

# Embracing the Twists and Turns: A Journey of Strength & Hope

My life has been a rollercoaster ride, filled with unexpected twists. At the age of 10, I knew kidney failure awaited me after check-ups revealed that I had chronic kidney disease. As expected, end-stage kidney disease struck in my early 40s. Thankfully, I was blessed with the opportunity to receive a transplant. This gave me a new lease of life and brought me joy.



Life - unpredictable as it is - had another twist in store for me. A routine checkup unravelled the harsh truth of bladder cancer. I questioned myself,

“Why me? Why can't I lead a normal, healthy life like others?”

After a good cry, I picked myself up to confront reality. Although it was tough, I had to continue this journey. Surgery to remove both my bladder and my transplanted kidney of 13 years marked the beginning of my endless dialysis journey. What made it even more challenging for me was my phobia for needles. To overcome my fear, I had to see a psychologist and take medications.



Amidst these health battles, I had to be a caregiver for my ageing parents. After my father passed on, my brother assumed the role of a guardian for our mother, allowing me to focus on my well-being. Turning to the lessons from Buddhism, I found strength by sharing my story, spreading positivity, and gaining confidence along the way.

Let's get social



NKF Singapore



I'm glad and thankful to have a chance to learn coffee-making and train up employable skills here at Kaki Corner!

When one door closes, another opens. I got the chance to work at Kaki Corner, a café run by patients at the NKF Centre. This employment programme has allowed me to be self-reliant and earn a living for myself. After finishing 100 hours of training at Kaki Corner, I am now employed at a café, bringing me back into the workforce and one step closer to leading a normal life. Fuelled by a newfound passion for F&B, I even joined NKF's Home-Based Business Programme, dreaming of having my own home-based business one day.

Now, with regular dialysis and the support of my family, friends and NKF, I face the future with a lighter heart. With renewed strength and positivity, not only was I able to get through tough times, I can also walk through opened doors to new dreams in my later years.

~ Ms Susan Chua, 60 years old, NKF dialysis patient for 5 years

Living with kidney failure is challenging, and many patients grapple with overwhelming emotions of sadness, anger, anxiety, and depression. We seek your kind support in our Vesak Day Charity Drive as we amplify the spirit of benevolence. Your care and compassion will help many more patients like Ms Chua rebuild their lives and face the future with hope!

