The Renal Messenger

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Summer 2011
This issue has been funded by The Community Organisations Grants Scheme
A Happy, if belated, New Year to all. It has been a shaky Christmas for those in and around Christchurch, hopefully the holidays have provided some much needed recovery time and things are looking a little brighter now. The weather has been a somewhat unpredictable but we are better off than those in Australia who have suffered loss of life with floods, cyclones and fires.

The KIC reopened for 2011 on January 24th and were immediately thrust not just into catching up with what has been happening over the last few weeks, but into the prospect of another premises move. At this stage negotiations are underway for a site nearby, which if successful should see us on the move next month.

Quiz Night Fundraiser: We are celebrating World Kidney Day with the first of our fundraisers for 2011. This time the Quiz Night is being held at Robbie’s Bar & Bistro, Elmwood and full details are on the opposite page.

The 2011 Entertainment books will be released in May. Purchasing them from the CKS has significantly assisted with our finances over the past 6 years and I strongly encourage all who have bought or helped sell them in the past to reserve copies with us now.

Enclosed with this edition of the Messenger is a membership renewal form. It is always appreciated if subscriptions are paid promptly, the income is important for the society’s functioning and we thank those who have already renewed.

A couple of appeals to members for donations:
Firstly if you have anything to donate for the Quiz night raffle please drop it in to the KIC. Secondly a plea for people to pot things up for sale at our Garden Visit Fundraiser in the Autumn and if you have any extra empty plastic pots that we can use for potting up, we would appreciate them.

A few dates for your diaries:

- **World Kidney Day 2011** - Thursday March 10th
- **CKS Quiz Night Fundraiser** - 10 March (Celebrating World Kidney Day)
- **Kidney Health Week** - 7th to 13th March
- **Pot Luck Lunch** - Friday 1 April
- **Garden Visits Fundraiser**: Sunday 16th of October 2011.

*Keep well, keep smiling,*

*Kate*
World Kidney Day 2011

CKS Quiz Night Fundraiser

Thursday 10\(^{th}\) March, 7pm
$10.00 per person

Venue: Robbie’s Bar & Bistro,
Elmwood, Corner of Normans & Wairakei Roads by the Railway Tracks

Make up a team (and a team name)
4 to 6 team members/team
Encourage your family, friends or work colleagues to participate.

Meal and Entertainment?
If you book in to Robbie’s for a meal before or after the Quiz, Robbie’s will donate 15\% of the total you spend on food from any of their menus to the CKS.

Raffle & Quiz Prizes

To enter contact Kate at the CKS Office.
World Kidney Day on 10 March aims to raise awareness of the importance of the kidney in maintaining a healthy heart. The sixth World Kidney Day will call attention to the large, and often unappreciated, role played by chronic kidney disease (CKD) in increasing the risk of premature cardiovascular disease. Cardiovascular disease (heart, stroke and blood vessel disease) is the leading cause of death in New Zealand, accounting for 40% of deaths annually. Every 90 minutes a New Zealander dies from coronary heart disease (16 deaths a day). Many of these deaths are premature and preventable.

Diabetes and hypertension, risk factors for cardiovascular disease, are also the commonest causes of complete kidney failure. People with kidney failure have a 20-30 fold increase in cardiovascular disease compared to the rest of the population. Maori and Pacific people have an increased risk of both CKD and cardiovascular disease while death rates for Maori and Pacific people with these conditions are significantly higher than for the rest of the population.
It is now understood that less severe, but silent, kidney disease also increases the risk of heart attack, hospitalisation and death. Eighty to ninety percent of people with CKD are unaware they have it.

One of the key markers of CKD is proteinuria (increased amounts of protein in the urine). People with proteinuria are more likely to develop cardiovascular disease and, if they do so, more quickly than other people. The more proteinuria a person has the higher the risk of cardiovascular disease. Early detection and treatment of CKD with drugs that lower blood pressure and reduce proteinuria can prevent or slow the progression of kidney disease and prevent cardiovascular disease.

Kidney Health New Zealand, with the help of kidney nurses and doctors from Wellington Hospital, will be offering blood pressure and urine protein checks for Members of Parliament and their staff at Parliament Buildings on World Kidney Day 10 March 2011. KHNZ is sending all MPs information about CKD and the heart.

Other activities include community screening for CKD in Napier on 7 March and Whangarei on 8 March. Throughout the week, biscuit maker Griffin’s predominantly Pacific staff at their two Auckland manufacturing facilities at Papakura and Wiri will be given information about CKD. Kidney units and patients support groups have also organised activities to raise awareness of CKD.

Please contact Carmel at Kidney Health New Zealand if you want further information on Kidney Week activities.

**Chronic kidney disease is common, harmful and treatable.**

Professor Kelvin Lynn,
Medical Director of Kidney Health New Zealand
Telephone: 03 353 1242   0274-376-542
kelvin.lynn@cdhb.govt.nz
www.kidneys.co.nz   0800 KIDNEY (543 639)
CKS MEMBERSHIP RENEWALS

Enclosed with this issue of the Messenger is a CKS Membership Renewal Form for you to complete and return for the financial year 1 April 2011 to 31 March 2012.

Some members have already paid their subscriptions in advance. If you are in any doubt about whether or not you have already subscribed please contact the CKS office for an update. We greatly appreciate any early membership renewal and thank those who have already done so.

If we have not received your past year’s (2010/11) subscription, you may also find a friendly reminder enclosed with this issue.

The cost of a subscription is $15.00 for the current year for you and your immediate family. For this you get 5 copies of the Renal Messenger, invitations to social occasions and information meetings, access to the Kidney Information Centre resources and of course it also allows dialysis patients to hire the Mobile Dialysis Unit and our younger members to access the CKS Graeme Cox Youth Education Trust.

Your subscriptions also assist with some of the day to day running costs associated with our patient support services.

If there are members, or potential members, who would find the subscription cost beyond their means, then please contact us. Our primary function is that of a patient support group, and we are keen to provide assistance to as many renal patients and their supporters as we possibly can. If this is the case please contact our Field Officer, Kate Hay. Any such requests remain confidential.
As this is the start of a New Year this is a good opportunity to introduce myself to new readers and explain my role within the renal team. Eating well when you have kidney disease is important to help you stay as healthy and strong as possible. Making the right food choices can also be an essential part of looking after your health throughout the different stages of kidney disease and its treatment.

Pre-dialysis group education meetings are held at regular intervals over the year. Along with other renal staff, I talk to folks together with their families, about kidney disease and future treatment options. This is a good time for me to meet people pre-dialysis and introduce my role as dietitian with the kidney team.

Appetite can change as kidney disease progresses. Nutrition is an important part of good dialysis management. Nutrition is also an important aspect of health care after a successful kidney transplant. The kidney doctors regularly refer their patients to me from their clinics for nutrition advice and information.

How do I see people? Sometimes a phone call is sufficient. Most times I will arrange to see people at my weekly outpatient clinic. Reasons for referral include advice to help with a poor appetite, weight management advice or help with salt, potassium, cholesterol and blood glucose management.

I also regularly contribute to this magazine on nutrition topics related to managing kidney disease.

If you are not eating so well or have questions about your diet in relation to managing your kidney disease your GP or kidney doctor can refer you to me.

Madeleine Price
Renal Dietitian
CONSUMER COUNCIL REPORT - February 2011.

“Nothing about us without us”

This is my first report for 2011 & the first since Spring 2010
Terms of reference for this committee are available on request. Minutes of monthly meetings are posted on the CDHB website: www.cdhb.govt.nz.

Examples of What happens At a Consumer Council Meeting

Reports from other Committees:
Consumer Council Members are represented in a variety of more specialist areas. One of these committees is the Facilities Development Project Clinical Services Group.
There are many proposed areas in the development of facilities for the new hospital where consumer input is being sought to add value. Examples include:
Ambulatory/Non Overnight Care,
Child & Youth Patient Flow,
Older Persons Health/Rehabilitation/Orthopaedics/Medicine & Surgery,
Acute Assessment,
Standard Rooms,
Infection Control Guideline review & many more.

Correspondence.
A letter of commendation was sent to David Meates in relation to the CDHB response to the earthquake in September and the Pike River Mine disaster in November.

The Council supported another sent to the CEO of Accident Compensation Corporation by Elder Care Canterbury. This letter expressed dismay that funding had been withdrawn for the “Otago Exercise Programme” a programme which has evidence to show it is effective in the reduction of falls particularly for the over 80 years age group.

Junior Doctor Training
At the December meeting Prof Peter Joyce & Prof Tim Wilson talked through doctor training methods & suggestions with us. They were particularly wanting input in relation to areas where value could be added from a consumer/patient perspective.

Queries and questions are welcome.

June Shaw 08/02/11
CKS Graeme Cox Youth Education Trust
~Applications Open~

The objects of the Trust:
For the assistance in the provision of education and educational aids to young people who are members of, or whose families are members of the Christchurch Kidney Society and are disadvantaged in their education because of a chronic renal condition.

To seek grants, bequests and donations for the benefit of the Trust and otherwise promote the opportunity for support of the work of the Trust through the provision of funds and gifts to be administered by the Trust.

Assessment of Applications:
Applications require the applicant to complete an application form and to supply supporting evidence appropriate to the particular application. An age limit for applicants at the time of initial application be 28 years or under. The intention of the Committee being that assistance be made available to all young people whose options in life have been disadvantaged through renal disease.
Applications will be granted primarily to those residing in the Canterbury region.
No limit will be placed in any one year on the number of grants made to applicants nor the size of any one grant, subject to the rule set out in the Trust Deed that the Trustees shall accumulate and preserve capital the income from which interest can be applied to any grants.
The number of applications per person is limited to a maximum of one per year.

For application forms, further information or to donate to the Trust: please contact Kate Hay at the CKS office, 24 St Asaph St, Christchurch or email: cksyouthtrust.nz@gmail.com.

Our thanks to all those who donated to, fundraised for and assisted in establishing and maintaining the Trust.
Hello to all Renal Messenger readers!!

Well, the Christmas and holiday season has rattled past us yet again. We have had some very hot weather in Canterbury in the earlier summer due to El Nino and thankfully have avoided such devastation that has hit Queensland over the last weeks.

I managed to get in some well appreciated days off over the Christmas period. Now back and refreshed, I am already on task assisting many of our nephrology patients with a variety of practical and solution focussed interventions. I guess then, it is a timely reminder, to those treated through the Department of Nephrology, that my services are available. I can provide information or assist in many matters of a psycho-social nature in regards to how individuals, and family, are managing to live with their health issues.

I can assist with initial counselling for those of you approaching, or already on dialysis or in relation to transplant, and on occasion, outside of this scope. Part of my role as social worker is to advise and put people in touch with appropriate networks or providers of services, or to arrange appropriate assessments depending on your age, health and needs. So please feel free to give me a call if you would like to have a chat about your particular circumstances.

In the first instance, however, if you are over 65 your GP can refer you to the Older Person’s Health Service for a needs assessment. If you are under 65 there are a variety of assessors and funding streams that you MAY meet criteria for. Again through your GP is the best way or if you are coming into the hospital I am happy to advise you based on your particular circumstances.
Lastly, I recently had contact from the Christchurch City Council re disposal of used dialysis equipment. It would be appreciated if those who this applies to can read the following request:

“I am the contract manager for the recycling plant that sorts the recycling collected from the kerbside yellow recycling bins. In recent week’s medical tubing and empty blood bags have been found amongst the recycling delivered to the recycling plant. It is very difficult to identify where this material has come from but I wonder if you could, as appropriate, advise patients who may be unsure of how to dispose of any medical tubing or bags, that these items should go in the red rubbish bin?

Your assistance in this matter is greatly appreciated.”

Until the next time, I wish you all the very best.

Carol Woolf
Nephrology Social Worker
CHRISTCHURCH HOSPITAL
Phone: 364 0420
Entertainment Books 2011

The brand new 2011/2012 Entertainment™ Book will be out in May and for every book we sell $13 goes to the CKS. If you know people who purchased them last year please encourage them to buy from us and help our society.

The Entertainment™ Book is packed with hundreds of valuable offers from the best restaurants, cafés, takeaway chains, activities and accommodation.

Each Book also comes with the Entertainment™ Gold Card, for more special 25% to 50% off and 2-for-1 offers from many of the best businesses in your area.

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- Valentine’s Day
- Anniversaries
- Moving in to a New Area
18th World Transplant Games, Göteborg, Sweden, 2011

Games Report from Sara Ford

The World Transplant games are being held in Goteborg Sweden from the 17th to the 24 June 2011. We have a team of 20 athletes and 20 supporters attending the games from New Zealand. With flights leaving from Christchurch and Auckland Airports on the 12th June with a stop over in Singapore then onto Sweden.

A number of our team will be doing their own fundraising. If you would like to make a donation to the transplant games association you can do so by going onto my fundraising site: http://www.fundraiseonline.co.nz/SaraFord

Your support would be very much appreciated by the team. The approximate cost per athlete is $6,000 NZ.
I will be competing in ten-pin bowling and petanque and keeping you in touch with events and highlights.
Periennials & Other PLANTS FOR SALE.

*Funds from sales to go to the CKS*

Over the last few months our green fingered Treasurer, June Shaw, has been busily boosting CKS fundraising efforts by selling plants at local stalls, she is also preparing for our major Garden Visits Event to be held on Sunday October 16th.

June has the following plants available for sale and if you are interested in any of those listed please give her a call on (03) 980 6822

Nicotiana langsdorffii, Rhodohypoxis, Hellebores, Various Primulas, Heucheras, Lilium Martagnon Alba, Day lilies, Cynoglossum, Tiarella, Geraniums, Coprosma, Brunneras, Various Hostas, Asters, Tolbagia (purple flowers), Alchemellia Mollis, Anenomes, Hydrangea cuttings, Gazanias Sunset Jane & others, Astelias (red) & others.

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**CKS Pot Luck Lunch**

**Friday 1 April**

**12 midday - 2.00pm**

Venue TBA , (most likely in the new CKS premises)

*Guest Speaker Adrian Buttimore: New Initiatives in Community Dialysis*

*Bring your own lunch, or something to share, it is a great opportunity to meet in an informal setting and discuss issues of interest to old and new members and their supporters alike.*

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**Disclaimer**

While every care is taken to insure 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.
What's happening around the Country during Kidney Health Week?

Report from Carmel-Gregan Ford, RN, Education Manager KHNZ

Rachael Walker, Renal Nurse Practitioner, and I will be interviewed on the national Maori radio station in Hawkes Bay on Sunday 6th March.

On Monday 7th March we will be in Napier at the ACH MacDonald Street offering free kidney health checks. These will include blood pressure measurements, urine tests and risk assessment for diabetes. Staff from the Hawkes Bay Renal Unit will be offering their services. This event will be advertised in medical practices, the renal unit and clinics, as well as in the local papers.

On Tuesday 8th March we will be in Northland; again we will be offering free kidney health checks to council staff and members of the general public at The Forum North, Whangarei with the help and support of staff from the Whangarei Renal Unit. We will be providing information and education around the prevention of kidney disease and identifying those at risk.

On Wednesday 9th we will be at the new renal service at Waitemata DHB on the North Shore in Auckland, where we will be offering free kidney health checks and raising awareness about kidney disease and its impact.

On Thursday 10th, World Kidney Day, we will once again be at the Beehive in Wellington performing our annual kidney health checks on the MPs and Parliamentary staff with the support of the Wellington Hospital renal team. Dr Alastair Macdonald will be interviewed by the local Kapiti Radio station.

World Kidney Day is also a good opportunity to remind governments that the chronic kidney disease weighs heavily on all countries’ healthcare budgets and that it is crucial to take action to facilitate early detection and encourage healthy lifestyles.

Some other activities I have heard about happening around the country include:

In Ashburton the local support group use a vacant shop in the arcade to offer free blood pressure checks to the general public. They also target a local business each year visiting them in their workplace. This year it is the Ashburton Trading Society (ATS). They have arranged for interviews and advertising throughout the week in both radio stations and all three newspapers.
The Waikato renal unit staff are participating as a relay team in the annual Lake Taupo run on the 19\textsuperscript{th} February. They will be wearing their very own “Stake in Kidneys” shirts. The Christchurch Kidney Society is holding a Quiz night on Thursday 10\textsuperscript{th} March, where they will fundraise to assist with the work they do for renal patients and their families. The Occupational Health Nurse, at the two Griffins manufacturing facilities in Auckland will be promoting kidney health at the biscuit factory in Papakura and the savoury/wrapped snacks factory in Wiri. This workplace has a majority of Pacific people and Maori working there, so a great place to raise awareness. The nurse will be wearing our tee shirt and giving away prizes throughout the week.

**Lucky Country:**

After having dug to a depth of 10 feet last year, British scientists found traces of copper wire dating back 200 years and came to the conclusion that their ancestors already had a telephone network more than 150 years ago.

Not to be outdone by the Brit's, in the weeks that followed, an American archaeologist dug to a depth of 20 feet, and shortly after, a story published in the New York Times: "American archaeologists, finding traces of 250-year-old copper wire, have concluded that their ancestors already had an advanced high-tech communications network 50 years earlier than the British".

One week later, Australia's Northern Territory Times, reported the following: "After digging as deep as 30 feet in his backyard in Tennant Creek, Northern Territory, Lucky Bunji, a self-taught archaeologist, reported that he found absolutely bugger all. Lucky has therefore concluded that 250 years ago, Australia had already gone wireless."
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 walks 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 two 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. SO, to all cracked pots: have a great day and remember to smell the flowers on your side of the path!
Date: ..........................

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

Address: ..........................................................
..........................................................................
..........................................................................

Phone: ( ) .................................
(Please include area code)

Email: ...........................................................
(Note: If including a contact email address, unless requested otherwise, it will be added to the CKS email group, for news and information updates)

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  (inc. GST)

Donation  (no obligation)  $ ..........  (no GST)

Total Enclosed:  $ ............

Please tick all that apply:
   o  New member  o  Dialysis Patient
   o  Existing member  o  Transplant Patient
   o  Renal patient  o  Supporter

I/We agree to abide by the rules of the Society.

Signature: ..........................................................

Please mail this completed form and your cheque to:
CKS, 24 St Asaph Street, Christchurch
Attn: Membership Secretary

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