

# Kidney Health NEW ZEALAND

Prevention • Support • Research

Summer 2014



The Amazing Kidneys team of Drs Jun Suh, Kelvin Lynn and Jamie Kendrick-Jones, and Bob Schollum completed the Taupo Cycle Challenge in the respectable time of 7:11:38 seconds finishing 71<sup>st</sup> of 123 relay teams. The following members of the wider KHNZ team completed the 160 km route around Lake Taupo solo. Their times were very respectable considering the extra strong north westerly wind. Kidney Health's participation to raise awareness of chronic kidney disease was noted at the prize giving ceremony. The event attracted about 8,500 competitors and their supporters – so many that the Telecom mobile network broke down making contact with fellow team members difficult.

It is worth noting that about 800 of the competitors were likely to have some sign of kidney disease (detected with simple blood and urine tests) or are likely to develop it in the future. Most would have been unaware of this. Hopefully some will think about having a kidney check with their GP.

Kidney Health NZ is grateful for the commitment of fellow health professionals and supporters from Auckland and Hawkes Bay. It is clear that everyone enjoyed the event and the social activities after the race. There is a lot of interest in competing this year. If you would like to be involved next year, please contact KHNZ.

## **Latest News**

As well as trying to keep fit and healthy, we have had a very busy start to the year. I am very excited to announce that production has begun on our Pre dialysis educational DVD, it has been a long time in the planning, and great to finally get enough funding to enable us to produce a resource for patients that will be relevant to all New Zealand kidney patients.

Our latest resource “Know your Kidney numbers” has proved very popular, with a number of requests for it.

We have also just completed “If you have Kidney Disease we can Help” brochure. This is designed to tell people about Kidney Health New Zealand and the services we provide, so keep an eye out for these in your Doctors waiting rooms. These will be distributed along with our GP Management Guide to Chronic Kidney Disease, which has just been updated.

The new Live Kidney Donor Association has been very popular with more than 150 living kidney donors signing to be included on our database and very keen to be involved, talking about their experiences and raising awareness about live donation. Check out our website for further information coming soon and how we can help.

We are holding our first Consumer Council meeting this month with kidney patients from around the country invited to discuss issues that are important to them. KHNZ is committed to our mission for, *Better Kidney Health for all New Zealanders* and to be the lead organisation for improving kidney health and minimising the impact of kidney disease through, Research, Community awareness; education, support and advocacy. I look forward to sharing the information from this meeting in the next newsletter.

## World Kidney Day and Kidney Health Week 2014



Carmel Gregan-Ford, National Education Manager KHNZ, says checking the health of your kidneys is even more important than checking the health of your car.

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0800 KIDNEY (0800 543 639) [www.kidneys.co.nz](http://www.kidneys.co.nz)

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World Kidney Day aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

The theme for 2014 World Kidney day is Chronic Kidney Disease and Kidney Health New Zealand is planning to target those most at risk.

Chronic kidney disease increases with older age, and for those with diabetes the risk is even greater. For those whose kidney disease is severe this leads to end stage kidney failure for which dialysis may be the only

available treatment. The enormous health care costs associated with long term dialysis treatment are unsustainable. And there remains an unmet demand for kidney transplantation.

The Mad Butcher group has agreed to distribute our Kidney Warrant of Fitness themed packs throughout all of their shops in South Auckland, and depending on the uptake we will roll this out nationally.

Included in the packs will be a urine testing kit, with instructions on use, information about Kidney Disease, a plastic card with advice on what to ask your GP to do to check the health of your kidney.

We will have a radio advertising campaign telling people about the importance of early detection and prevention of kidney disease, with Sir Peter Leitch voicing the commercials and encouraging people to visit their local Mad Butcher store to get a free Kidney Health WOF pack.

We will have a display in the foyer of the University of Otago facility in Christchurch during the week of the 10<sup>th</sup> March.

KHNZ will also have a presence at Pasifika being held in Auckland where our Kidney Health Check packs will be given out.

We also plan to have the updated GP Guidelines for the management of Chronic Kidney Disease sent out to all GPs.

Some interesting information

- There were 3,993 people receiving renal replacement therapy (RRT) at 31st Dec 2012 in New Zealand
- Of these 1524 had a functioning kidney transplant and 2,469 were receiving dialysis treatment
- 513 people commenced RRT in New Zealand in 2012
- 49% of all new patients in 2012 were as a result of diabetes.
- The cost of keeping someone on dialysis is approximately \$70,000 per year.
- There are more than 600 people waiting for a kidney transplant in New Zealand

## **For Summer Report KHNZ**

### **Home dialysis in Australia and New Zealand**

Debbie Fortnum, who works for Kidney Health Australia and is a member of the Home Dialysis Advisory Committee (HDAC), has analysed the types of treatment people are having for kidney failure using the latest report from the Australian and New Zealand Dialysis and Transplant Registry.

I have extracted the information on home dialysis as New Zealand has been a world leader in the provision of this treatment and this form of dialysis is considered superior to hospital or satellite dialysis. Just over half of all New Zealand dialysis patients are on home dialysis compared to about a quarter in Australia. In 2000, 65% of all New Zealand dialysis patients and 38% Australian patients were on home dialysis. The reasons for the fall in numbers over the past 12 years are not clear but the following have been suggested as reasons – older, sicker patients; changing social attitudes to self-care and a scarcity of staff skilled in home dialysis. Access to home dialysis training has improved in New Zealand with the opening of new home dialysis training units. Since 2008 the proportion of dialysis patients on home dialysis has remained stable. Currently there are approximately equal numbers on home haemodialysis (19%), peritoneal dialysis (CAPD) and automated PD (APD) (all PD 31%). Thirty-eight percent of New Zealand patients have a transplant compared to 45% in Australia and 69% of New Zealand patients have either a transplant or are on home dialysis.

Transplantation is the best treatment for most people with kidney failure and is cheaper than dialysis in the long run. Home dialysis provides better quality of life and survival than hospital-based or satellite dialysis and is cheaper. Home dialysis patients and their families need ongoing support from kidney unit staff, access to respite care and holiday dialysis and reimbursement of out of pocket expenses not incurred by other dialysis patients. Kidney Health New Zealand, kidney units, the Ministry of Health and the National Renal Advisory Board are all working to improve access to, and support for, both transplantation and home dialysis.

Kelvin Lynn

Medical Director



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Yes, I want to help in the fight against kidney disease and support Kidney Health New Zealand

Donation amount options: \$100, \$50, \$20, \$10, Other \$, Enclosed is a cheque payable to the Kidney Health NZ, or please charge:-

Mastercard

Visa

Account number: .....

Expiry Date: .....Signature: .....

Please indicate if you would like:

- Checkboxes for: A receipt for your donation, More information on general kidney health, Information about kidney donation/transplants, To become a member of Kidney Health NZ, Information about making a gift to Kidney Health NZ in my Will

Name:.....

Address:.....

Thank you for your support.

Please return this form to: Kidney Health New Zealand, Level 1, 230 Antigua Street, Christchurch 8011



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