

Kidney Health

NEW ZEALAND

Prevention • Support • Research

Maximising the wellbeing of people affected by kidney disease by;

- Prevention and early detection
- Being a national voice
- Promoting the donation of kidneys
- Providing support and advice
- Supporting high quality research

Better Kidney Health for all New Zealanders



“Having an organisation like Kidney Health New Zealand providing up to date information, awareness and support is invaluable.”

Wyatt and Jenna Crockett (KHNZ Ambassadors)

Children can be affected by kidney disease, which also impacts significantly on their family



Kidney disease can affect anyone.

Key Facts:

- The average life expectancy for people treated for kidney failure is less than for the normal population.
- Patients with chronic kidney disease are at much higher risk than the general population of developing strokes and heart attacks.
- On average, only one in three people are alive five years after starting dialysis.
- The best treatment for many people with kidney failure is a living donor transplant before dialysis is needed.
- Early diagnosis and management of CKD can slow or stop the progress of kidney deterioration

The dream

Better Kidney Health for all New Zealanders

- quality of life
- increased life expectancy
- world class treatment options
- access to information about treatment
- support for a positive health journey
- the ability to participate fully in family, work and community life



*‘Fabulous people to deal with.
Very helpful and understanding.’*

Vicky Naylor *(wife of kidney patient)*

Kidney patients and their families need to be supported throughout their diagnosis and treatments to ensure the best possible outcomes.



On average:

1 in 10
New Zealanders
have undiagnosed
kidney disease



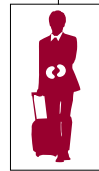
8 people
start dialysis
every week



Approx 170 people
will receive a kidney
transplant this year



Over 500 people
will die from
kidney disease
this year



Nearly 500 people
are still waiting
for a transplant



1 in 3 people
over the age of 60
will have some degree of
kidney disease change





Penny's story

I remember being told I was in renal failure – my first reaction was “what the hell is renal”? “Kidneys,” the Dr said, “they have failed”. It took several months for me to fully understand that life as it knew it had changed forever.

I was a normal 23-year-old girl – working, enjoying the life of flatting, hanging out with friends. I started to feel unwell and within a month was in hospital being treated with end stage renal failure; my kidneys would never work again.

*“To all the organ and blood donors, from
the bottom of my heart.... thank you.”*

My first experience of dialysis was in ICU in hospital with Haemodialysis, where I remained for many months. One day I was able to go home and become “an outpatient” where I would go to the hospital 3 times a week for sessions. Within a few months, I was fortunate enough to be able to move to a different type of dialysis called Peritoneal Dialysis (PD) which was gentler on the body and allowed me to maintain my independence. In my opinion, Haemodialysis has peaks and troughs, when you’re good you’re good and when you’re not you’re not. PD is more like a constant feeling of ok-ish. I kept doing PD at home for another 9 months, getting used to a very different life like this.

In September of 2008, 3 days before my 24th birthday, I had a kidney transplant. My mother had given me life again, 24 years later. For 6 years that transplanted kidney worked perfectly. Aside from a few little pills life was normal, something I had craved.

Part of living a ‘normal’ life for me was having children. After several miscarriages and a year of trying I finally fell pregnant. I managed to get to 25 weeks before being admitted to hospital on bed rest, (mainly for high blood pressure). My transplanted kidney and body were struggling under the miracle that is growing a baby. I followed orders and rested and held in till 37 weeks before my beautiful and perfectly healthy baby girl was born.

My little bundle of joy flourished and after a month in NICU, was home with us. 3 months later my little girl was still thriving...my kidneys however were not, and they did not recover. I went back onto PD and adjusted to being back on dialysis.

4 years later (which brings us to the current day) the machine and PD are still very much my lifeline (literally). Each night I hook up to my machine while I sleep, I am careful with what I eat and the fluids I drink; I take pills to control my vitamins levels and see my Doctor often. But I lead a relatively ‘normal’ healthy life; I look after myself, work, raise my daughter, enjoy the company of good friends and even travel when I get the chance.

There are many things that make a life on dialysis hard sometimes unbearable, mentally and physically - but thanks to Dialysis, I am here to tell the story.

One day the phone will ring, and a kidney will be available, and then life for my family and I will really begin again.

To all the organ and blood donors, from the bottom of my heart.... thank you.

Kidney Disease in New Zealand

The kidneys work as a filter to remove water and wastes from your body. Chronic kidney disease (CKD) usually progresses slowly and silently. CKD means the kidneys are damaged in some way, and unlikely to get better.

It is estimated there are at least 400,000 New Zealanders with some form of CKD but most have no idea. A person can lose up to 90% of their kidney function before they are aware, thus the reason it is often referred to as the silent killer.

Common causes include Diabetes, high blood pressure and various forms of inflammation. For some people the cause is never found.

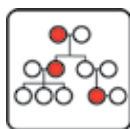
CKD is more common in Maori, Pacific and Asian people and people over the age of 60, although it can affect anyone.

End stage kidney disease (kidney failure) is when the kidneys are no longer working, so without dialysis or a kidney transplant death is inevitable.

Dialysis treatment is expensive and time consuming, on average only one in three people are alive five years after starting dialysis.

Early diagnosis and management of Chronic Kidney Disease can slow or stop the progress of kidney deterioration, Kidney Health New Zealand is committed to working with Government and general practice to reduce the numbers of people dying as a result of kidney disease.

Some groups of people have increased risk of kidney disease.



People with a family history of kidney disease



People of Maori and Pacific heritage, South Asians



People who smoke



People with a history of acute kidney injury



People over the age of 60



People with diabetes



People with high blood pressure



People who are obese

With your help we can do so much more

Kidney Health New Zealand wants better kidney health for all New Zealanders

Each year KHNZ:

- Distributes more than 5,000 educational brochures, booklets and DVDs to kidney patients and their families
- Runs more than a dozen education forums for kidney patients and for primary healthcare professionals
- Answers over 1000 calls to our 0800 helpline and respond to as many email enquiries
- Advocates for changes in government policy. For example, in the past three years KHNZ has successfully advocated for changes in the level of compensation available to live organ donors, contributed to the development of a national deceased organs donation strategy, and undertaken research highlighting the need for increase access to dialysis services for renal patients needing to travel within New Zealand.
- Continues to develop and deliver education programmes for GP's and practice nurses, enabling early identification and improved management of patients with early stage kidney disease in the primary setting
- Acts on behalf of patients to improve renal services and support in their area
- Provides kidney fitness checks at businesses and public events to identify at risk kidney patients and raise awareness of kidney disease.
- Produces relevant educational information resources.



*Kidney disease is tough –
Getting checked isn't.*



Benefits of partnering with Kidney Health New Zealand

- promoting your organisation on social media, our website, quarterly newsletters and large public events
- credibility in having a partnership with an NGO
- greater cooperation to achieve positive change in the lives of people affected by kidney disease
- positive social responsibility achieved by supporting a national charity
- access to networks, links to grassroots community-based organisations
- opportunities for free kidney fitness checks for staff
- possibility of sharing marketing efforts
- co-branding promotional/educational resources
- redirecting consumers to each other's websites
- enhanced brand value
- endorsement from our KHNZ ambassadors

*“Alone we can do so little;
together we can do so much.”*

Helen Keller

Kidney Health New Zealand needs your support

What your support will help us achieve:



enables our Consumer Council to meet regularly to inform the strategic plan and focus of KHNZ



will provide up to 10,000 kidney fitness tests for high risk groups



will maintain our 24/7 0800 helpline for a year.



will enable us to provide kidney fitness checks to 50,000 New Zealanders

Your support will help us provide:

- the 24-hour free phone helpline
- free Kidney Fitness checks at public events throughout NZ
- up to date information on managing kidney health
- information and education on early detection and management of chronic kidney disease in General Practice
- education sessions for groups and individuals
- advocacy and support for people affected by kidney disease
- awareness campaigns to support early identification of kidney disease
- information on live kidney donation and transplantation
- access to relevant information on our website

Kidney Health New Zealand is a registered charity - CC11348

KHNZ does not receive any government funding but relies on donations and bequests.

Individual Contributions

Donations may qualify for the 33.3% tax rebate, up to the taxable income of the donor. If you would like to talk to us about how you choose to give, and how that giving is affected by the rebate, feel free to call or contact your financial advisor.

| Pledge | Tax Rebate | Net cost to Donor |
|------------|------------|-------------------|
| \$ 100,000 | \$ 33,300 | \$ 66,700 |
| \$ 50,000 | \$ 16,650 | \$ 33,350 |
| \$ 10,000 | \$ 3,330 | \$ 6,670 |
| \$ 5,000 | \$ 1,665 | \$ 3,335 |
| \$ 1,000 | \$ 333 | \$ 667 |
| \$ 100 | \$ 33 | \$ 66.70 |

Become a regular payroll giver!

Payroll giving is a donation that comes directly out of each pay. The tax is automatically refunded for each donation at the point of donation. A receipt will be provided annually. **No need to fill out tax return forms!**

Kidney Health New Zealand is registered with Charities Services and is authorised to receive donations by way of our IRD Donee Organisational Status. Our IRD number is 69-442-005 and Charities Services number is CC11348.

The Future

- Kidney Fitness Testing Programme - Our Kidney Fitness Programme is a kidney testing programme to help identify the nearly 400,000 people with undiagnosed chronic kidney disease. Captured early kidney disease can be treated to ensure that kidney function is maintained to avoid greater medical intervention.
- Our Consumer Council consisting of renal patients from around the country meeting annually to inform our planning and priorities.
- Best possible outcomes for people with kidney disease – with fewer people needing dialysis through early detection and increased transplantation rates.
- World class kidney care - from GP testing and treatment through to hospital renal care units we want New Zealanders to receive world class kidney care.
- More knowledge about the kidney health of New Zealanders through targeted research. This will lead to better policy decisions being made and better health outcomes for kidney patients.
- Supporting kidney patients and their families by listening, informing, educating, and advocating to improve their, and their families, quality of life.

- Represent local kidney patient support organisations on national issues.
- Promoting improved access to dialysis and increased support for dialysis patients.
- Ensuring timely, equitable and nationally consistent delivery of dialysis treatment. Identifying the causes of and addressing the significant disparities in access to appropriate treatment amongst Maori and Pacific patients, and younger patients.
- Investigating new forms of technology that can support patient self-care
- Working to improve rates of both live and deceased kidney transplantation in New Zealand. Kidney transplantation can transform and extend the life of a kidney patient.
- Develop and support a policy that enables better support for live kidney donors.
- Supporting the development of a Patient Report Experience Measure (PREM) to help renal unit teams better understand how patients feel about their experience of care, where improvement can be made, and contribute to the development of patient-driven Key Performance Indicators for renal care.
- Kidney patient's movements are restricted by their need for dialysis. Patients often cannot access dialysis outside their usual location. The best possible outcomes for people with kidney disease means having quality of life which should include have the freedom to travel for holidays, work or family events.

*“It’s about improving
the quality of life for people
affected by kidney disease”*



Are your Kidneys OK?



The logo for Kidney Health New Zealand features a stylized kidney icon on the left, followed by the word "Kidney" in a bold, lowercase sans-serif font, and "Health" in a larger, bold, uppercase sans-serif font. Below "Health" is the text "NEW ZEALAND" in a smaller, uppercase sans-serif font. Underneath the main text is the tagline "Prevention • Support • Research" in a smaller, uppercase sans-serif font.

Kidney Health
NEW ZEALAND
Prevention • Support • Research

**Be the one that makes a difference,
support the work of Kidney Health New Zealand**

www.kidneys.co.nz

0800 KIDNEY (0800 543 639)