

**National University Hospital - NUH** ✓

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Discover how Paula regained vitality and balance in her life post-kidney transplant. Let's honour her resilience this International Women's Day.

"My journey battling kidney disease has been challenging from a young age. Constant hospital visits since I was 2 years old shaped my childhood memories. As I transitioned into adulthood, managing work alongside frequent medical appointments was demanding. It was difficult to find understanding employers and my health setbacks affected my work performance. I was also sickly and often fatigued. Receiving a kidney transplant gave me a new lease of life. Today, I have renewed health and energy to live life to the fullest." – Paula, kidney transplant recipient.

As Singapore's only centre that provides adult and paediatric transplant services, the team at the National University Centre for Organ Transplantation (NUCOT) continuously pushes boundaries and offers hope to patients since 1970. Find out more: [for.sg/nucot](https://for.sg/nucot)

[#InternationalWomensDay](#) [#OrganTransplant](#)

**National University  
Hospital**

“Before my kidney transplant, it was tough balancing work and frequent medical appointments. My work performance was negatively affected too. Now, post-transplant, I'm able to live life to the fullest.”

*Paula,  
kidney transplant  
recipient, with her family*



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