The Renal Messenger

IN THIS EDITION:
- Editorial
- Bingo Night photos
- Kidney Health—World Kidney Day 2016
- Dates to remember
- CKS Cycle Group
- Keep Warm
- City to Surf
- Thanksgiving Service details
- Vaccination reminder
- Welcome to: 
  Susie and Penny
- New Pot Luck date
- Vegetarian Recipe
- Cook Book update
- Donations and bequests
- MDU update
- Travel with a difference
- Contact List

AUTUMN

Autumn 2016
This issue has been funded by Society fundraising efforts
Welcome to Autumn everyone! I must admit I was struggling on some of those really hot days throughout summer, but I am not sure I am entirely ready for the cooler weather either.

The year’s fundraising has started off superbly with a successful fundraiser held on 11th March at the Cashmere Club. Ethel and Bethel, the Bingo Babes, entertained us and helped raise over $3,300 towards our patient support care packs. There were comments like “I haven’t laughed so hard in ages” to “when can we have another one of these nights”! Thank you to everyone who attended and contributed towards the raffle and auction prizes.

It is a busy time in the office with membership renewals, Entertainment Books for sale and the planning of the next AGM— still working on this, but hope to have Wyatt Crockett as guest speaker!

It is with great sadness we had to say goodbye to our lovely Committee member and friend, Pam Crawford, who passed away on 6 February 2016. Pam was a wonderful, bubbly, optimistic lady who had a very generous heart. Pam had her kidney transplant for over 30 years and saw every day as a gift. I could always rely on Pam to help me out with functions, especially with the Children’s Free Raffle at the Christmas Party. Often Pam would say “leave it to me” and I would. I know Pam purchased many of the items for this raffle herself (but pretended she didn’t). Pam’s last words to me were “to keep smiling and I hope you all continue to do the wonderful work you do”. And we will.......
ETHEL AND BETHUEL THE BINGO BABES!
Kidney disease is New Zealand’s silent killer. While much emphasis has rightly been put on the 2,500 New Zealanders on dialysis and the 1,500 living with a successful kidney transplant, of even greater concern are the one in ten New Zealanders with early stage (or so-called chronic) kidney disease, according to Kidney Health NZ Chief Executive Max Reid.

“Those 300,000 people with chronic kidney disease (CKD) are of such concern for two very clear reasons,” Mr Reid says. “Firstly, because if they wait until the more obvious symptoms of kidney disease appear, 90% of those 300,000 will inevitably progress to end-stage kidney disease, requiring either life-long dialysis or transplant. Secondly, because those with or at risk of CKD are so easily identified, and the lifestyle changes required to reduce the impact of CKD relatively straightforward.”

According to Kidney Health NZ’s Medical Advisor, Dr Colin Hutchison, most of those with CKD will not even be aware of the risk they face. “Yet kidney disease, even in its early stages, can be readily identified on blood or urine tests arranged by a patient with their General Practice team. Taking steps to live a healthy lifestyle drastically helps to reduce risk of kidney disease, and its progression to kidney failure” Dr Hutchison says.
The last 20 years has seen the number of patients affected by kidney disease climb astronomically across both developed and developing countries. Largely this rapid expansion in the number of patients affected has been driven by the dual epidemics of diabetes and obesity. Those at greatest risk of developing kidney disease include people with Maori, Pacific or South Asian heritage, those aged over 60, those who smoke, have high blood pressure or diabetes, and those with a family history of kidney disease.

Some facts and figures (as at 31 December 2015)

- Number of patients receiving dialysis - 2678
- Half of those patients receiving dialysis were being treated at home.
- The cost to the health system of dialysis for an individual ranges from $30,000 to $60,000 per year.
- Number of people with a functioning kidney transplant – 1628
- Number of new patients diagnosed with end stage kidney disease in the past year – 547
- Half the patients presenting with end stage kidney disease were as a result of diabetes

Kidney Health NZ (formally the Kidney Foundation) is a national organisation supporting kidney patients and their families by way of education, advocacy and research across all areas of kidney health - including organ donation and transplant, dialysis, early detection and prevention of chronic kidney disease. For further information or advice, contact Carmel Gregan-Ford, National Education Manager, on the Kidney Health Helpline – 0800 KIDNEYS (543 639)
DATES TO REMEMBER:

CKS Membership Renewal Date - 1 April 2016
Thank you to members who have already renewed their membership this year! Very speedy! I have included a membership application with this Renal Messenger.

Entertainment Book Release—Mid May
Orders have been steadily arriving, either direct from Entertainment Books, or from family and friends. The new digital app seems very popular this year (this gives you the ability to check out restaurants on your phone that are close by and the discounts they offer, so you don’t have to wade through the book). Personally I still like the book, but can see the advantages of the App. The Society gets $13.00 for every book sold, so is a wonderful passive fundraiser for us. Please ask family and friends if they would like a book, you really only have to dine out a few times to get your money back! See flyer and order form on back of your membership application renewal form.

Thanksgiving Service—Sunday 15th May 2016—1pm
Transitional Cathedral Christchurch, 234 Hereford Street, Christchurch—RSVP to donornz@adhb.govt.nz. See Page

CKS Annual General Meeting 2016— Date to be advised, awaiting on guest speaker, Wyatt Crockett, to confirm dates available.

CKS Annual Christmas Party 2016 – Sunday 27th November 2016, Woolston Club—further details closer to the time, but pop it in your diary.
**CKS CYCLE GROUP**

There are now 11 cyclists peddling away in the safety and warmth of their own homes.

If we linked them up they would most probably be able to supply power to the grid! The Peddlers are not only being used to exercise legs but also arms, and improvements in strength and/or motivation to continue exercising have been reported back to us. Fantastic work! If you are interested in trying a peddler contact Viv or Jo at the office.

**COOLER WEATHER IS ON THE WAY**

Last year we had a speaker at a Pot Luck Lunch from ‘Community Energy Action’ charitable trust, a great resource with lots of information on keeping your home warm and healthy (e.g. damp free). They are still offering free phone and email advice. Also home energy checks by energy advisors who make up a report (a fee involved but in some circumstances it’s free). They also run the curtain bank.

Contact them on 03 374 7222 or 0800 438 9276.

Facebook.com/CommunityEnergyAction

info@cea.co.nz

www.cea.co.nz
THE CHRISTCHURCH CITY TO SURF 2016

The first Committee meeting for the year for The New Zealand Transplant Games Association was held in Christchurch on Sunday 20th March., after a group of 13 (transplant recipients and supporters) completed the Sports Canterbury 6km walk as part of the City to Surf. We could not have asked for a better day, although towards the end of the walk it got quite hot, but everyone made it to the finish in just under 1 hour 45 minutes, after having to wait to cross a small bridge.

To get awareness for the need for organ donation, we all wore polo tops that had been printed for the day, which can also be used as part of our transplant games kit. There was a great range of transplant recipients in our group—heart, lung and kidney. One lung transplant recipient is 17 years post transplant, and 3 heart transplant recipients had just celebrated 13 years post transplant in the last couple of months.
A couple of dates of interest that are coming up in regard to the Transplant Games:

**Western Sydney**—25th September to 1st October 2016

**21st World Transplant Games**—Malaga Spain—25th June to 2nd July 2016.

If you are interested in attending the transplant games, you need to be one year post transplant for the World Games, and for the Australian Games, you can be on dialysis, as long as you have been transplanted previously.

Please feel free to contact Sheryl Power (Team Manager) on her email address sheryl@transplantnewzealand.org.nz, or myself saraford@clear.net.nz.

Also check out The New Zealand Transplant Games Association website for more information and our latest newsletter.
For transplant recipients and their friends and family ....

Organ Donation New Zealand

Thanksgiving Service 2016
in recognition of those who have given the gift of life to others

Auckland
Sunday 1 May
1.30pm
Holy Trinity Cathedral
Cnr St Stephens Ave & Parnell Road, Parnell
RSVP by 15 April

Christchurch
Sunday 15 May
1.00pm
Transitional Cathedral
234 Hereford Street, Christchurch Central
RSVP by 29 April

Afternoon tea will follow both Services.

To RSVP please contact:
Organ Donation New Zealand
0800 4 DONOR
donornz@adhb.govt.nz

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.
INFLUENZA VACCINATIONS FOR KIDNEY PATIENTS

The single best way to protect yourself, your family and your friends from flu is to get vaccinated. People with kidney problems, including those on dialysis or with a transplant are more likely to get the flu. To stay protected you should have a flu vaccination every year.

The flu is a viral infection. It can be severe, resulting in worsening of your kidney function and general health. A specific treatment is available if given early in the course of the flu illness (ideally within 24-48 hours from the start of symptoms). If you think you may have the flu then see your family doctor as soon as possible.

The department of Nephrology at Christchurch Hospital recommends the following guidelines

- Patients with chronic kidney disease or on dialysis should have annual flu immunisation from your family doctor.
- Patients with a kidney transplant should avoid flu immunisation within the first year after their transplant. After this time flu immunisation should occur annually from your family doctor.

Even following successful immunisation, normal preventative procedures as listed below should be encouraged;

- Avoid unnecessary contact with people suspected of having the flu
- Cover your coughs and sneezes with a tissue and put the tissues straight into the bin
- Wash and dry hands thoroughly, especially if you are sick or looking after someone who is sick
- Clean hard surfaces (e.g. door handles, table tops etc) that may have been exposed to germs with a dilute bleach solution
- The best thing to do to avoid influenza in public places is to try and stay at least one meter away from others.
WELCOME SUSIE:

My name is Susie Rich and I am a registered nurse who joined the Nephrology Department in September 2015 as a Kidney Transplant Coordinator. Although nephrology is a new specialty for me, Christchurch hospital is very familiar as I have worked here for many years as a nurse in the emergency department. Prior to joining the Nephrology team I spent some time working in the community, firstly as an infection control nurse and more recently as a Immunisation Coordinator.

I am enjoying the challenge of learning about the Nephrology service and I feel very privileged to be working alongside potential transplant recipients and donors in my role as transplant coordinator. I look forward to working with many of you in the future.
My name is Penny Hill and I'm pleased to have joined the Nephrology team as a consultant in January. I'll be working in all areas of nephrology but have a particular interest in peritoneal dialysis.

Some of you may remember me from a few years ago as I worked in Christchurch as a registrar in Nephrology from 2009-2011. I started my medical training in the UK but moved to New Zealand in 2005. The plan at that stage was to stay for a year but like many others a year turned into 2 years and I'm still here 11 years later. I've been a citizen here since 2012 and am proud to call NZ home! Since leaving Christchurch late 2011, I've moved around a bit having worked in Whangarei, Nepal, Dunedin and most recently, Vancouver.

I've had a great time travelling around but am very pleased to be settled back in Christchurch again. I'm keen on lots of outdoor activities and there's certainly plenty to be found on your doorstep in Christchurch. Having said that, my time has been diverted recently into other activities with the arrival of my daughter, Iris, last June. She's now 9 months old, but life remains pretty busy for me and my husband, Chris!

I look forward to meeting you all in the near future.
THANK YOU SO MUCH!

The Christchurch Kidney Society acknowledges support
from these organisations

NEXT POT LUCK LUNCH

Friday 29th April

This month we’ve been invited by Diabetes ChCh to join them for their 10.15—11.15am exercise group (gold coin) run by a qualified instructor, followed by a pot luck lunch, then a movie at 1pm (‘The Dressmaker’). You are welcome to come to all or just some of the above activities.

Viv will be there—looking forward to seeing you!

Parking is available but you may have to wait until a spot comes free

Diabetes Christchurch Inc
Ground Floor, 550 Hagley Avenue
Christchurch 8011
**Ingredients**

- 2 garlic cloves
- 1 tablespoon fresh ginger root
- 1 cup fresh carrots
- 1 cup yellow onion
- 1 cup extra firm tofu
- 1/2 cup coriander
- 1/2 cup green onions
- 6 large eggs
- 1 tablespoon reduced-sodium soy sauce
- 3 tablespoons canola oil
- 1/2 cup green peas
- 1/4 teaspoon dry mustard
- 4 cups rice, cooked

**Preparation**


2. Beat eggs then sauté in a skillet like an omelet. Chop cooked eggs into pieces and set aside.


4. When carrots are softened, add rice, chopped eggs and soy sauce. Mix, and turn off heat.

5. Stir in coriander and green onions.

**Serving size:** 1 cup

*Recipe submitted by DaVita renal dietitian June from Florida.*

*Portions: 6*
COOK BOOKS STILL AVAILABLE:

We have been steadily selling our cookbooks in the Community, but still have a couple of boxes in the office. The following pharmacies have been kind enough to display our books and have generated sales for us:

Belfast Pharmacy, Lyttelton Pharmacy, Redcliffs Pharmacy, Hammersley Pharmacy, Pharmacy @ Addington, Church Corner After Hours Pharmacy and Halswell & Longhurst Pharmacies.

If you have a good relationship with your local pharmacy and think they would be interested in displaying our cookbook for sale, please get in touch with Jo or Viv at the office.

The cook books are being sold for $10 in the pharmacies and display stands can be provided.

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DONATIONS and BEQUESTS:

Special thanks to Val Sandston who made a substantial donation in memory of her husband, Arthur Sandston. Arthur was a long standing member and Committee member of the Society. Arthur contributed enormously to the Society, which we will always be extremely grateful.

June Shaw continues her wonderful work at the Linwood Market, selling her lovely plants, and popping into the office with the proceeds. June has been nominated for a Ministry of Health Volunteer award, which we think she thoroughly deserves. Watch this space.

Funeral donations were received from Pam Crawford’s family.

On behalf of the Executive Committee I would like to thank everyone for their donations, they are greatly appreciated and are always allocated to our patient support.
MOBILE DIALYSIS UNIT (MDU)

The Committee is currently in the process of creating a new brochure for our MDU. The campervan has not been used now for quite some time, which is a concern, so we are in the process of reviewing the rules. Please do not hesitate to contact the Society if you have any questions regarding the campervan. Once the Committee has approved the new brochure we will make it available to everyone. As always, we are working closely with the Home Dialysis Training Centre, who have assisted us with the care and hire of the MDU for many years.

The MDU did get out for one trip in March with Bryan Cole, Dialysis Technician, they headed to Ashburton to the Ashburton Kidney Society’s checkpoint, where over 90 people visited to have their blood pressure checked, this was also a way to let people know about the MDU, and create awareness of kidney disease.
Travel Plans (with a difference)…..

I have been in many places, but I've never been in **Kahoots**. Apparently you can’t go alone, you have to be in **Kahoots** with someone. I've also never been *in Cognito*, I hear no one recognises you there.

I have however been *in Sane*, they don’t have an airport, you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to **Conclusions**, but you have to jump and I'm not too much on physical activity anymore.

I have also been *in Doubt*, that is a sad place to go and I try not to visit there too often. I've been *in Flexible*, but only when it was very important to stand firm.

Sometimes I'm *in Capable*, and I go there more often as I get older.

One of my favourite places to be is *in Suspense!* It really gets the adrenaline flowing and pumps up the old heart. At my age I need all the stimuli I can get.

I have been *in Continent*, but I don’t remember what country I was in, it’s an age thing, they tell me its is very wet and damp there.

Life is too short for negative drama and petty things - so laugh insanely, love truly and forgive quickly!!

“ARE WE THERE YET?”
The Christchurch Kidney Society (Inc.)

Kidney Information Centre
Level 1, 230 Antigua Street
Christchurch 8011

Phone: (03) 379 5529
Email: c.ks@xtra.co.nz

CONTACT LIST

Patron: Professor John Morton

President: Greg Beach Ph: (H) 3515401

Vice President: Judy Giles Ph: (H) 3668054

Secretary: Jo Houghton Ph: 021 2860 309

Treasurer: Roger Sandford Ph (W) 366 6254

Committee:
Noeline Cox Ph: (H) 338 9902
Kathy Tuu’u Ph (H) 351 3401
Sara Ford Ph: (H) 980 2073

Nephrology Associates: Dr John Irvine / Dr Nick Cross

Field Worker/Membership Viv Smith Ph: (W) 379 5529