

彭亨佛教会洗肾中心
Pahang Buddhist Association Hemodialysis Centre

Donation Form 乐捐表格

Name (英文名) : _____

Name(C) 中文名 : _____

I/C No.
 身份证号码 : _____

Address :
 地址 : _____

Tel No : _____ Fax : _____
 电话 : _____ 传真 : _____

Email
 电邮 : _____

All cheques / M.O shall be payable to:
 所有支票或汇票抬头请写:
 “PBA Hemodialysis Centre” or 或
 “彭亨佛教会洗肾中心”

Enclosed herewith a cheque / Money order No _____
 附上支票/汇票列号
 for the amount of RM _____
 志银马币

所有捐款皆可豁免所得税
All Donations are tax exempted

A. Kidney Functions 肾的功能

1. Excretory functions 排泄功能
 - 1.1 Remove waste products 清除体内废物
 - 1.2 Remove excess fluid 排出多余的水分
 - 1.3 Regulate acid-base balance 调节酸碱平衡
 - 1.4 Regulate electrolyte levels 调节电解质水平
2. Secretory functions 分泌功能
 - 2.1 Regulate blood pressure (renin) 调节血压
 - 2.2 Regulate red blood cell production (erythropoietin production) 调节红细胞生成素
 - 2.3 Regulate calcium uptake (active vitamin D) 调节钙的吸收
 Kidneys process about 200 litres of blood every day and produces about 2 litres of urine.
 肾脏每天处理约200升的血液和制造2升的尿液

B. Factors that initiate kidney damage 肾功能衰竭的导因

1. Diabetes 糖尿病
2. Hypertension 高血压
3. Autoimmune diseases 自身免疫性疾病
4. Primary glomerulo nephropathies 肾小球肾病变
5. Systemic infections 全身性感染
6. Nephrotoxic agents 肾毒性药物

**Prevention of Kidney Failures
 如何预防肾功能衰竭**

1. Diabetic patients – blood glucose level should be well control with proper medication
 糖尿病患者, 必须服用适当的药物控制好血糖水平
2. Hypertensive patients – blood pressure should be within normal limit and regular medication
 高血压病患者, 必须控制好血压和定期服用药物
3. Autoimmune diseases – regular follow up and proper medication and diet
 身免疫性疾病患者, 定期跟进体检, 服用适当的药物, 忌口
4. Kidney stones – obstruction to the flow of urine and back pressure should be immediately corrected to prevent irreversible damage to kidney functions. Drink a lot of fluids to prevent saturation of urine for formation of stones. (prevent dehydration)
 肾结石患者, 应即刻治疗尿液的阻塞和背压的流量, 以防止它损害肾功能。喝大量的水以防止尿结石成形。(防止脱水)
5. Infections of the urinary system – immediate medical attention and regular follow up
 泌尿系统感染者, 必须立即就医, 并定期跟进检查
6. Nephrotoxic agents – refrain from taking drugs / chemical / herbs of unknown origin
 不要服用来历不明的药物 / 化学产品 / 草药等以造成肾毒
7. Yearly medical check up
 每年进行全身检查