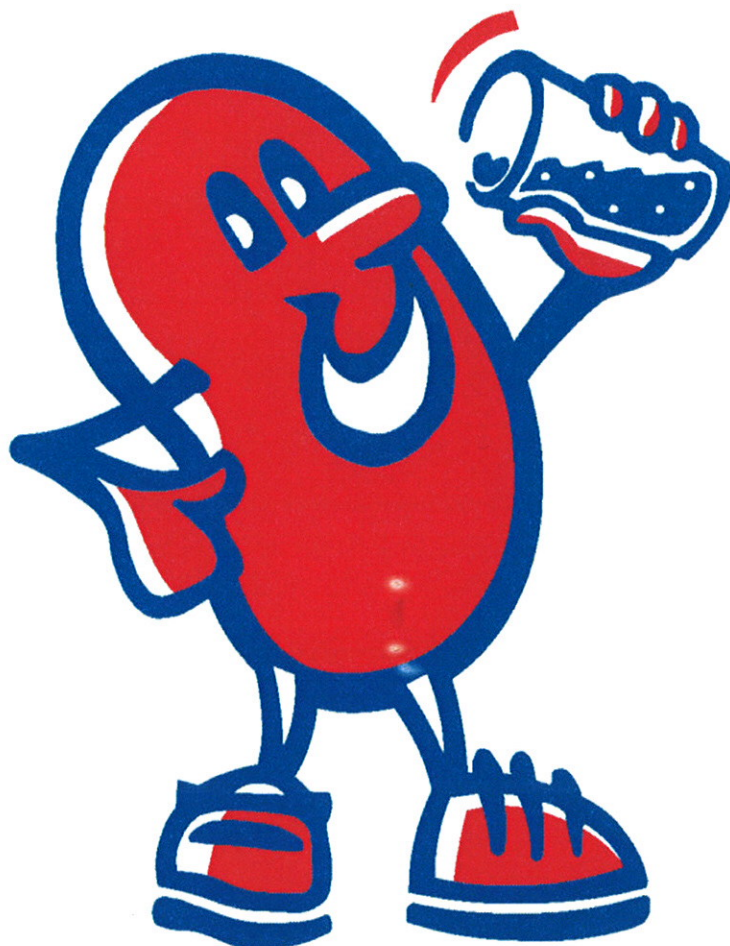


XMAS 2007 EDITION

NEW ZEALAND
KIDNEY
FOUNDATION

CHECK OUT OUR WEBSITE:

www.kidneys.co.nz



I can hardly believe it is nearly Christmas, although there is a great deal of anticipation in our household with three very excited children counting down the sleeps until the Big Red Fellow arrives.

What a year this has been for the New Zealand Kidney Foundation, we seemed to be busier than ever, but in a good way. I have been kept busy with requests speaking to school students ranging from primary right through to secondary school students. The most challenging group must have been the 120 Year 10 boys (the old 4th form), who were all talk, until I showed them the wonderful DVD I have showing a condensed version of a live donor/recipient kidney transplant. This proved to be quite a hit even if a couple looked a little green afterwards. Needless to say the increasing variety of resources we are putting together is certainly making my job a little easier and receiving great feedback. Another area I have been involved in is Health Expos, these have been a great way of raising our profile, our new banners with easy to follow visual messages have proven popular with many people stopping to look at them and ask questions.

The Kidney Patient Support Groups Conference was held in Christchurch in June this year and plans are underway for next years conference which will be held in Hamilton, we are hoping to encourage patients from the Waikato region to attend the Information morning to be held on the Saturday morning. At this stage the date for this will be early June 2008.

Planning is well under way for National Just Water Week, we have 250 kindergartens and primary schools registered for the week and will be mailing out a resource pack containing information on water, activity ideas, a colouring in competition and posters. I am planning to speak to some of schools involved about the role of the kidney and why our organisation is promoting water as the healthy drink of choice.

On Thursday 13th March 2008 is World Kidney Day, this is an opportunity for us to raise our profile and awareness of the impact kidney disease has on peoples lives, while encouraging those at risk to get checked. The theme for the Day is "Amazing Kidneys" Are your Kidneys OK?

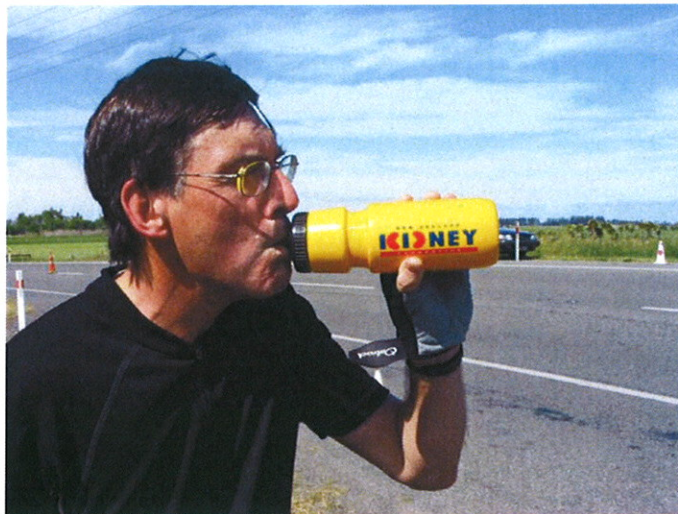
Already Renal Units throughout the country are getting in behind the day with staff looking at going into some work places to test people's blood pressures and talk about risk factors. Another unit is looking at holding a cricket match between another renal unit to promote the day and raise awareness. Staff from one of the renal units is looking at screening staff at a large company, taking blood pressures and giving out information. If you have any suggestions and would like some posters to help promote the day give me a call.

Our updated website is receiving an increasing number of hits; this is still a work in progress, so we invite any comments or suggestions. The 0800 line has been a little quieter recently, must be the Christmas lull starting earlier, although it is encouraging to be receiving more calls from GPs and Practice nurses.

I only received one reply following the article "Why are we Waiting" published in the last newsletter, and have included this further in this newsletter.

On behalf of Guy, Kelvin, Deanne and myself we would like to this opportunity to wish you a very Happy and Healthy Christmas.

From The Medical Director



Kelvin getting us noticed!

The Foundation has been highlighting the importance of the links between obesity, diabetes, hypertension and chronic kidney disease.

One of the messages that we will again emphasise in *Drink Just Water Week*, 10-14 March 2008, is that drinking water, rather than sugary drinks, to quench thirst is healthy and helps prevent obesity, a major cause of diabetes.

On *World Kidney Day*, 13 March 2008, we will again ask the question *Are your kidneys OK?* We will also be telling the community that the healthy kidney is a marvellous organ and that two kidneys together filter and cleanse about 200 litres of body fluid each day.

On 1 December two relay teams from the Department of Nephrology at Christchurch Hospital (Picture 143_4367 showing Adrian Buttimore, Clinical Manager Dialysis Services, Kelvin Lynn, Medical Director, Graham Whitaker, General Practitioner, Jenny Usher, Clinical Nurse Specialist after the event) took part in the 75 km Harbour Race to check out our kidneys – and muscles and lungs – fuelled by enthusiasm and cooled by water. (Two pictures 143_4364 – the NZKF water bottle and 143_4361 the Medical Director at the end of his cycling section)

Adrian and Kelvin won the men's relay event and there are plans to encourage more health professionals to enter next year to publicise the work of the Foundation.

You may have other ideas about raising awareness of kidney disease and its prevention. We would like to hear about them. Please contact Carmel.....

Have an enjoyable and safe Christmas and New Year.



You may recognise this person from Dancing with the Stars, or TVNZ's Good Morning Show. I'm talking about the person on the left!!!

The good news is Brendon Pongia has agreed to be an Ambassador for the NZ Kidney Foundation, with his impressive sporting achievements, he was a Tall Black for ten years Brendon is passionate about promoting a healthy lifestyle.

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.kidneys.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:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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: 24 St Asaph Street
Christchurch 8140, Phone: 03 353 12402

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