergoing haemodialysis highlights the importance of limiting liquids for patients who are not able to urinate.

If you would like to know more about kidney health or you know anyone who is at risk of kidney failure. Pick up or download one of our brochures today!



KDF-Raffles Charity Day 2014

5th – 6th July 2014

Raffles Country Club will be organising a charity golf event for all KDF supporters to raise funds for our needy and less fortunate kidney patients.

Enjoy a game of golf at one of Singapore's premier country clubs in their Lake or Palm course with 3 other friends and play your part in supporting our work!



COST PER FLIGHT
\$1,200 to \$1,600

Please [click here](#) for the reply form if you are interested.
For more information, please contact **Ms Samantha Png** at samantha.png@kdf.org.sg or **6559-2647**.