



The Christchurch Kidney Society (Inc.)
Patient Support Group
SERVING THE LOCAL RENAL COMMUNITY
FOR OVER 40 YEARS

THE RENAL MESSENGER

IN THIS EDITION:

- Editor's note
- Ian Tuhega's gift
- Bingo Night fun
- Goodbye and Good luck Becky!
- Baked Apples
- Ross Bailey Memorial
- Snippets
- Thank you
- Trust update
- Exercise update
- KHNZ press release
- Entertainment Book
- Meet Yogi
- Membership renewal and application



Autumn 2017

This issue has been funded by

Karen Faalilo, Property Transfer Office

www.propertytransferoffice.co.nz



From the Editors Desk...

It is a dreary old day outside today, but I am very thankful as a Port Hills resident! Both Viv and I were evacuated from our homes during the recent Port Hills fires and are very happy to be home and see the rain.

Our office looks tidy again too, as we held our Ethel and Bethel Bingo Fundraiser on Friday 10th March and it was a huge success—there was no problem selling 150 tickets (and in fact we could have probably sold another 50), we had some fun prizes to win, a great selection of silent auction items and a raffle with six different prizes to win!

*An added bonus on the night was Ian Tuhega offering (with a little bit of pressure I think from the Nephrology Department) to be “shorn for a cause”, he lost his luscious locks and the **Society gained \$1,013.40** for our patient support care packs. We are very grateful to Ian and hope it’s not too chilly for him today—we gave him a t-shirt from KHNZ, but I think it should have been a beanie.*

*The **Bingo Night raised just over \$5,000 in total** and this is a wonderful boost to our funds, which are always earmarked for our patient support care packs and Dialysis Entertainment items.*

*We also received **\$500 this month from the Rehabilitation Welfare Trust**, which enabled us to purchase more “mini bikes” - the exercise group is growing and it is lovely to get such positive feedback from our participants. Please ring us if you wish to join the peloton.*

As fundraising needs to be ongoing with a not-for-profit organisation, we will be selling Entertainment Books over the next couple of months, so please get in touch with us if you would like one (or two), as it is a great passive fundraiser for the Society, receiving \$13 for every book sold.

I have a new “angel” in the office—Lois Russell—and she has taken over the much valued job our dear Judy Giles used to undertake—ringing around our membership. As always, please call us if you need a chat, have a good fundraising idea, or think there is something going on that we need to know about.

Thank you, Jo Houghton :)



IAN TUHEGA WAS “SHORN FOR A CAUSE” AT
THE BINGO NIGHT AND RAISED

\$1,013.40

FOR THE CHRISTCHURCH KIDNEY SOCIETY





**SPECIAL THANKS TO EVERYONE WHO CAME ALONG
OR CONTRIBUTED TO THIS WONDERFUL NIGHT**



GOODBYE AND GOOD LUCK BECKY

After spending the majority of my working career in the Dialysis Service, I guess it is understandable saying goodbye to this part of my life is hard. Looking back, I never really expected my life would head in this direction. Although as a child I loved the idea of working in health, rather ironically I suffered from needle phobia,

even talking about injections, blood tests or needles left me with low blood pressure and black spots in my vision. Yet here I was at the age of 18 applying for a role to work for the Christchurch Dialysis Service where I would be required to insert some of the largest needles on the medical market! What was I thinking!? My dear Mum, bless her, tried to talk sense into me. I still remember the look on her face when I showed her the job advert informing her I had applied. She said in the most loving gentle way, "Darling, don't get your hopes up. This sounds like a role for someone with life experience and teaching skills. You are still young and how on earth would you cope with the needles!?" I understood her point of view, but for some reason I was still drawn to the role. You can imagine her face when Adrian called and offered me a job. I haven't let her forget it hahaha!



The last 14 years has been an incredible experience for me. I have met some truly inspiring people during this time, namely people like you - who are living with renal disease. Thank you for making my time so memorable!

For now, nursing is very much taking the back seat for me. Aside from some light casual work at Shirley Medical Centre I am focusing more on my personal endeavours. I am thoroughly enjoying taking our girls to school, attending school trips and being in a more available head space for them. During school hours my fabulous Great Aunt Bethel, and her friend Ethel, keep me busy organising fundraisers and social events all over Canterbury and further afield. The old ducks very much enjoy catching up with familiar faces at the annual CKS Bingo fundraiser ;)

In my leftover spare time I have been dabbling in photography which interestingly has been a love of mine long before inserting 15 gauge needles! So although I feel sadness my time in Dialysis has come to an end, I do feel I am where I am meant to be.

Take good care and I hope to see you around,

Becky

Editors Note:

In the photo on the previous page, Becky is sitting in front of her gift from her colleagues, and in her words "It is a magnificent piece which has already taken a prime spot in our lounge. Having an award winning piece of Rob Brydon's in my lounge is very poignant."



BAKED APPLES

Ingredients:

4 apples

1 Tablespoon lemon juice

4 dried dates, chopped finely

1 teaspoon vanilla essence

2 Tablespoon brown sugar

12 almonds, chopped finely

½ teaspoon mixed spice or cinnamon



Method:

Serves 4

- Preheat the oven to 180 degrees Celsius
- Leaving apples whole, take the core out of the middle and place them in a baking dish
- Drizzle lemon juice into the centre of each apple
- Combine dates, vanilla essence, brown sugar, almonds and spice. Spoon the mixture into the centre of each apple.
- Cover the dish with foil and bake for 15 minutes. Remove the foil and bake for further 15 minutes or until the apples are tender.
- Serve each apple with 2 Tablespoons of custard.

SPECIAL THANKS TO:

**The Christchurch Kidney Society acknowledges support from
these organisations:**



THE REHABILITATION WELFARE TRUST



Ross Raymond Bailey

b. 31 August 1941 d.3 April 1997

MB ChB NZ (1964) MRACP (1968) MRCP (1970) MD (1970) FRACP (1973) FRCP (1983)

3 April 2017 marks 20 years since the untimely death of Dr Ross Bailey in Sri Lanka. Dr Bailey will be remembered by many kidney patients and their families.

He graduated from the Otago University Medical School in 1964. He was encouraged to take up a career in nephrology by Dr Peter Little, the founder of the unit at Christchurch Hospital. After training in London and Canada he returned to Christchurch as a consultant nephrologist in 1972, taking over as head of the department in 1979. He had an international reputation as a clinician and researcher.

Despite his heavy clinical workload, he loved contact with patients. He was greatly revered by his patients, not only for his clinical skills, but for his interest in their personal lives which might include the state of their farm, the chances of a certain horse coming home in an upcoming race meet, or the stakes for next weekend's rugby test.

Dr Bailey was a deeply involved with the Christchurch Kidney Society and the Kidney Foundation of New Zealand (now Kidney Health New Zealand) and was an advocate for patient involvement in health care.

Kelvin Lynn

February 2017

SNIPPETS:

The date for the annual Christmas Party has been set at **Sunday 26th November 2017** at the Woolston Club. Pop it in your diary!



A cake stall has been booked in the Hospital Foyer on **Friday 26th May 2017** - if you could like to contribute to this please contact Jo or Viv at the office 03 3795529 or email us at c.ks@xtra.co.nz.

Skincare packs are available in the office—if you are looking to try a few different products to help your skin (e.g. Cetaphil, QV, Alpha Keri or Ego sun sense 50+ sunscreen) please call the office as above.



"If you're so worried about crows' feet, why don't you see a podiatrist?"

ACKNOWLEDGEMENT AND THANKS TO:

- Special thanks to Karen Faalilo from the Property Transfer Office for her continued sponsorship of this newsletter.
- Donations in memory of Greg Smith.
- The Rehabilitation Welfare Trust for \$500—to purchase additional “mini bikes” for patients and members.
- Donations in memory of Derek Carr.
- Donations in memory of E Watkins.
- \$250 from Pinnacle Corp—who collected this amount in anticipation of Ian being “Shorn for a Cause”!
- To the pharmacies around town who continue to sell our cookbooks—Church Cnr Pharmacy, Ferrymead Pharmacy, Halswell Pharmacy, Longhurst Pharmacy, Hardings Pharmacy, Sydenham Pharmacy and Hoon Hay Pharmacy.



THANK *You*
IN APPRECIATION OF YOU, AND ALL THAT YOU DO.

Disclaimer

While every care is taken to ensure the accuracy of information, views expressed in the Renal Messenger are not necessarily those of the Society. Articles by non professionals are intended to interest and inform and are not intended as medical or dietary advice. This information should come from the medical professionals involved in your care.

CKS Graeme Cox Youth Education Trust

Supporting young people affected by CKD



The Trust has again been successful in being chosen for the “Bags for Good Neighbourhood” initiative and there will be a token box at The Warehouse South City from February to July 2017. When you shop at this store you can take a token from the counter (or ask if none available) and vote for us. The more votes we receive the bigger the cheque will be when this is paid out in September 2017.



If you would like any further information on the Trust, require an application form, or wish to donate to the Trust, please contact the CKS office, 230 Antigua St, Christchurch (Ph 3795529) or email the trustees via the Society c.ks@xtra.co.nz.



Our Trustees (from the top):

Greg Beach (President), Noeline Cox (Secretary), Jo Houghton (Treasurer), Carmel Grogan-Ford and Becky Hayston are all closely associated with the Society and happy to answer any questions.



***Our thanks to all those who donate to,
fundraise for and assist in
maintaining the Trust.***

Exercise Bike

Update



So are they effective and are there any benefits?

These bikes are great at simulating a level of exercise similar to walking which can improve overall fitness, burn calories, improve tone, maintain healthy joints and improve circulation. Convenient too, as you can sit anywhere and not only exercise your legs, but arms too!

We have mini bikes available now, please contact the CKS office—there is no charge, all we ask is that you return the peddler to us when no longer in use.

Contact us if you would like to try one of the Peddlers. Viv will gladly run through the process with you.



A HUGE THANK YOU TO THE
REHABILITATION WELFARE TRUST
FOR A DONATION OF \$500!

THIS HAS ENABLED THE SOCIETY
TO PURCHASE 11 MORE BIKES FOR
PATIENT AND MEMBER USE.



P r e v e n t i o n • S u p p o r t • R e s e a r c h

Press Release: World Kidney Day 2017

Every year World Kidney Day highlights the importance of Kidney Health and Disease to populations around the world. This year World Kidney Day is focusing on Obesity and its relationship with kidneys.

Obesity is not a new health problem but unfortunately it is affecting more and more people every year, both here in New Zealand and Internationally. Obesity can be defined as an abnormal or excessive fat accumulation that may impair health. In 2014, worldwide over 600 million adults were obese. Unfortunately, here in New Zealand the rates of obesity are very high. The 2015/16 New Zealand Health Survey found that: almost one in three adults (aged 15 years and over) were obese (32%) a further 35% of adults were overweight but not obese.

So why is obesity relevant to kidney health? Well most of us are aware that being overweight increases your risk of heart disease and diabetes. Unfortunately, being overweight can damage your kidneys too.

Obesity can either damage your kidneys directly or cause another problem which can damage your kidneys. When someone is obese, their kidneys have to work harder, cleaning more blood than normal to meet the demands of the increased body weight. The increase in function can damage the kidney and raise the risk of developing Chronic Kidney Disease (CKD) in the long-term. Obesity also increases the risk of developing conditions that can cause kidney damage, such as diabetes and hypertension.

Currently Chronic Kidney Disease affects 1 in 10 adults in New Zealand. With the rising levels of obesity we can expect the rates of CKD to rise as well. Already CKD is placing immense pressure on the strained health care services of New Zealand. With dialysis costs alone accounting for over \$150 million in health care expenditure before other costs such as transplantation are considered.

The good news is that obesity, as well as CKD, is largely preventable. Education and awareness of the risks of obesity and a healthy lifestyle, including proper nutrition and exercise, can dramatically help in preventing obesity and kidney disease.

This year World Kidney Day promotes education about the harmful consequences of obesity and its association with kidney disease, advocating healthy lifestyle and health policy measures that make preventive behaviors an affordable option.

Here at Kidney Health New Zealand we will continue our work with primary care teams across New Zealand to help them identify and manage kidney disease early before severe consequences of CKD occur.

For further information regarding obesity and kidney disease please contact Kidney Health New Zealand.

For further comment, please contact:

Dr Colin Hutchison, Medical Advisor, Kidney Health NZ – ph. 027 703 5651

**Carmel Gregan-Ford, National Education Manager, Kidney Health NZ
– ph. 021 460 456**

ENTERTAINMENT BOOKS

AVAILABLE AGAIN THIS YEAR:

PRICE: \$65.00 with Early Bird offers for those ordering and paying early!

To order your entertainment book:

<http://www.entbook.co.nz/1342c85>

The Society receives \$13.00 for every book sold and this is a great passive fundraiser. If you require the digital version, please go to the link above to order. If you would like the book, please either ring or email the office, or again order directly via bankcard from the link above.

Your support is appreciated!





Hello, my name is Yogeshni (Yogi). I am from Fiji and have been in Christchurch since May 2016. I am on a one year training in nephrology under the ISN Fellowship program which allows doctors from developing countries to gain nephrology experience in an advanced setting before returning to improve the practice in their country.

I completed my medical training in Fiji in 2009 and have worked in various hospitals in Fiji, mostly as a registrar in the Department of Internal Medicine. Fiji is made up of a group of islands in the South West Pacific and has a population of about three quarters of a million. Health service in Fiji is tax funded, and is provided at public facilities free of charge. There are 3 divisional hospitals, 17 sub-divisional hospitals and numerous health centres and nursing stations. The Colonial War Memorial Hospital (Suva) is the largest divisional hospital and is the tertiary referral centre for the smaller hospitals and other Pacific countries.

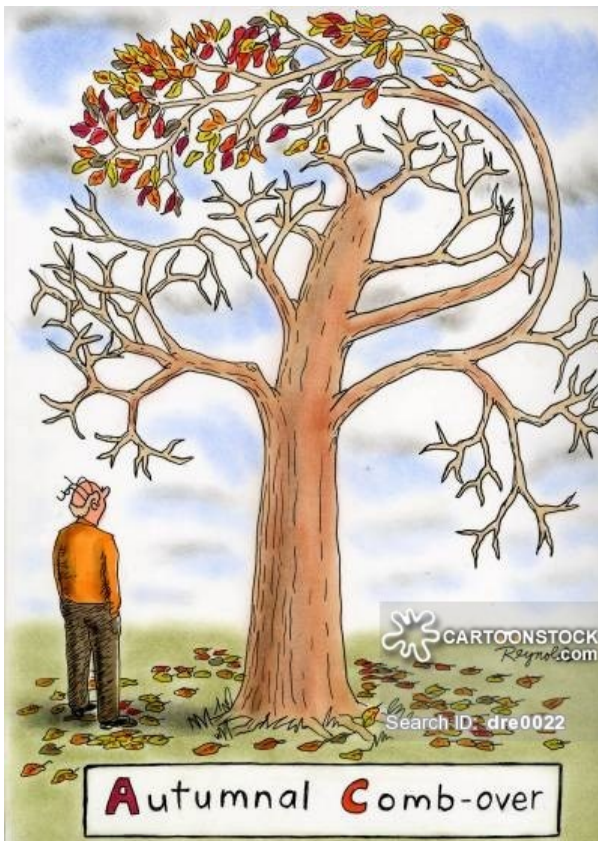
At the moment, we are working towards developing our nephrology services. We have a high incidence of end stage kidney disease and the prevalent cause is diabetes which affects about 30% of the adult population. We have publicly

funded acute haemodialysis facilities at the divisional hospitals and 2 privately operated in-centre haemodialysis facilities for chronic haemodialysis. Long term (chronic) haemodialysis costs the patient about NZ\$200 per dialysis session and many are unable to afford it. We do not have peritoneal dialysis as an option currently. Our patients who can afford transplantation get living donor transplants in India but have to procure their immunosuppressant medications themselves as it is not publicly funded.

I am married and my husband is an Anaesthetist at Hawkes Bay hospital. We do not have any kids yet. I quite enjoy sight-seeing and outdoor activities and plan to see more of New Zealand before I leave.

I have had a great time working with and learning from the wonderful nephrology team and patients so far and hope to continue to do so in the coming months.





MEMBERSHIP RENEWAL



It's that time of year again, the Society's membership year runs from 1 April 2017 to 31 March 2018, and already we have received many renewal subscriptions—thank you!

The membership fee is \$15.00, but please remember you are still welcome to be a member if this fee is unable to be paid.

Just give us a call.



MEMBERSHIP APPLICATION

APPLICATION To The Christchurch Kidney Society Inc.

MEMBERSHIP:

DATE:

◇ New Member

Membership year 1 April 2017 to 31 March 2018

◇ Renewal of Membership

I/We, Name: Mr/Mrs/Ms/Dr)

Address: :

Phone: () _____

Email: _____

(Include your email address if you would like us to keep you informed about any events/information for which falls between issues of our newsletter.)

Hereby apply for membership/renewal of membership of the Christchurch Kidney Society (Inc.), and enclose an annual subscription and/or donation.

Membership (includes immediate family) \$ 15.00 (incl. GST)

Donation (no GST, no obligation) \$

Total Enclosed: \$ _____

If you prefer to pay membership directly to the CKS Inc. bank account:

Westpac Bank: 03 1591 0025801 000. Please include your name and initials in the reference. Please complete and return this form to the society to enable us to update our records and correctly receipt your membership with any donation you may wish to make.

Please tick all that apply:☐ New member☐ Dialysis Patient☐ Existing member

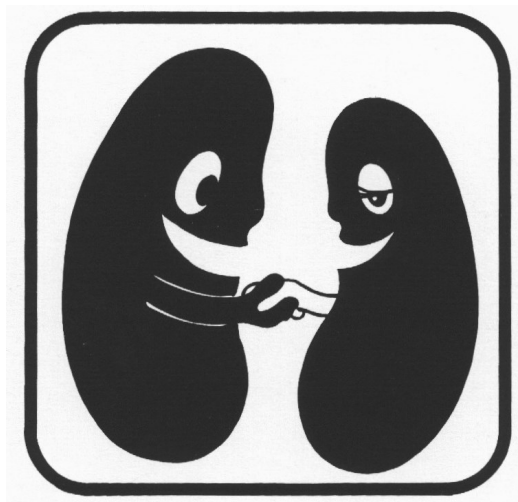
The Christchurch Kidney Society (Inc.)

Kidney Information Centre
(open 10am to 1pm weekdays)

Level 1, 230 Antigua Street
Christchurch 8011

Phone: (03) 379 5529

Email: c.ks@xtra.co.nz



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	<i>Kathy Tuu'u</i>	Ph (H) 351 3401
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