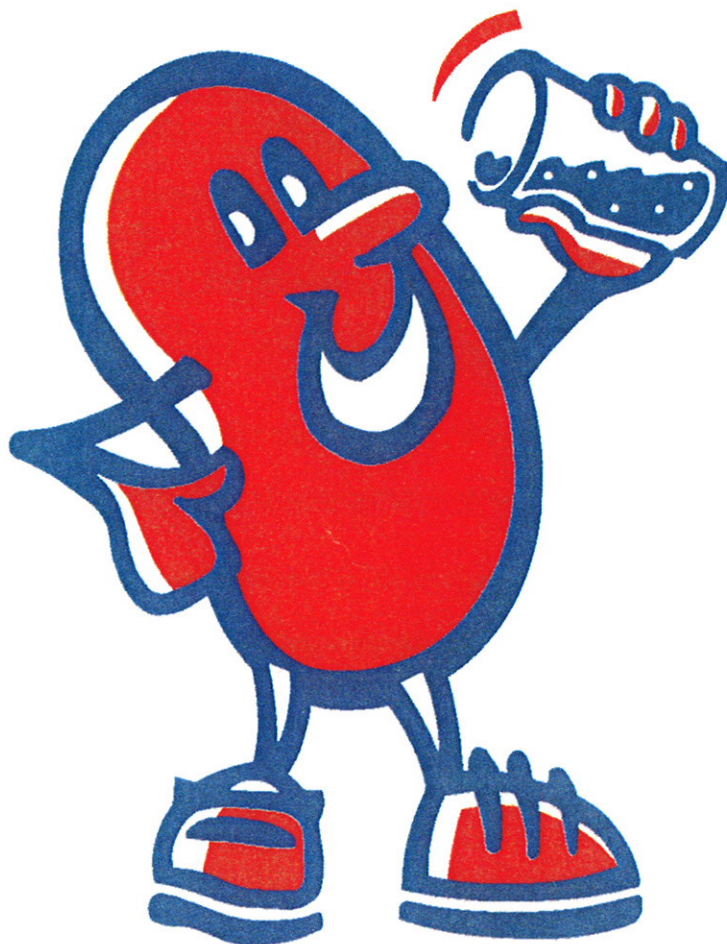


AUTUMN 2007 EDITION

NEW ZEALAND
KIDNEY
FOUNDATION

CHECK OUT OUR WEBSITE:

www.nzkidneyfoundation.co.nz



Welcome to the First Newsletter for 2007

I can't believe it is nearly Easter and this is the first newsletter I have managed to put together. This is an indication of how busy we have all been in the New Zealand Kidney Foundation Office so far this year, a good excuse anyway!.

National Drink Water Week



Pictured above are school children from St Leonards Road school in West Auckland one of the winners of our water bottle draw.

The majority of February and early March were spent planning, and organizing the NZKF National Drink Water Week, this was another successful event. This year we were fortunate enough to have Spring Fresh come on board giving us a very good price for water bottles with our very own label on it. This enabled us to give away around 7000 water bottles to schools and organizations. Every school in the country was sent a

Resource Kit containing posters, activity sheets, a water information brochure and a letter to the canteen supervisor and school principal asking them to consider selling only water in their school during National Drink Water Week. Also in the pack was the opportunity to enter the draw for a chance to win one of 20 prizes of 240 water bottles for their school. This year many more schools actively participated in the campaign with several using the week as a catalyst to going water only. A very encouraging result. I was fortunate enough to spend a couple of days at St Albans school in Christchurch talking to the classes about the role of the kidneys and why water is the preferred drink choice, I was very impressed with the awareness the children had of the benefits of drinking water and the high sugar content of carbonated drinks and juices.

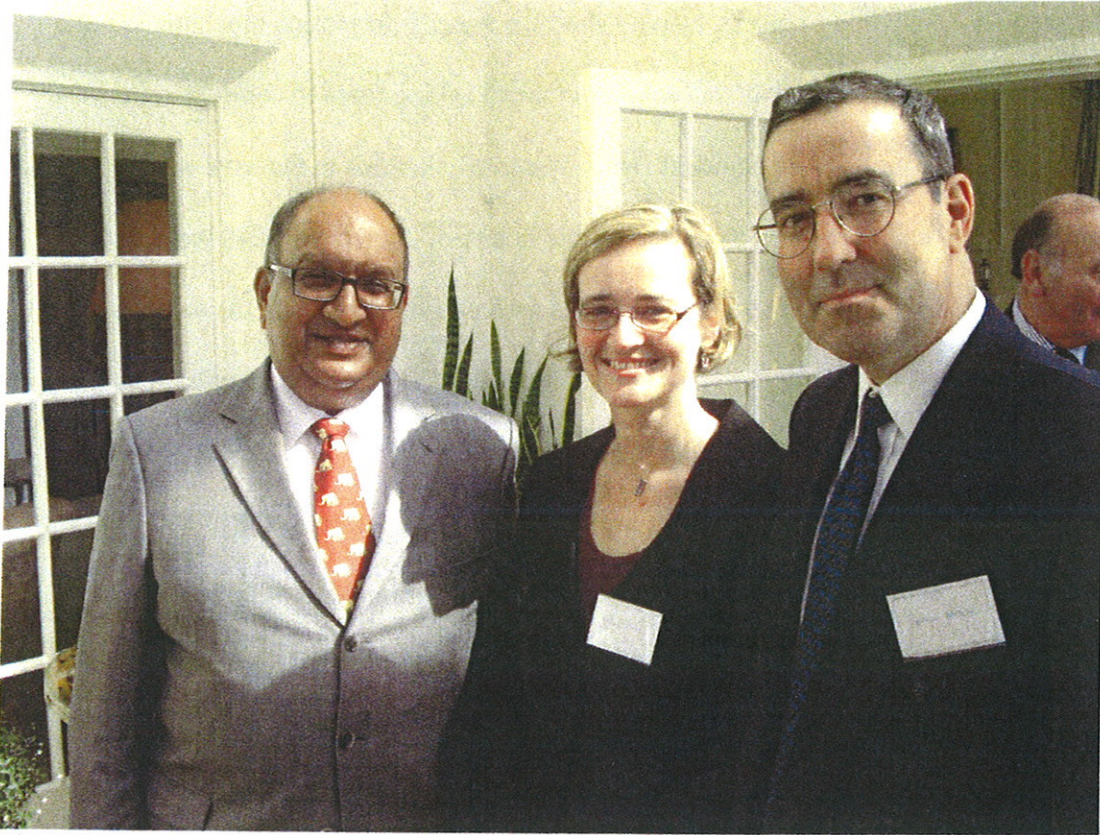
TeAwamutu College was another school that participated in the week; the bottles of water we had donated to them were given to the first four students to arrive in class on Friday and could tell the teachers four benefits of drinking water. Their library put on a display and gave out information about water

World Kidney Day

Thursday 8th March was World Kidney Day, this is the first time this has been recognized and will now be an annual event. The theme for this year was Are your Kidneys OK?

The New Zealand Kidney Foundation National Drink Water Week coincided with the day, so we used the week to pay tribute to some of the live kidney donors in the Wellington and South Canterbury regions.

In Wellington the Governor General His Excellency Anand Satyanand and his wife, hosted an afternoon tea at Government House and gave certificates to live kidney donors, in recognition for their contribution to society and of course the recipients, many of whom also attended the function.



The Governor General with Paula Martin, kidney donor and her fiancé, and recipient of her kidney Michael Papesch at Government House.

In Timaru the Local MP Jo Goodhew gave out certificates to four live kidney donors, in doing so she spoke of her admiration for their bravery and generosity. At the same function Mrs Goodhew also launched the South Canterbury Organ Donor Support Trust, this has been set up with funds left over from an appeal which raised money to enable a young South Canterbury man to receive a liver and kidney transplant in Australia.

The aim of the Trust is to provide financial support for individuals and/or families needing to leave South Canterbury for an organ transplant.

Staff from the Renal Unit gave out brochures raising awareness of Kidney Disease to members of the public outside the main entrance of Wellington Hospital on World

Kidney Day. Staff from the Renal Unit at Middlemore Hospital gave out brochures and water bottles to members of the public and school children as they promoted awareness of kidney disease and the importance of getting checked for those at risk.

Inservice Education

I have been asked by several groups to provide some inservice education on a variety of topics related to kidney disease. Recently I ran a one day workshop for staff at Oamaru Hospital, this was the second workshop I have run at the hospital. Nurses from a variety of areas, including Practice Nurses, Diabetes Nurse Specialists and District Nurses attended the day.

It is encouraging to know there is an increasing interest from health professionals and other health groups to learn more about kidney disease and its impact.

NZKF Website

Currently we are working on our new website which we are hoping to launch in the next couple of months, so far the new ideas and visuals we have seen look very exciting, so keep a look out for a new and improved easy to use website.

NZKF Annual Conference

The kidney patient support group annual conference will be held in Christchurch again this year. The date will be 15th -16th June, with the venue to be announced nearer the time. The Saturday morning session will again be open to the public.

I am always looking for news or ideas for the newsletter so feel free to contact with me

On 0800543 639 or carmel@nzkidneyfoundation.co.nz

Carmel Gegan-Ford

Education Manager

From the Medical Director

What is the best way to increase organ donation in New Zealand?

Transplantation provides the best survival and quality of life for people with kidney failure and is cheaper than dialysis treatment. The first kidney transplant in New Zealand took place in Auckland in 1965. Now over 300 people on dialysis are waiting for kidney transplants. Over recent years the number of living donor transplantation has increased to the point where there are more living donor than deceased donor transplants done each year in New Zealand. As part of the activities to mark World Kidney Day on 8 March 2007 the Governor General, Their Excellences Anand Satyanand and Mrs Satyanand hosted a reception for kidney donors and recipient at Government House in Wellington. The Kidney Foundation has had an interest in increasing kidney transplantation since its establishment in 1976. During the 1980s the Foundation persuaded the then government to allow the use of the driver licence system for people to indicate their wishes regarding organ donation after death (deceased organ donation as it is now called). In spite of the establishment of this “opt in” organ donor register and the efforts of many others, such as organ transplant co-ordinators, other health professionals, patient support groups, organ recipients and their families and donor families, the rate of organ donation in New Zealand has remained static.

There are currently two Bills being considered by the Health Committee – The Human Tissue (Organ Donation) Amendment Bill sponsored by National MP, Dr Jackie Blue, and Mr Andy Tookey and the Government’s Human Tissue Bill which includes section related to organ donation. The Foundation welcomes this community debate on organ

donation and has made submissions on both Bills that can be accessed at

<http://www.nzkidneyfoundation.co.nz/>

The Foundation's position, which is supported by the Auckland District Kidney Society, is as follows:

Organ donor registries do not on their own increase the rates of organ donation

Any changes to legislation must take into account the needs of the families of potential deceased donors and must not prejudice the community's current support of organ donation as a morally good act.

A major publicity campaign should be launched by the Government to increase the community's understanding of the benefits of organ donation.

Investment is needed in appointing and training health professionals with the special skills needed to obtain agreement from grieving families for organ donation.

A summary of the Foundation's submission on the Human Tissue Bill follows:

"The New Zealand Kidney Foundation welcomes and supports any initiatives to enhance the community's awareness of the benefits of organ donation and to increase the low rate of deceased donor organ donation.

The Foundation supports the Bill's intention of balancing the wishes and needs of potential donors and their families. We ask you to note that in spite of clearly stated and recorded directions being given by potential donors in regard to organ donation, their families' wishes regarding organ donation after their death may differ. Resolution of such conflict requires appropriately trained clinical staff. Investment is needed in training such staff to work in New Zealand's Intensive Care Units.

While the Foundation understands the Government's wish to rationalise the regulatory

framework in regard to human tissue it asks the Committee to note that there is an efficient and effective voluntary system for the retrieval and allocation of deceased donor organs and for the assessment of potential living donors. Any regulatory framework resulting from the present legislation should not put this successful system at risk.

The Foundation believes that setting up an effective National Organ and Tissue Donor Register may prove difficult and expensive. At least in regard to organ donation, such Registers in other countries have not resulted in an increase in the rate of organ donation. The Foundation supports the Government's current policy of allowing welfare assistance for living donors. The Foundation believes that the shortage of donor organs will not be met by increases in deceased organ donation and thus considers that there should be community discussion on the desirability of paying living donors as is occurring in other developed countries."

Kelvin Lynn

Medical Director

Some Interesting Facts regarding organ donation and transplantation

Information taken from the Australia and New Zealand Organ Donation Registry

- There were 25 deceased donors in New Zealand in 2006, which resulted in 41 kidneys (41 recipients), 24 livers (28 recipients) nine hearts, 24 lungs (eleven double and two single lungs) and six pancreas being transplanted into recipients. In addition 16 corneas and six heart valves were sent to the tissue bank.
- The donation of more than one organ occurred in 92% of donors.
- In 2006, from donors where organs were retrieved, 98% of kidneys, 100% livers, 100% of hearts, 92% of lungs and 100% pancreas were actually transplanted
- There was a total of 463 people on the waiting list for organs, of these 433 were
- for a kidney.
- In 2006 20% of New Zealand Organ donors had a signed drivers licence.

The following information was taken from the Organ Donation New Zealand website www.donor.co.nz

- There were 47 living kidney donors in New Zealand in 2006
- The success rates for transplantation in New Zealand are comparable to international rates. The table below shows the patient survival rates at 1 year and 5 years for hearts, lungs, livers and graft survival rates for kidneys and pancreas' in NZ. These figures are from deceased donors only.

	At 1 year	At 5 years
Heart	90%	75%
Lungs	85%	55%
Liver	94%	89%
Pancreas*	81%	74%
Kidneys	94%	78%

**Combined Australia and NZ graft survival figures*

Something to make you smile....

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After 2 years of what it perceived to be bitter failure, it spoke to the woman one day by the stream.

"I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"

That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."

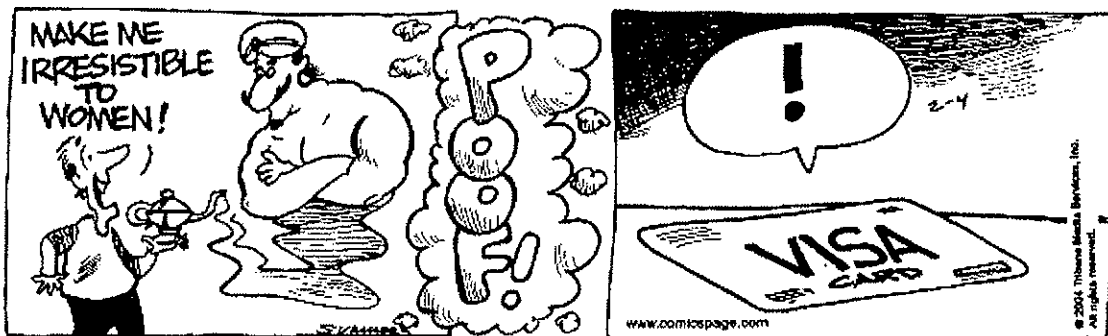
"For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this

beauty to grace the house"

Each of us has our own unique flaw.

But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

To all of my crackpot friends, have a great day and remember to smell the flowers, on your side of the path.



BROCHURES & FACT SHEETS AVAILABLE FROM THE NEW ZEALAND KIDNEY FOUNDATION

Blood Pressure and Kidney Disease
Diabetes and Kidney Disease
Kidney and Urinary Tract Health for Women and Men
Organ Donation for life
Urinary Tract Infections
Kidney Donations
Reflux Nephropathy
IgA Nephropathy
Kidney Stones

Kidney Disease is a Silent Killer
Skin Cancer Fact Sheet
Car Bumper Stickers
Six Warning Signs of Kidney and Urinary Tract Disease
Need a reason to talk about the benefits of kidney donation poster
Kidney Disease in Maori and Pacific Islanders - **English**
Kidney Disease in Maori and Pacific Islanders - **Maori**
Kidney Disease in Maori and Pacific Islanders - **Samoan**
Kidney Disease in Maori and Pacific Islanders - **Tongan**

You can also visit our website:
www.nzkidneyfoundation.co.nz

or you can call our Information Line
'0800 KIDNEY' (0800 543 639)

Yes, I want to help in the fight against kidney disease and support the
New Zealand Kidney Foundation.

☐ \$100 ☐ \$50 ☐ \$20 ☐ \$10 or Other \$.....

☐ Enclosed is a cheque payable to the New Zealand Kidney Foundation, or please charge:-

☐ Mastercard ☐ Visa

Account number:

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Expiry Date:

Signature:

Please indicate if you would like:-

- ☐ A receipt for your donation
- ☐ Information about making a gift to the New Zealand Kidney Foundation in my Will.
- ☐ Information about kidney donation/transplants.
- ☐ More information on general kidney health.
- ☐ To become a member of the New Zealand Kidney Foundation

Name:

Address:

Thank you for your support.

Please return this form to: PO Box 139,
Christchurch, Phone: 03 353 1240

Website: www.nzkidneyfoundation.co.nz, Email: nzkidney@xtra.co.nz