

No. 242 November/December 2024 & January 2025

The Kidney Society

'Helping people with kidney disease get on with life.'



**The precious gift of time... Anna Maharaj shares
her kidney transplant journey....
2024 update on page 4**

The Kidney Society “Who, what, where.”

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Website: www.kidneysociety.org.nz

Facebook: <https://www.facebook.com/kidneysocietyadks>

Kidney Society Centre, Auckland: 5 Swaffield Road, Papatoetoe, Auckland 2025. Office hours: generally, 9 to 5 Monday to Friday, Answerphone a/hrs.

Contributions to the Kidney Society News are always welcome. Why not write us a story or send us a photo!



Kath our Chief Executive Officer leads the Kidney Society team in supporting Kidney Society clients through education, home support, wellness programmes and more.



Nathaniel is our dedicated caretaker, responsible for maintaining our three community dialysis houses and the office. He keeps spaces tidy and inviting, creating a welcoming environment for everyone who visits.



Gina our Office Manager is in charge of running the office, the community houses, events organising and general administration.



Tracey our Wellness Educator can help you keep mobile and feel good “the gentle” or “the active” way. She can find you a gym or give you exercises to do at home.



Brian our Community Health Educator can help you understand kidney disease and treatments. These things affect you and your family.



Niu our Social Worker can talk to you about “kidney disease and you”, money problems, family, housing, and many other things.



Nora writes the News. Send us a story!



Jenny keeps an eye on things at the dialysis houses, shows new people how things work and helps them settle in.



Maria our Office Assistant works with Gina to keep everything in the office ticking over, leaflets printed, the News mailed out and more.

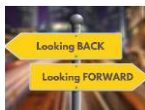
**Deadline for the February/March/April News:
Thursday 31 January 2024. Contributions are very welcome!**

Contact us for information or a chat, weekdays 9 to 5.

Phone: 0800 235 711, Email: contact@kidneysociety.org.nz

Facebook: <https://www.facebook.com/kidneysocietyadks>

or just come to the Kidney Society Centre, 5 Swaffield Road, Papatoetoe,



As we near the end of the calendar year, it seems timely to reflect on the last 12 months and re-assess our goals and plans for 2025.

At the end of 2023, Niusulu Hellesoe started as our Social Worker. Niu has been a significant addition to the Client Services Team and has added huge value to those who she has had the privilege of working with. Along with Brian (Community Health Educator) and Tracey (Wellness Educator), our small client services team have had over 7,500 direct client interactions during the year – either visiting your home or giving you a call to see how you are doing. We are proud of being able to provide this wrap around support service in the community that helps you live your best life. We know there is much more work to do to further improve our services in the community and we look forward to sharing our plans with you in the New Year.

We have also seen 13 new clients join us at one of our community dialysis houses. We have always believed that 'home is best' for those people who are able to dialyse independently, and the houses continue to provide that 'home away from home' for our clients. We know that the flexibility and extended-hour dialysis, along with the opportunity to maintain social contact and peer support are key features of dialysing at the houses and we look forward to continuing this service in 2025 and beyond.

We are less than 2 weeks out from the Auckland Marathon and Light For Life Charity Gala and I would like to take the opportunity to thank all those who have supported us for these events. A very special thanks to NZ Cricket, and Jane & David Percival for their generous donations for these events.

As 2024 draws to a close, I would also like to thank all those clients, members, volunteers and staff who have given so much of their time, energy and expertise to the Society throughout the year. Many of you go above and beyond and we thank you for your on-going support and significant contributions. Teamwork makes the dreamwork!

On behalf of the Kidney Society, I wish you all a safe and happy Christmas and a wonderful New Year with whānau and friends. I look forward to connecting with you in 2025.

Ngā manaakitanga,

Kath

Kidney Society Events

COUNTIES PRE-DIALYSIS SESSION

Wednesday 13 November 2024, 5 pm to 9 pm

Selwyn Anglican Church, Cnr Massey Road and Hain Avenue, Mangere East

For more information, please contact Niusulu on 0800 235 711 or niusulu@kidneysociety.org.nz

Holiday Office Hours

Our last day of business for the year will be **Friday, 20th December, closing at midday.**

The office will reopen with limited staff on Monday, 6th January 2025.

If you need to reach us during this time, please call 0800 235 711 and leave a voice message, and we'll get back to you as soon as possible.

For any urgent medical needs, please contact your GP or go to the nearest Emergency Department (ED).

Wishing you a safe and happy holiday season!

The precious gift of time...

Anna Maharaj shares her kidney transplant

journey....

2024 update

The saying "living life to the fullest" took on a whole new meaning at the age of twelve when my renal failure journey began... 22 Years of donated life thanks to the selfless decision my donor made to donate their organs.

"I live everyday with an attitude of gratitude "

After being diagnosed with SLE (also known as lupus), the battle to save my own kidneys and my life meant endless rounds of

chemotherapy, heavy immunosuppression, IV steroids, hospital admissions and the care of many dedicated medical professionals.

After being so unwell for most of my teenage years I was lucky enough to have a few years in remission. At this time, I was able to attend the University of Waikato to pursue my dream of becoming a teacher.

However shortly after my 21st birthday my health declined significantly, I went into end stage renal failure, and I was admitted into ICU requiring lifesaving haemodialysis. There aren't any words to accurately describe the fear of the situation or the emotions I felt when my own kidneys died; you do experience grief and a feeling of loss.

I was in ward 24 at Waikato hospital for almost two years leading up to my transplant, being too sick to leave hospital with endless infections, operations, renal failure, no energy, short of breath and requiring blood transfusions.

I want to acknowledge the staff at the Waikato Home Dialysis Unit, as their training and support allowed me a six-month period being on dialysis at home, especially Nicky and Mark and the many other nurses who encouraged me to get home with a machine and gain some independence.

During this time, I had incredible friends who would visit and bring me chocolate brownies. My appetite was poor back then and I needed a feeding tube. However, I could tolerate brownies!

I was one of the first patients to be put on the transplant waiting list from Waikato hospital in 2001. Dr Ian Dittmer, Dr Helen Pilmore, Dr Maggie Fisher, Dr Kim Wong and Dr Peter Sizeland championed my cause and did everything to keep me alive on dialysis so I would be a successful transplant candidate. I am forever grateful to them, because in 2002 I received my kidney from a deceased donor at Auckland hospital.

My family and I celebrate my transplant anniversary every year, it is bittersweet.

I think about my daughter, my husband, my donor and the borrowed time I have been so generously given from my donor. This gift of life has given me time to see my daughter grow into an adult, to travel, to create a beautiful home and to fulfil my continued passion for Primary school teaching.

I am under the wonderful care of Middlemore Hospital Renal Transplant Team and have been with for the past 20 years. I know

how lucky I am to have them all. I also have a very supportive family GP who collaborates with the transplant team and is very accessible, which I am grateful for.

As a transplant recipient I am focused on making my life count and honouring my donor and those who have changed my life and the lives of so many individuals fortunate enough to receive transplants. Life is truly precious.

My second chance has meant I have married the most incredible, handsome, loving man who is by my side through all the ups and downs of my health journey. The other very important person is our daughter. Without my donated kidney I wouldn't have been around to experience the absolute delight of loving a child and being such a proud Mum. I am so blessed.

I have also fulfilled my passion for teaching, working with incredible students and staff. To say this is rewarding is an understatement, teaching children has given me purpose and the sincerity of the profession never ceases to amaze me. I am continuously inspired to reflect on my own practice as a teacher, without my transplant this wouldn't have been possible.

My family and I attend the annual Service of Thanksgiving every year in recognition of those who have given the gift of life to others. It's a very emotional service, my daughter and I light a candle every year to acknowledge and remember the gift, but also the loss my donor family reflects on the day their loved one passed away.

Living would not have been possible without the selfless act of organ donation. Through organ donation we celebrate new life and new beginnings. It's a joyful thing to live, however without the gift of life, the many health professionals, transplant coordinators and others involved at such a fragile time, for those living with a transplant or awaiting a transplant, the path back to health would be much more difficult, if not impossible.

Thank you for taking the time to read my transplant story. I recently celebrated 22 years since my transplant; this was a profound moment for me, a time to reflect on my journey, through all the highs and lows. I can honestly say I will never waste a single moment of my life.

2024 has been very busy navigating a post covid world, at the same time very fulfilling. I recently was asked to be the National Organ Donation representative on the Organ and Tissue Clinical Governance Committee, a voice from a transplant perspective. It is an honour and

immense privilege to participate and represent transplant recipients, advocating for organ donation, raising awareness of how donation saves lives and sharing my kidney transplant journey.

Coming up, my husband and I are attending the Light for Life Charity Gala on Saturday 9th November 2024. It is an opportunity to make a difference in raising awareness of those living with kidney failure while also raising fundraising for charities such as The Kidney Society.



Thank You day 2024 is coming up fast also, this year November 30th. Every year we encourage everyone to have a conversation about organ donation. Please check out the Organ Donation New Zealand website and of course socials, radio and local newspapers for inspiring stories of donated life, renewed health and gratitude for health professionals involved in the care and support of all those touched by organ and tissue donation and transplantation.

Nobody knows what the future will bring, however without organ donation; I wouldn't be here to share my story. Thank you to all donors and their whanau for the gift of life, the most incredible gift at extremely difficult times.

Finally, I would like to acknowledge Organ Donation New Zealand, their continued support of myself and all transplant recipients and donor families is something we are all truly grateful for.

The updated photo of my husband Noel and I was taken on May 19th, 2024, at the Service of Thanksgiving at Holy Trinity Parnell, Auckland, in recognition of those who have given the gift of life to others.

Life is precious x ~ **Anna Maharaj**

Research Updates on Kidney Health

Here are two key studies that explore kidney health:

One focuses on the effects of donating a kidney, and the other provides new recommendations for managing diabetes alongside kidney disease. Both can offer valuable information to those with kidney disease and their Whānau.

Hypertension and kidney function after living kidney donation

Authors: Garg AX et al.

Researchers looked at 924 people who donated a kidney and compared them to 396 similar people who did not donate. They wanted to see if donating a kidney increases the risk of high blood pressure or worsens kidney health over time.

What they found:

- Over 7 years, donors and non-donors developed high blood pressure at the same rate (17%).
- Donors had an expected drop in kidney function after surgery, but over time, their kidneys worked better than those who didn't donate.
- Some donors (47%) had a drop in kidney function at least once to a moderate level, but most of them still did well in the long run.
- There was no big difference in kidney damage (called albuminuria) between donors and non-donors.

What this means for donors:

Donating a kidney doesn't increase your chances of getting high blood pressure or serious kidney damage. Although there are some changes in kidney function, donors' health remains stable over time, and they usually do well compared to those who didn't donate.

Managing Diabetes When You Have Kidney Disease

A group of experts created guidelines to help doctors treat people who have both diabetes and chronic kidney disease (CKD). These guidelines focus on improving health and slowing down kidney damage.

What's included in the recommendations: they found:

- Regular check-ups to catch kidney problems early.
- Managing blood sugar levels through diet, exercise, and

medication.

- Setting treatment goals to keep both diabetes and kidney health under control.
- Using specific medications to protect the kidneys, such as:
 - ACE inhibitors or ARBs (for blood pressure).
 - Metformin and SGLT-2 inhibitors (for diabetes).
 - GLP-1 receptor agonists (to manage blood sugar).
 - A new medication called finerenone, which can help prevent further kidney damage.

What this means for you:

These new guidelines are based on the latest research and offer clear advice for both patients and doctors. By following these recommendations, people with diabetes and kidney disease can better manage their health and slow down any damage to their kidneys.

Tips for Surviving the End of Year Holiday Season



The end of the year is quickly approaching and although we are close to the December madness. For many people the holiday period can bring about a certain level of pressure and stress.

Whether you celebrate Christmas or not, December to January can mean a major change to your usual routine. Things are not quite the same with the frantic build up to Christmas and then an almost shut down of many things until the New Year.

As many of you are well aware, having a chronic kidney condition has a BIG effect on your energy levels. Some days even having a shower can feel like a marathon. So, managing your energy over the holiday season can be even more challenging than usual.

I often talk to people in mid-January who are concerned about the weight gain from numerous family events or having not done any exercise for the 2 months their gym or group has shut down.

Or just people feeling they have lost their routine and struggling to get back into it.



So here are my tips for managing the end of the year:

Managing the Busy Time

Try not to put yourself under unrealistic pressure. With the build up to Christmas we can spend a lot of energy and money that we don't necessarily have. For those of you with a chronic kidney condition, energy levels can often be low. Often

people who are having "a good day" try to get as much done as possible which then tends to follow with extreme fatigue the day after or longer. The key is to do small amounts at a time, do a little bit...rest a little bit... do a little bit... rest a little bit. Do snacks of activities rather than LARGE chunks. For some it is the many whanau events. You may feel you need to attend all of them or even help with catering, setting up etc. You can always attend events for shorter periods and rather than catering for the whole family ask everyone to bring a plate. Make it about enjoying the time with family and friends and not creating more pressure or stress on yourself than you need to.



Take time out!

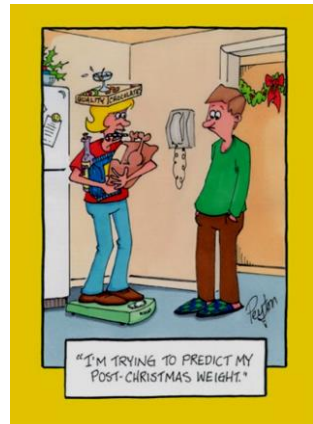
Go for a walk, have a power nap, read a book or just sit and BREATHE. Many people feel guilty for taking a little time out for themselves. Think of it as time to RECHARGE your batteries.

The Holiday Diet

So much food & fluids!!!! Overeating for many of us on Christmas day tends to be a tradition.

Unfortunately, the holiday period isn't just 1 day. It is the holiday period so it is ok to enjoy and indulge a little, however not going overboard can be very difficult.

A lot of people feel pressure from family to eat up and drink up at the



numerous gatherings over the holiday period. For some cultures it can be a sign of respect to do so. Some people say they don't feel comfortable explaining to family that they have special dietary restrictions and cannot have certain foods or amounts. Try and choose smaller plates and cups. Pick one treat item and then try and make good choices for the rest of your plate and don't go back for seconds. Try to remember it is not the last meal you will ever have!

Stay Active

Not enough exercise...Most of us reduce our physical activity over the holidays but the key is to try not to completely stop. You may have been working all year improving your fitness, strength and health but it only takes 2 weeks to start losing condition. The longer you are out of your routine the longer it takes to get back what you lost. If you have stopped your regular routine, then try to do something different. If you have been doing a gym program, then perhaps try to do some local walks. Play some backyard sports with the family. Head down to the local pool or beach for a swim. Maybe a fun family bike ride or some dancing. The key is to try to stay active and use your body to move. A change is good for your body too. Try some gardening, visit a local museum or park, window shop at the local mall instead of your usual exercise routine.

Enjoy the fact that our usual hectic schedules of work, school and even the traffic is also in holiday mode so take the extra time to enjoy parks, beaches and even your own backyard.

Warmer Weather

The hotter weather can also affect people's activity so as the weather warms up, especially in January you may need to change what or when you do things. If you go for daily walks, try and do it earlier in the morning or later in the evening when the weather is cooler. Obviously try and be sun smart with hats and sunblock too. Water walking & swimming is a great summer activity as the water helps regulate your body temperature and reduces the risks of getting hot and sweaty.

Many of the community gyms are air conditioned and so going for a walk on the treadmill or riding an exercycle out of the sun and heat can make things more comfortable too. Many dialysis clients also get worried about increasing their fluid levels when exercising in the warmer weather and this is something you can talk to your renal



team or dietician about.

Set Realistic Goals

...ah yes, the New Years Resolution.

Setting goals is a positive thing, stop smoking, exercise more, eat better etc.

Remember, with most things it is about taking 1 step at a time not the whole staircase and...nothing happens instantly.

If your goal is to walk 45 minutes a day and the longest walk you do is the supermarket isles, then start with 5-10 minutes and build up.

If you go too hard too soon then for many people, especially kidney clients the muscle soreness or fatigue puts people off doing it again. Joining the gym, taking a class or just being more active, the key is to start off slow and steady. If you have a specific goal in mind, make some mini goals to help you get to the final one. Break it down so it is more achievable, this can often make it more enjoyable as you tick off the little goals towards the big one even if you have a few setbacks on the way.



Getting Back on Track

Getting back on the bike...for some of you this might mean literally! If you have got out of your routine and are struggling to get back into it start of smaller than you finished. If you were doing a 20-30 min walk but it seems too hard to start again set your goal for 10 minutes and build back up. If you were going to the gym 3 times per week, try getting back into 2 days a week. Sometimes it is the thought of getting started that is the hard part. It is always ok to start back at the beginning and you can remind yourself that you had managed to do it before.

Ask for Support.

Remember I am only a phone call away if you would like some assistance. Whether it is assisting you to get back into your routine or information and support so you can reach your goals.

[Tracey Drinkwater, Wellness Educator](#)

Inspiring Journey:

John Kearns and his Battle with Kidney Disease

In a recent feature by 1News, John Kearns, one of our dedicated board members, shared his powerful story of living with kidney disease. John's journey has been one of resilience and hope, marked by three successful kidney transplants over the past 37 years.



At just 23 years old, John underwent his first life-changing transplant, a pivotal moment that set him on a path toward a better quality of life. Reflecting on his experiences, John emphasizes the profound responsibility that comes with receiving such a precious gift from organ donors, including his own sister.

"It's getting the most out of the gifts you've been given... It's a huge sacrifice, and with each transplant, I've been able to enjoy a quality of life that I could never have on dialysis," John shared.

His journey is not just about medical procedures; it's a testament to the strength of family, the importance of organ donation, and the determination to live life fully. We encourage everyone to watch the video and read the full article to learn more about John's inspiring story and the invaluable lessons he has shared about kidney disease and the gift of life.

You can view the full story:

<https://www.1news.co.nz/2024/09/07/organ-donation-conversations-with-family-urged-saves-lives>

OR head to our Facebook page to see the story:

<https://www.facebook.com/kidneysocietyadks>

diabetes action month

November is Diabetes Action Month, an annual month of action for Kiwis with diabetes. Diabetes Action Month is Diabetes New Zealand's annual campaign that encourages action, education, awareness and advocacy for New Zealanders with all types of diabetes and their whānau, as well as those at risk of diabetes. Diabetes Action Months have run each November since 2015, each year with a different theme.

The theme for Diabetes Action Month 2024 is "Don't Sugar Coat Diabetes". Together with our local Diabetes NZ teams and supporters, we will be educating New Zealanders on the myths that surround diabetes, so everyone has greater awareness and understanding of the condition. The hope is that with better knowledge there will be less judgement and stigma of people with diabetes. Diabetes Action Month is run by Diabetes New Zealand, whose mission is to lead, champion and advocate for change to reduce the incidence of diabetes, improved diabetes healthcare, and empower those affected by or at risk of diabetes to lead healthy, active lives.

Find more info here: <https://www.diabetesactionmonth.org.nz>

 **Kidney Health**
NEW ZEALAND

Tākihi Hauora Aotearoa

Prevention • Support • Research

“This information is sourced from Kidney Health New Zealand's 'Know Your Numbers' article. Please use it as a general reference only and consult your renal specialist to confirm your specific results.”

Know your KIDNEY numbers – information for people with Chronic Kidney Disease

People with chronic kidney disease have a lot of blood tests and urine tests. Here we talk about some of the more important ones to help you understand your condition. You can talk to your GP about the others.

Knowing what the numbers on your blood and urine test results mean will help you learn more about your health. You can make changes to your lifestyle and the numbers can mark your progress. If you have kidney disease some of your results may be outside the "normal range" but they can be considered acceptable for someone with damaged kidneys. Your doctor or nurse will guide you on what your own target should be.

Having the tests

Most tests don't need any special preparation but, for those that do, it is important you follow the instructions given to you. If you are not given any instructions, you should still ask if there is anything you need to do to prepare for the test. If you are unsure, ask your doctor or practice nurse.

It is important that you have your tests done in the time frame your doctor or nurses requests. It is one way they can keep track of your health between appointments.

What are the numbers I should know?

Below are just a few of the tests you might have to check how your kidneys are working. There will be many others mentioned here. The more common ones are discussed here.

Blood pressure

Blood pressure is the force of the blood against the artery (blood vessel) walls as the heart pumps it around the body.

When the blood pressure is too high it can damage your artery walls and some of your organs, especially your kidneys.

When your blood pressure is taken there are two numbers recorded such as 130/70. Both numbers are important.

The first number is called the systolic pressure – this is the pressure in the arteries as the heart squeezes out blood during a beat.

The second number is called the diastolic pressure – this is the pressure of the blood in the arteries when the heart relaxes before the next beat.

A normal blood pressure is considered to be anything less than 140/90. Your doctor will talk to you about your blood pressure and whether you need to do something about it. Sometimes your doctor will want your blood pressure **to be lower than 140/90**. It is important to know that your blood pressure does change and can

be different from day to day.

Creatinine - normal range 45 -90 umol/L.

This is the most common test used to measure kidney function.

Creatinine is a normal waste product from the breakdown of protein in muscles which is removed from the body by the kidneys. If the kidneys are not working well there is more creatinine in the blood.

eGFR test

(estimated Glomerular Filtration Rate) – normal >90mL/min/1.73m²
When you have a blood creatinine test the laboratory works out the eGFR from the same test. Many laboratories only report eGFR as >60 mL/min/1.73m² as results are not accurate between 60-90mL/min/1.73m². An eGFR gives an estimate of the percentage of normal kidney function that you have. For example, an eGFR of 30 mL/min/1.73m² is equal to about 30% of your kidneys working. Kidney function naturally declines with age and values below the normal range may be entirely appropriate for some people.

HbA1c (glycosylated haemoglobin level), common test for people with diabetes.

The **HbA1c** test measures your average blood glucose over 2–3 months and gives an indication of your longer-term blood glucose control.

The test is used as a regular monitoring tool if you have been diagnosed with diabetes. You should have this test every 3 months if you are diabetic.

HbA1C TARGETS

Non-diabetics 20 - 40 mmol/mol

Pre-Diabetes: 41 and 49 mmol/mol

If your result shows that you have prediabetes, you should make changes to have a healthier lifestyle. This means eating healthy food and keeping physically active. You will have another test in six to 12 months to see if these changes have made a difference.

Diabetes:50 or higher

If your results show that you have diabetes, you will need to see your GP to talk about treatment options. This usually involves changing what you eat, other lifestyle changes, and tablets to lower your blood sugar levels. It may also mean you have to start insulin treatment. 0800 KIDNEYS / 0800 543 639 www.kidneys.co.nz

An albumin-creatinine ratio test (ACR) compares the amounts of albumin and creatinine in your urine. ACR is more sensitive for detecting low levels of proteinuria:

Target ACR:

ACR – Albumin/creatinine ratio – normal <3.5mg/mmol for females

<2.5mg/mmol for males

PCR may be more preferable for quantification and monitoring of higher levels of proteinuria

PCR Target:

PCR – Protein/creatinine ratio - normal <23mg/mmol

This urine test is a good way of picking up any kidney damage. We recommend screening tests for chronic kidney disease in high-risk groups, such as people with diabetes or high blood pressure. Kidney disease runs in families and so close family members may also want to have their kidney function tested. Being diagnosed with kidney disease before it has progressed gives you the best chance to control the disease. Knowing your numbers will let you know how you are doing.

How to get your numbers?

Ask your Doctor or the Practice Nurse for a Kidney Check. They will check your blood pressure and will give you a form to take to the lab to have a blood test, to check how well your kidneys are working. Ask for a copy of your results. These can be sent to you either by email or post. Tell the person taking your tests that you would like a copy. Ask to sit down and go through your blood results with your doctor or nurse so you understand what they mean and check you have the results correct and any areas you can improve on.

Kidney Health New Zealand shares this article and you can find more information in this article:

<https://www.kidneys.co.nz/resources/files/links/know-your-kidney-numbers-1.pdf>

Your Questions Answered

We're excited to reintroduce our frequently asked questions section! You can submit your kidney-related questions, and we'll answer them here. If you have a question, chances are others do too — so we'll publish the answers to help everyone.

Can I get dialysis while traveling?

Yes! With planning, many people can receive dialysis during travel. Let us know your destination, and we can help explore options.

What is eGFR, and what do the different numbers mean?

The glomerular filtration (GFR) which measures filtration in millilitres per minute, is the best test to measure levels of kidney function and determine the stage of a patient's kidney disease. Your GFR can be estimated from the results of a blood creatinine test, along with your age, your race, your gender and other factors. This figure is then referred to as the estimated GFR (eGFR). Your eGFR tell your doctor how bad your kidney disease is, and they can use it to track changes in your kidney function over time.

Stage	eGFR (ml/min)	Signs	Actions
Stage 1	Greater than 90	Kidney damage but kidneys still removing waste normally	Test blood pressure if necessary
Stage 2	60-90	Kidney damage with mildly impaired kidney function	Extra tests and medications may be needed
Stage 3A	45-59	Moderate reduction in kidney function	
Stage 3B	30-44		Usually time for referral to a kidney specialist
Stage 4	15-29	Severe reduction in kidney function	Time for education about treatment choices and preparation for dialysis
Stage 5	Less than 15	End-stage kidney disease	Time for starting dialysis or having a kidney transplant

Information sourced from Living with Kidney Disease: A Comprehensive Guide for Coping with Chronic Kidney Disease, by Kidney Health New Zealand

If you have a question, please send it to us at contact@kidneysociety.org.nz

Tips from Renal Dietitians

From the kidney dietitian team at Counties Manukau

Over summer months there is more sunshine, longer days, increased activity and more seasonal foods, we may eat more over the day. It is important to try choosing nutritious foods for snacks to provide your body with the nutrients and fuel that it may need. Eating seasonal foods can help support your immune system as these foods contain more nutrients. It is also more cost effective to eat seasonal foods.

Depending on where you are on your kidney journey you may have different protein requirements. Some people may require lower protein foods while other people may require higher protein foods. We have listed some low, moderate and high protein snacks below.

Lower protein snacks (<5g protein per serve)



One piece of fruit



Vegetable sticks with 2 Tbsp of hummus or cottage cheese



1 cup of popcorn



1 cup of porridge with water



1 medium slice Rewena bread with butter or jam



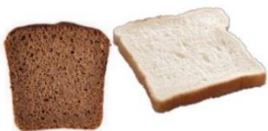
One cup of vegetable soup



Vegetable Samosa or Pakora



One serve of dried soybeans or snap peas



1 slice bread, 2 rice cakes, 3-4 crackers with a topping such as butter, jam, avocado or 2 tbsp hummus



1 cup (250ml) of almond milk

Moderate protein snacks (5-10g per serve)



One small bowl plain congee



One nut bar



30g unsalted mixed nuts



One small tin chickpeas



One yoghurt pottle



1-2 Mussel, Paua, or Whitebait fritter



1 cup (250ml) of full cream or low fat cow's milk or soy milk



2 slices of bread, 3-4 crackers, 1-2 roti, 1 pita bread or an English muffin with a topping such as butter, jam, peanut butter, 2 tbsp hummus or 2 tbsp cheese

High protein snacks (>10g per serve)



150g protein yoghurt



1 cup porridge with milk



Cheese and crackers



Congee with meat or eggs



Roasted fava beans, chickpeas or soybeans



Protein snack bars



1 cup (250ml) of plus or trim milk



1-2 slices of bread, 3-4 crackers, 1-2 roti, 1 pita bread or an English muffin with a topping such as tuna, smoked fish, baked beans, chicken, eggs, meat, cheese/cottage cheese

Smashed Green Pea with Feta on toast

Servings: 2 Total time: 10 min

Ingredients

- 1 cup frozen green peas
- 2 tablespoon low salt feta cheese
- Pepper or chilli flakes to taste
- 1 tbs lemon juice
- 2 slices of wholegrain bread
- Fresh herbs for garnish (optional)

Instructions:

- Place frozen peas in a microwave safe bowl. Cover and microwave for 4-5 minutes until cooked.
- Drain any excess water. Use a fork or potato masher to mash the peas until they are mostly smooth. Stir in feta cheese, lemon juice and add pepper or chilli flakes to taste.
- Spread the smashed peas on toasted bread. Garnish with fresh herbs

Tips:

You can boil the peas instead by cooking them in boiling water for 3-5 minutes, then drain and mash. Boiling can also help lower the potassium content of peas.

Add extra protein by topping with poached, boiled or scrambled eggs or add tinned tuna or salmon.

Nutrition per serve (1 serve):

Energy: 205 kcal Protein: 12g Carbohydrates: 23g Fibre: 5g Fat: 8g



Protein Quiz

True or false

1. ½ cup of edamame beans has the same amount of protein as half a chicken thigh?
2. ½ cup lentils (brown, canned) has double the amount of protein than a small handful of almonds (30g)?
3. Yoplait max protein yoghurt has double the amount of protein per 100g than regular Yoplait yoghurt?
4. 100g of steak has double the amount of protein than 100g of tofu?
5. One egg has more protein than 1 cup of dairy milk?
6. Tinned spaghetti and baked beans have the same amount of protein?
7. 1 tablespoon of peanut butter would provide the same amount of protein as ½ cup of chickpeas (canned)?
8. Almond milk is the highest protein non-dairy milk?
9. One chicken breast (average cooked weight of 150 g) has the same amount of protein as one tin of tuna (small, 95g)?
10. Hummus has double the amount of protein per tablespoon serve compared to cottage cheese?

 **FALSE**

 **TRUE**

- False – cottage cheese has double .10
- False – half a chicken breast has the same amount of protein as .9
one tin of tuna
- False – soy milk is the highest .8
- True .7
- False – baked beans have 5x.2 more protein than spaghetti .6
- False – 1 cup of milk has~8g protein whereas 1 egg has .6g .5
- False – They have almost the same amount per 100g! Tofu = 17g .4
protein per 100g, steak – 20g protein per 100g
- True .3
- False – almonds have double .2
- True .1

Living with kidney failure – information and tips for patients, family members, friends, and carers

Finding out you have kidney failure, and living with it from then on, can be overwhelming. Your energy will be directed to your treatment and physical well-being. But looking after your emotional well-being is just as important as looking after your health. This information is to help you manage these changes.

Kidney failure does not just affect the patient but the entire family, your friends, and those who care for you. Many of the changes and emotions affecting patients also apply to them, and much of the following information and ideas apply to them as well.

Coping with kidney failure isn't just about managing the physical symptoms with treatment. You may feel that your life has been turned upside down. Having kidney failure means that you will experience important life changes, such as a change in your working life, personal and family life, finances, and activities. These changes can cause a great deal of stress and a range of emotional reactions.

Recognising and understanding feelings that are experienced by others living with kidney failure can help you feel less isolated and get you the support you need.

Kidney Health NZ highlights the various emotions you may experience when dealing with kidney disease, such as stress, fear, shock, grief, loss of control, anger, sadness, depression, tiredness, and fatigue.

The article offers insights on seeking support and provides practical tips to help you navigate the challenges associated with kidney disease.

<https://www.kidneys.co.nz/resources/files/links/clinical-support-living-with-kidney-failure.pdf>



A huge thank you to Z Energy Rotorua - Fairy Springs for selecting the Kidney Society as one of their supported charities for Z Good in the Hood!

We're incredibly grateful to everyone who voted for us – thanks to your support, we received \$700 in donations.

As part of Z Good in the Hood, each Z service station supported four local community groups, sharing \$4,000 among them. Customers received an orange token to vote for their favourite group, and the funds were divided based on the votes received.

We truly appreciate everyone who grabbed a token and cast their vote for the Kidney Society – your support is helping us make a difference for people living with kidney disease!

A BIG thank you to these wonderful ladies

Joan, Jeanette and Bridget visited us with several bags full of beautifully crafted beanies, rugs, mittens, and slippers for our clients.

We are incredibly grateful for your continued support, kindness, and the time and effort you put into creating these lovely items. Gestures like these highlight the strength and warmth of our community, and we are so fortunate to have such dedicated and caring individuals like you on our side.



If anyone else has wool they would like to donate, we would be thrilled to receive it. Your contributions will be transformed into more of these special gifts, helping us to continue spreading warmth and kindness.

Baxter Travel Club

The Baxter Travel Club is dedicated to enhancing the travel experiences of clients both within New Zealand and internationally. Since 1994, Baxter has been assisting individuals on peritoneal dialysis in exploring the world.

Their team of HomeCare Customer Support Specialists has access to a comprehensive global network of manufacturing and distribution services. This extensive network ensures the seamless delivery of medical supplies and solutions to major cities worldwide, allowing you the freedom to travel with peace of mind.

For more information or to become a member of the Baxter Travel Club, please reach out to the HomeCare Customer Support Specialists at 0800 466 322.

Understanding Fistulas: Useful information

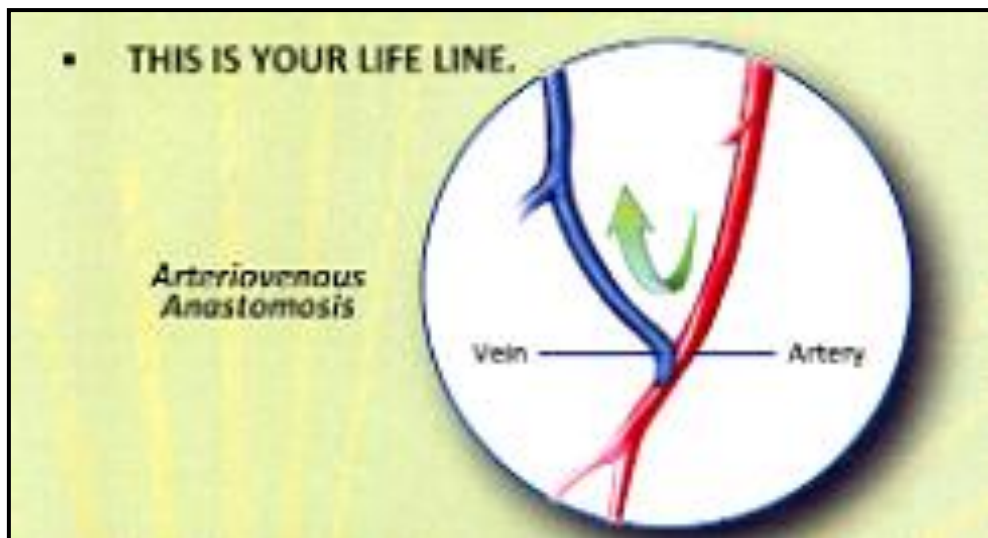
Taken from Counties Manukau brochure 'Vascular Access: Lifeline to Dialysis'

Why Do You Need a Fistula/ Graft?

- A fistula/graft is formed so that you can have haemodialysis.
- Patients who have a fistula/graft are almost twice as long as those who keep their tunnelled line (neckline).
- Tunnelled lines (neck lines) have a high risk of infection.

What is a fistula?

A surgical connection between an artery and a vein.



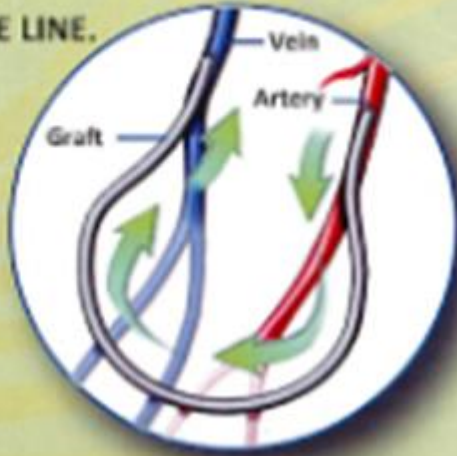
What is a graft?

A surgical connection between an artery and a vein using an artificial tube.

What is a GRAFT?

- A surgical connection between an artery and a vein using an artificial tube.
- **THIS IS YOUR LIFE LINE.**

*Arteriovenous
Graft*



Where will this be made?

- Fistula/grafts are usually made in the arm.
- Sometimes they can be in the leg.
- Where it will be depends on your veins.
- The doctors will find the best veins to use.
- The doctors will find the best veins to use.

Care during dialysis

- The place where the needle goes must be in a different place (spot) each time.
- Needling in the same spot will cause bulging. This is called an ANEURYSM. It can be dangerous if it bursts.
- Using a different spot each time will help to keep your fistula/graft working well for a long time.

Care of your Fistula/Graft

- Check Every Day and feel for the "buzz" on your fistula/graft.
- **If you do not feel anything, contact your Dialysis Unit or go to the Emergency Department at the hospital.**

- Keep your fistula/graft area clean.
- If the hand of your fistula/graft arm where your fistula is becomes very swollen, painful or blue contact your dialysis unit. After hours go to the Emergency Department.
- If your fistula/graft becomes very sore or oozes a lot of blood, contact your dialysis unit.
- Do not lift heavy objects or put pressure on your fistula/graft arm.
- Be careful not to bump or cut your fistula/graft with sharp objects.
- **This may cause severe bleeding! If this happens you must hold your arm tightly and call an ambulance IMMEDIATELY!**
- Do not let your fistula/graft arm be used for checking blood pressures or taking blood samples.
- Do not cover your fistula/graft with tight clothing or jewellery.
- Do not sleep with your fistula/graft arm under your head or body.
- Cover your fistula/graft arm while playing with pets (dogs/cats).
- Wash your arm before every dialysis.
- If you have concerns or questions, ask your dialysis staff.

Complications

Narrowing

Fistula/grafts can sometimes narrow. This can be fixed in the radiology department.

Clotting

A blood clot will stop your fistula/graft from working.

- This can occur at any time.
- If the clot cannot be removed a new fistula/graft will need to be made.
- Clots can sometimes be removed during an operation and the fistula/graft starts working again.

Advancing Renal Nutrition: Ella Brouwer's Scholarship Experience

Kia Ora,

My name is Ella, I work full-time as a dietitian within the renal department of Health New Zealand - Te Whatu Ora, Te Matau a Māui, Hawke's Bay. I have worked in Hawke's Bay as a dietitian since the beginning of 2023 and have been with the renal team for the past year. In my role, I am responsible for providing nutrition care to those struggling with symptoms of chronic kidney disease, all dialysis patients, kidney transplant recipients and patients with kidney stones. My work aims to assist in delaying the progression of and managing symptoms of chronic kidney disease.

I am grateful to have been chosen as a 2024 recipient of the Nora van der Schrieck Professional Development Scholarship courtesy of



the Kidney Society. I used the scholarship funding towards attending the 2024 Renal Nutrition Program hosted at the Royal Adelaide Hospital in South Australia. The program consisted of online learning modules as well as a 4-day in-person course in Adelaide that took place in September. This program is designed for dietitians new to the renal specialty and covers a broad range of topics relating to the nutritional management of renal patients. It was delivered by experienced renal

dietitians, nephrologists, pharmacists and specialist renal nurses from Australia and New Zealand. I thoroughly enjoyed travelling to

Adelaide and meeting both the health professionals who delivered the course and my fellow dietitian participants. It was interesting to compare the renal service here in Hawke's Bay to that of the Royal Adelaide Hospital and also note the differences between practising as a dietitian in New Zealand versus in Australia. For example, only New Zealand dietitians are able to prescribe patients certain supplements and medications.

Attending this course was a fantastic learning opportunity. I am currently the only dietitian specialising in renal nutrition in Hawke's Bay, so this was a great chance to network with other renal dietitians as well as be taken through the latest research. One of my new learnings from the course was using intradialytic parenteral nutrition. This is a way of giving patients who are struggling to improve their nutrition status through food alone, nutrients directly into their blood stream during a dialysis session. This is not something I had seen done in New Zealand, so it was great to learn about it from the Australian dietitians who regularly use this treatment with their patients.

I have also come back with some new ideas of things I would like to implement in my service. One initiative I hope to carry out is supporting patients with weight reduction to become eligible for a kidney transplant. This is not something that was previously offered within the renal dietitian service in Hawke's Bay. It was great to have had the opportunity to talk with other professionals and hear about their experience in this area. I have come away with the reassurance good weight reduction results can be achieved in this group as well as some different weight loss strategies. I plan to share my learnings with my colleagues so together we can support renal patients in our area to become eligible for kidney transplantation when high BMI is their only barrier.

Overall, attending the 2024 Renal Nutrition Program has given me a greater knowledge of nutrition for kidney disease and the confidence that my practice is informed by latest research and is in alignment with what other renal dietitians are doing. I look forward to using the knowledge to better serve the CKD population in Te Matau a Māui, Hawke's Bay. I am grateful to the Kidney Society for their support which allowed me to have this opportunity.

Tēnā koe,

Ella Brouwer

How one man's sacrifice allowed his sister to live a full life:



**Lotu's
story
featured in
the NZ
Herald**

*Lotu Kofe.
Photo
credit: NZ
Herald*

In case you missed it, our inspiring client, Lotu Kofe, recently shared her story with the NZ Herald.

The NZ Herald article speaks to Lotu about her journey: At just 19 years old, Fe'ofa'aki Helotu Kofe was faced with the devastating news that her kidneys were failing, and her life was at risk.

Fortunately, her 20-year-old brother, a university student at the time, was a compatible match and generously donated a kidney that lasted an incredible 37 years. Now on dialysis, Lotu passionately advocates for open conversations about organ donation and her story serves as a powerful reminder of the importance of discussing organ donation and its impact on saving lives.

See Lotu's story on the NZHerald:

<https://www.nzherald.co.nz/talanoa/tongan-kidney-donor-how-one-mans-sacrifice-allowed-his-sister-to-live-a-full-life/U4ZGNWB5WJGL7P2FJYIF4WA2DU/>

OR head to our Facebook page to see the story:

<https://www.facebook.com/kidneysocietyadks>

The Kidney Society is a well-respected charity that relies on public donations, bequests, sponsorships, and other forms of financial support from the community in order to be able to meet the needs of those with a serious kidney condition.

Heartfelt
THANKS
TO OUR SUPPORTERS!



The Society's services are provided free of charge because we firmly believe that everyone with a kidney condition should have access to good quality support and information.

We offer our sincere thanks to the following Trusts and Foundations who have recently provided grants to help fund our client services:

- **Trust Tairawhiti - \$10,000**
- **Maurice Paykel Community Trust - \$5,000**
- **Eastern & Central Community Trust - \$10,000**
- **Foundation North - \$20,000**
- **The Trusts Community Foundation - \$3,000**
- **Milestone Foundation - \$7,000**
- **Bay Trust - \$20,000**
- **Dragon Community Trust - \$7,000**
- **Four Winds Foundation - \$15,000**
- **Community Organisation Grants (COGs) - \$26,000**

We acknowledge, and are grateful for, the generous support received from all of the organisations listed above.

In Memoriam Donations have been received in memory of:

- **Tee Kock Beng**
- **Henry McLean Bluck**

We offer our thoughts to family and friends and thank them for their support.

The Kidney Society welcomes public donations, and these are tax deductible. Donations can be made via the Society's website or directly into our secure bank account. Details below:

- Website address is: www.kidneysociety.org.nz
- Bank account number: **12-3032-0705009-00**

Please include your details so we can send you a receipt for tax purposes.

If you would like to talk to us about a donation, sponsorship, or fundraising event, please contact Kath Eastwood on 0800 235 711 or email: kath@kidneysociety.org.nz

* A \$20 donation supports a client to receive this magazine for a whole year.

* A \$96 donation funds the purchase of 20 Wellness packs for clients.

* A \$240 donation funds a series of home visits to clients.
