

THE KIDNEY SOCIETY: WHO, WHAT, WHERE.



CLIENT SERVICES TEAM



Tracey: Wellness Educator

Tracey helps you stay active and feel good, whether you prefer “gentle” or “active” approaches. She can suggest gym options or provide easy-to-follow exercises for home.



Brian: Community Health Educator

Brian helps you understand kidney disease and treatment options. He’s here to support you and your family through this journey.



Niu: Social Worker

Niu can guide you through “Kidney Disease and You,” addressing concerns like finances, family matters, housing, and much more.



Jenny: Community Dialysis Assistant

Jenny oversees our dialysis houses, showing new visitors how everything works and helping them settle in comfortably.



Nathaniel: Maintenance Technician

Nathaniel maintains our three dialysis houses and the office, ensuring clean, welcoming spaces for everyone.

COMMUNITY DIALYSIS HOUSE TEAM

ADMIN AND OPERATIONS TEAM



Gina: Office Manager

Gina ensures the smooth running of our office, community houses, events, and day-to-day operations.



Kath: Chief Executive Officer

Kath leads the Kidney Society team in delivering education, home support, wellness programs, and more to our clients.



Maria: Office Assistant

Maria supports Gina in keeping the office organised, printing leaflets, mailing newsletters, and handling other essential tasks.

WEBSITE: WWW.KIDNEYSOCIETY.ORG.NZ

FACEBOOK: [HTTPS://WWW.FACEBOOK.COM/KIDNEYSOCIETYADKS](https://www.facebook.com/kidneysocietyadks)

E-MAIL: CONTACT@KIDNEYSOCIETY.ORG.NZ

PHONE: 09 278 1321, OR FREEPHONE: 0800 235 711

ADDRESS: 5 SWAFFIELD ROAD, PAPATOETOE, AUCKLAND PO BOX 97026 MANUKAU CITY, AUCKLAND 2241

OFFICE HOURS: 9AM TO 5PM, MONDAY TO FRIDAY.

Kia ora from Kath



Kia ora koutou,

A very warm welcome to the first edition of the Kidney Society News for the year and, on behalf of the team, we extend our best wishes for 2025 to all our readers.

You may remember that last year we asked you your perspectives on the Kidney Society and things we could do differently to enhance our services. It was clear from the feedback there is a desire for expanded educational resources with more tools and resources to help manage your kidney condition. So, we're on a mission in 2025 to deliver this for you!

We care about you, your families and helping you to live your best life so you can expect to see a lot more tips and tricks in our magazine and across our social media platforms. Information and resources about body weight, fluids, blood pressure, nutrition, dialysis, and lots more!

You may have noticed that this magazine looks a bit different to previous issues. We have given our magazine a fresh new look for the new year, but rest assured it will still contain the great information it always has.

A special mention & huge thanks to Nora Van der Schrieck, who was at the helm of the Kidney Society for over three decades and responsible for this magazine. Nora retired from the Editors role in December, and we are very grateful for the many years of service and support she provided to the kidney community.

We hope you enjoy reading this issue and I am looking forward to connecting with many of you during the year.

Ngā manaakitanga,

Kath

Kidney Society

Events



19

Wednesday
February 2025

Counties Pre Dialysis Session

Selwyn Anglican Church
Cnr Massey Road & Hain Ave Mangere East

For more information about the event or if you'd like to attend, please contact Rachel Spence: 021 819 535,
Email: rachel.spence@middlemore.co.nz

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Friday
March 2025

Hamilton Advanced Kidney Care Session

The Link Community Centre
4 Te Aroha Street, Claudelands, Hamilton
10am to 2pm

If you'd like to attend, please contact Brian: 027 715 3949 |
brian@kidneysociety.org.nz

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Wednesday
April 2025

Counties Pre Dialysis Session

Friends Building
Auckland Botanical Gardens
102 Hill Road Manurewa, 2105 Auckland

For more information about the event or if you'd like to attend, please contact Rachel Spence: 021 819 535,
email: rachel.spence@middlemore.co.nz

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Friday
May 2025

Rotorua Advanced Kidney Care Session

St David Presbyterian Church
Cnr Wharenui & Reeve Road Owhata
Rotorua
10am to 2pm

If you'd like to attend, please contact Brian: 027 715 3949 |
brian@kidneysociety.org.nz



This is my story from Feofaaki Helotu Kofe

In our last magazine, we shared Lotu's story translated from Tongan to English. This time, we're excited to share the original version in Tongan. If you'd like to read the English version, you can find it on our website: <https://kidneysociety.org.nz/lotus-story>

A big thank you to Lotu for sharing her story with us!

Ko hoku hingoa ko Feofaaki Helotu Kofe .
Oku ou ta'u 58 mei he Island Kingdom of Tonga
hiki fonua foou ma ia Aotearoa.
Ihe 1987 na'aku puke lahi aupito, mofi,
tavaivaia, ninimo.
Nefakahoko ngaahisivi ehe kau Dr pea mau oku
maumau hoku kofuua.
Ihe taimi n'ae ongona ai ae' ola ngaahisivi
Nae fai kiate au, nae ongoi ehe taha
Kotoa ihe famili he koe me'a pe na'e
Tuu ihe enau fakakaukau e vave
Pe haaku mate
Ne fai leva ha ngaahi faka ekeeke fekauaki
Moe faahinga foko utuaniau ne pehe
ehe Dr ke feingai mai au ki NZ
ni he oku ikai ha ngaahi me'a fakafaitoo
Ki he kofuua I Tonga. Neu folau mai
leva moe tokoua, eku fa'e koe taimi
faingataa lahi eni kiate au ae mavahe
Mei api ikai ilo koe ha ola oe feinga

e fai. Kai kehe neu alu pe mo
lloi oku iai ae otua moui. Koe lea
osi eku fae peau heka ki he vaka naane
Pehe, Alupe he teke sai pe koe.

Kainga neu tau mai ki NZ ni aho
Hoko kuo ma alu ki he uluaki appointment.
Koe mea fakalohoma lahi ae ola
na'e ma'u nae pehe eku toketa koe tuu he
taimi ni osi ngaahi sivi koe loloa eku
moui koe mahina e 6, ne to loimata
he fofonga eku fa'e ka na'e ikai keu tamai
he nau faka kaukau pe kapau oku kei iai
haku aonga I mamani tene omai ha founga.

Ne fai leva fetuutaki hi Tonga kihe
famili o fekauaki moe ola.
Ne fiema'u heeku uncle (Uliti Uata) ke toe
Fai ha fehui ki he toketa koe ha ha ngaahi fili
Na'a lava ke fai ha feinga. Nae pehe

Eku toketa koe dialysis ka 'oku totongi foki
He 'oku te'eki keu nofo fonua he fonuani
Ne fetu'utaki leva a hoku uncle (Uliti Uata)
Moe siasi (Siasi o Sisu) kalaisi oe kau
maonioni ngaahi aho ki muini, ne nau
Approve leva te nau u tokoni I hono totongi
Ngaahi faito'o fai mai kia au.
Ne pau ke foki e tokoua eku fa'e ki
Tonga ki he ngaue kae feingai mai eku
Ongomatua ke hoko atu emau feinga
Ke fakanounou talanoa ne folau mai
Ongomatua kae sii nofo toenga
Kii fanau moe tokoua emau fae. Neu kamata
taiolosisi leva o tali ki
ha kofuua . Ne onгона e hoku tuogaane
fika 2 na'e lolotonga I Hawaii he ako
Ae me'a oku hoko na'e feinga mai leva
He koe lau ae toketa koe sai taha kapau
e iai pe ha taha he famili e tatau mo au

ke fai transplant. Ne sii sivi eku
ongomatua mo hoku tuongaane lahi
na'e ikai ke lava ki nautolu he
na'e suka mo toto ma'olunga
fiema'u ha taha oku ikai ha
mahaki he sino e moua ai.
Ne fanongo hoku tuongaane I Hawaii
Viliami Vea pea folau mai, fai e ngaahi
Sivi kotoa, pe he toketa na'e tatau ema
me'a kotoa pe, pea loto lahi ai pe
Ke tafa o to'o mai hono kofuua e
taha keu moui ai
Koe feilaulau lahi na'e fai ehe
tuongaane ko eni. Ne teuteu leva
ngaahi me'a kotoa ke fakahoko homa
faito'o. Neu taiolosisi pe mahina e
nolu pea fai leva e transplant
Ne fainga malie ngaahi me'a kotoa pe, 1987
na'e faka hoko au ae transplant, koe
tau aki eni e 37 kihe ta'uni a
eku kei moui pe neongo kuo

Fakaau ke osi ae ngaue ae kofuua
Kae toe sio kihe foki o taiolosisi
Ka koe fu'u ta'u e 37 malo ae ofa
Ae otua o kei fakamoui au
Talu e osi hoku faito'o mo eku tauhi
eku ngaahi appointment mo folo eku ngaahi
foiakau ihe aho kotoa pe
Ihe osi eku faito'o osi e ta'u
e taha kuo ma'u hoku hoa
Pea ma'u mo homa ofefine e taha pe.
Ne malolo e hoa ka kuo mali homa ofefine o ma'u
homa fanga
mokopuna e toko 6
Oku ou fakamalo ki he tamai hevani
Koe ngaahi tapuaki kuone faka koloa'aki eku moui.
Fakamalo lahi kihe tokoua eku fa'e
He'ene feilaulau kae ha'u moau ke fai hoku ngaahi
sivi

Fakamalo lahi aupito kia uncle
Uliti Ulata, famili moe siasi o sisu
Kalaisi ngaahi aho kimuini (LDS) he ngaahi
tokoni faka paanga kotoa pe o
lava ai ngaahi feinga kotoa. Ki hoku
Famili hono kotoa ho'omou ngaahi
lotu moe ofa moe tokoni kotoa pe.
Mom n Dad neongo kuomou.
Pulia ka koe feilaulau lahi na'a
mo fai oku hounga ia kiate au.
Fakamalo makehe ki hoku fanga
Siblings koe ngaahi ofa moe tokoni kotoa
Pe, fakaosi eku fakamalo ki hoku
tuongaane (Viliami Vea) koe ofa
lahi na'a ne fai ou moui ai he
fu'u ta'u lahi e 37 oku hounga
Moui neongo teu toe foki ki he
taiolosisi ka koe tau lahi neu
fononga mai ai eku mouni
Special thanks ki he kau, doctors, neesi who
helped me through this journey, hounga aupito.

Know your Kidney numbers

Information for people with Chronic Kidney Disease

Please note that the November/December 2024 print edition contained a few errors in the Know Your Numbers article (pages 14–17). We sincerely apologise for the oversight and any inconvenience caused. We have corrected it in this version. Thank you for your understanding.



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

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.

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 preferable for the 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.

This article is created by Kidney Health New Zealand and you can find more information here:

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

MUSCLE LOSS & STRENGTH TRAINING FOR PEOPLE WITH CKD

We all gradually begin losing muscle mass and strength starting in our 30s or 40s. Muscle loss increases between the ages of 65 and 80. This will vary depending on your physical activity and health conditions, but you can expect to lose as much as 8% of your muscle mass each decade.

For people with CKD and on dialysis muscle loss and loss of muscle protein is a big issue.

*****“PEW (protein energy wasting), muscle wasting, and sarcopenia (age-related progressive loss of muscle mass and strength) strongly correlate with frailty and ultimately a reduction in health-related quality of life and an increased risk of hospitalisation, morbidity, and mortality in patients with CKD [3,12,13].”**

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9181340>

Muscle Wasting in Chronic Kidney Disease: Mechanism and Clinical Implications—A Narrative Review

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PMID: 35682722

Studies have shown that people with CKD have increased levels of muscle loss, are more likely to be frailer and have increased risk of hospitalisation due to muscle loss.

Reduced appetite, loss of protein, low haemoglobin, reduced physical activity are all factors that will speed up muscle loss.

Clinical studies have shown that muscle loss can occur within 2-3 weeks of reduced physical activity levels. And as many of you will have experienced, any lengthy stay in hospital and your strength and mobility is affected.

Very quickly normal day to day activities such as walking, getting dressed and showering becomes much more challenging.

And, unfortunately, it takes some time to re-build what you lost in such a short period of time.

Strength training is a very important part of maintaining muscle, strength and mobility.

Especially for people with CKD and on dialysis. Many of you, especially on dialysis may think that it is not suitable for you to do strength/weight training. **NOT TRUE!** In fact, it is even more important for you to be doing regular strength training. It comes down to **USE IT OR LOSE IT!**

Now this does not mean going to the gym and lifting like Arnie!

Strength training comes in many different forms.

And yes, there are some restrictions and safety guidelines for those of you with fistulas, tunnel lines, catheters and transplants. But a safe and suitable program can have a huge impact on your quality of life, independence, mobility and reduce the risk of hospitalisation.

How often should I strength train?

A good goal is to do a strength program twice per week with 2-3 days recover/rest between sessions. I would usually suggest starting with 2 sessions per week and then after a few weeks if your energy allows adding in a third session.

How much do I need to do?

If you have general muscle loss a good aim is to start with 2-3 upper body exercises and 2-3 lower body exercises.

Start with 1 set of 6-10 reps (times) of each of the exercises.

Over a few weeks, and as it feels suitable for you, increase the sets (how many times) to 2-3 and you can increase the reps (times) to 12-20. It is very important to slowly build up and you might find you get to a certain amount and that is all your body can manage. That is OK!

Listen to your body. It is ok to feel a bit tired after doing the exercises and maybe to have a little bit of muscle soreness the next day. BUT if you feel more tired than usual or have muscle soreness that last for days or pain that is not normal for YOU, you might be over doing it.

A good rule is... DO SMALL AMOUNTS TO START WITH BUT TRY TO BE CONSISTENT!

If you want a more details on exercises and getting start especially if you are new to strength exercises or haven't done anything for a long time are also available on our YOUTUBE channel.

But...there are many different ways to start and progress a program depending on your starting point, current health, energy and goals. Each program should be individualised for your personal needs.

The Kidney Society Wellness Program is available to set you up with your own personal program or even just to assist you with information to keep you safe and reach your goals.

BE SAFE

Some basic rules for reducing injuries and not causing any risks to your access (tunnel line, fistula, catheter etc) are:

- Do not lift, push or pull over 10kg
- Avoid push ups, planks, boxing bags (shadow boxing is OK).
- For those on Peritoneal Dialysis you may want to avoid direct abdominal exercises such as sit ups, crunches etc and plank position exercises.
- For transplant clients it is recommended to avoid abdominal exercises for the first 6 months and then check with your medical team before starting.
- Check with your renal team/GP/medical professional if it is ok for you to start an exercise program and what guidelines you may need to be aware of.



REMEMBER.....YOU ARE THE EXPERT IN YOUR BODY!!!!

If something doesn't feel right or you notice any "not normal" sensations in your access when exercising STOP and reach out for information and support. Pain is a warning from your body something is wrong...so the old saying "NO PAIN NO GAIN" is not true!!!

Another very important rule with strength training is doing the exercises correctly. This is often described as GOOD FORM.

The keys to a safe and successful exercise routine are:



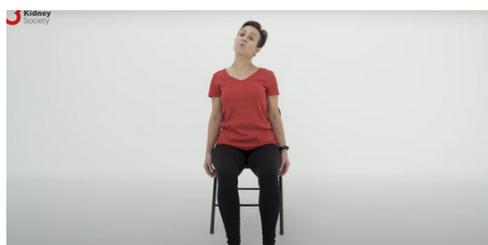
The Warm-Up

It is important to ensure that your muscle have a good circulation of blood to reduce injury. You can do a 3-5 minute "warm up" of the muscles you are going to work by moving the area without weight or resistance first. Or go for a walk, dance, march on the spot...anything to ensure the muscles are ready to work.



Slow and Controlled Movements

The slower and more controlled your do your strength exercises the better the muscles work and the less strain on your joints and tendons.



Posture

Poor posture can cause injury to your joints and will mean the muscles are not working through their natural action.



Breathing

Holding your breath when doing strength work can raise your blood pressure. Remember your muscles need good, oxygenated blood to work well.

The Kidney Society Wellness Educator, Tracey Drinkwater is a REPS registered PT.

***<https://pmc.ncbi.nlm.nih.gov/articles/PMC9181340/>

Muscle Wasting in Chronic Kidney Disease: Mechanism and Clinical Implications—A Narrative Review

*Tsai-Chin Cheng 1, †, Shou-Hsien Huang 2, †, Chung-Lan Kao 1,3, Po-Cheng Hsu 1,3,**

*Editors: Marta Anna Szyclinska, Rosario Barone
PMCID: PMC9181340 PMID: 35682722*

Equipment & Gyms

There are a lot of different equipment out there that claim to be the new best thing.

I am a believer in simple is best and that you do not have to spend much to have smart equipment that works. A couple of plastic water bottles or tin cans are just as good as a set of \$50 weights if used correctly!

Exercise Bands

These are my personal favourite. Affordable, relatively easy to use and do not take up much room. The darker the colour of the band the more resistance. Kmart have bands ranging from \$10 to \$20. Great quality and affordable.

Dumbbells/Barbells/Weights/ Weight Machines

Great if you already have a collection at home but I usually do not advise buying weights.

They are expensive...take up a lot of room and can be challenging to use. And there have been many a broken foot from dropping them. Many of the full weight machines you can buy on the market are also expensive, take up a lot of room and can be too heavy and dangerous for people with tunnel lines, fistula's etc.

But if you already have weights or a machine such a Total Body and need some advice to use it safely...let me know!

Gym, Trainers & Green Prescription

For those of you that are keen to join a local gym there are many options. It is about finding a gym that you feel comfortable attending and is in your budget. There are some gyms that have memberships from as low as \$7/8 pw.

Someone else looks after the equipment for you and it can get you out of the house too. Some gyms may offer discounts for green prescription cards, community service cards or even families. Some will even let you try them for a week or so before committing.

If you are going to join a gym you SHOULD be asked for a medical clearance. I would be concerned at any gym that does not check it is safe for you to be there!

If you are wanting to work with a **personal trainer**, make sure you ask about their knowledge of working with someone with CKD and on dialysis/transplant. There is not a lot of awareness in the fitness industry about CKD and dialysis/transplant. In New Zealand personal trainers and exercise professionals are encouraged to be registered with REPS (Registered Exercise Professionals) and you can even go to the REPS NZ website to confirm their registration and qualifications. An exercise professional should have a good understanding of your health history and any specific guidelines when writing you a personalised program

If you have a trainer you want to work with, and they would like information about exercise guidelines for people with CKD and on dialysis they can contact the Kidney Society, and we can offer them support with suitable information to keep you safe.

We have even developed a course they can do if they are interested in further education.

Green Prescription

Can offer support with finding suitable programs in the community, discounts at local gyms and some even offer specialised support programs.

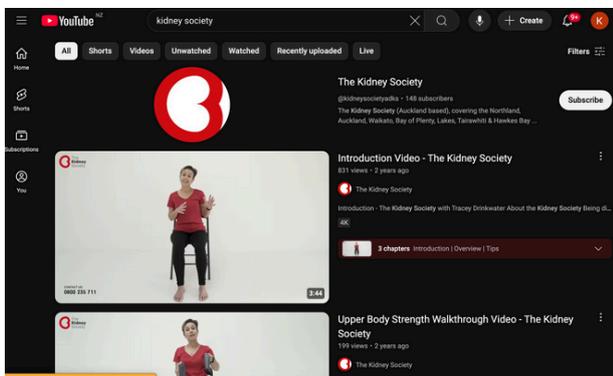
Each area does work differently so if you are able to check the Green Prescription program online in your area for further information or contact the Kidney Society for further support.

YOUTUBE AND ONLINE

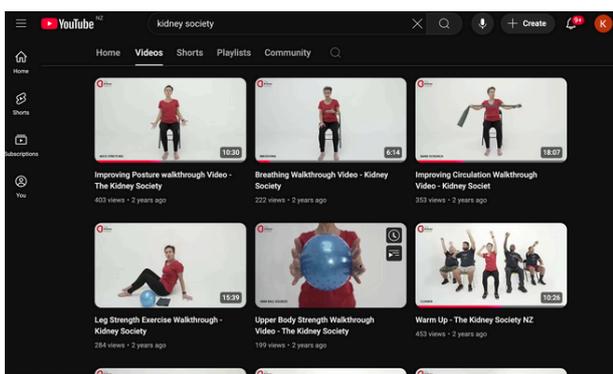
Hopefully you will start by checking out the Kidney Society YouTube Wellness Videos. These videos are specifically designed for people with CKD and on dialysis/transplant.

These are a great place to start, especially for those of you who are new to strength training or haven't done any exercise for a long time. We have numerous videos but a couple that are specific for Lower Body Strength and Upper Body Strength. Just type in Kidney Society to the search bar on YouTube and you will see our logo!

Remember to **CLICK** subscribe. This makes it easier for you to find each time and also will assist us with being able to add more content in the future.



When it comes to exercise programs online there are such a HUGE number of options it can feel a bit overwhelming to find something suitable to your ability and needs.



And unfortunately, there can be risks involved with doing an exercise program that may not be suitable for you. There are a lot of YouTubers who are not qualified exercise professionals and programs that can put you at risk of serious injury.



Always start by watching the videos before attempting to participate to ensure it is suitable for you. Using the word **BEGINNERS** in your search can help to narrow down more suitable programs. Follow the basic guidelines from this article to ensure your own person safety.

If you find a program you would like to try but you are a bit concerned feel free to send me the link to check it out for you.

In conclusion strength training is a very important part of health management for people with CKD and on dialysis/transplant.

BUT it is important to ensure that the exercises you do are safe and suitable for your needs and goals.

Getting started can sometimes be the hardest part of exercise.

And remember if you need any support with getting started, we are here to help.

James's Inspiring Story

James is a graphic designer from Auckland who has managed a kidney condition since childhood. He started dialysis in his late teens and received a transplant in 1998. Since then, he's kept his health in check while continuing to live his life.

Through it all, James has maintained a remarkable resilience and optimism. He's never let kidney disease hold him back, always adopting a "get on with it" attitude. He often says, "Some people have had it worse, and I just want to get on with it," which has helped him remain positive and active throughout his life. This mindset has allowed him to continue doing the things he loves, such as traveling and staying active.

After his transplant, James spent five years living in Europe, particularly in North and South London. During this time, he worked and travelled across Europe, enjoying weekends in places like Dubai. His love for travel never stopped, even while managing his health. James found that with the right balance of medication, check-ups, and certificates, he could continue exploring the world, always cautious about his sun exposure and staying on top of his health.

Now back in New Zealand, James continues to live an active and fulfilling life. He's been working as a graphic designer for NZME, and he enjoys the flexibility of working from home. James is also a proud partner and father to a young son, with whom he loves spending time—especially riding bikes together.

His health challenges haven't stopped him from staying fit. James gets advice about what will work for him and stays focused on his fitness goals.



Despite everything, he remains determined not to let kidney disease limit his lifestyle.

James' journey hasn't been without challenges. In 2003, just before his travels, he was diagnosed with lymphoma, a form of cancer. But, true to his nature, he didn't let the diagnosis slow him down. He continued his travels, always maintaining a positive attitude, believing that, "Everything will be okay." This mindset has helped him through many difficult moments in life, including the ups and downs of kidney disease.

James still has regular check-ups with his doctors every 2-3 months, including blood tests and medication adjustments. He's been through a lot, but his enduring optimism has helped him remain active, involved, and hopeful. As he marks 25 years since his kidney transplant, James is still moving forward with the same mindset: "It'll get better, it'll end. Just gotta keep going."

Ways to beat the heat this summer

From the dietitians at Te Toka Tumai, Auckland City Hospital

As summer continues, managing thirst can become challenging. Some people need to drink more to stay hydrated, while others need to follow a fluid restriction. This article provides information on the different types of fluids and strategies to help you stay refreshed and cool during summer months.



How much fluid should I drink?

Most people in the general population or who have chronic kidney disease (CKD) should have 8 to 10 glasses of water per day. However, the amount of fluid you need changes depending on things like your exercise levels and the temperature. If you have been put on a fluid restriction by your doctor use this to guide how much you drink each day. Consult your doctor or dietitian if you want personalised fluid advice.

What kinds of fluids should I drink?

Water – Plain water is the best drink choice as it hydrates without extra calories or additives. It is safe to drink water from the tap in most cities in New Zealand as the water is tested regularly. Try adding slices of lemon or cucumber to add natural flavour to water.

Unsweetened tea – Tea is a great way to increase your water intake if you struggle to drink water on its own. Consider trying herbal tea for a tasty caffeine-free option.

Coffee – Coffee is linked to supporting digestion and also contains antioxidants that help protect your cells against damage. It is best to choose coffee options without added sugar or syrups. Coffee contains caffeine (unless it is decaffeinated coffee) and its best to limit caffeine intake to no more than 400mg per day (about three single-shot espressos).

Milk – Milk is a great drink choice as it is rich in nutrients such as calcium, protein, zinc and some vitamins. The Ministry of Health recommend 2 and ½ serves of dairy per day for most adults. A 250ml cup of milk is 1 serve and most people should have no more than 2 and ½ cups of milk per day.

What fluids should I limit my intake of?

Sugar sweetened beverages/fizzy drinks – Sugary drink consumption is associated with excess weight gain, insulin resistance, type 2 diabetes, hypertension and heart disease. These conditions can cause and lead to faster progression of kidney disease. If you do have a sugary drink, try to have a small glass or can (250ml or less) and choose a sugar-free option.

Energy drinks - Energy drinks are water-based beverages that contain caffeine and ingredients like guarana, ginseng, and taurine. They are not recommended for daily consumption due to their high sugar, additive, and caffeine content. If you have reduced kidney function, your kidneys may struggle to remove certain vitamins, minerals, or additives (e.g. potassium sorbate), leading to a build-up in the blood. If you choose to drink an energy drink, opt for a smaller 250ml can and limit it to one per day.

Fruit juice – Often fruit juices are marketed as being healthy, but they usually contain more sugar than some fizzy drinks. For example, 1 glass (250ml) of orange juice contains 24g of sugar. That is 6 teaspoons of sugar! Fresh fruit is a better option as they naturally contain less sugar, are more filling, and provide fibre for your gut.

Flavoured milks and iced coffee - It is best to choose flavoured milk or iced coffee occasionally rather than every day. Similar to fruit juice, these flavoured milks can contain more sugar than fizzy drinks. For example, a 375ml Nippy's Ice coffee contains 30g of sugar. That is 7.5 teaspoons of sugar. It is better to drink milk on its own or make your own iced coffee at home using less sugar.

Alcohol – The recommendations for alcohol intake for people with kidney disease is the same as the general population. Drinking alcohol has been shown to increase the risk of accidents and violence, cancer in some parts of the body, developing heart and liver disease, and risk of brain and nervous system damage. If you chose to drink alcohol, keep your intake low and have no more than 10 standard drinks per week.





What if I am on Dialysis?

If you're on dialysis the amount of fluid, you can have will often be less than the general population due to reduced urine output. Talk to your doctor or dietitian about how much fluid you can have if you are on dialysis as it is often different for each individual.

If you are tracking your fluid intake include any drinks (cold or hot), soup, thin sauces, jelly, ice cream, ice blocks and anything else that is liquid at room temperature in your daily tally.

Here are some practical tips to help you manage your thirst and stay comfortable in the heat.



1. **Freeze Fruit:** Freeze slices of lemon, grapes, or berries and suck on them to cool down and moisten your mouth.
2. **Mist Spray:** Fill a spray bottle with cold water and mist your face, arms, or legs to cool down on hot days.
3. **Water Bottle:** Use a bottle to track your fluid intake, such as a 500ml bottle.
4. **Ice Cubes:** Use small ice cubes to make your fluid last longer and keep your mouth moist
5. **Reduce Salt:** Use spices and herbs to flavour your food instead of salt.

Key messages:

- **Monitor your fluid Intake:** Be mindful of your fluid intake, especially in summer or when more active. You can use 'water tracker' apps on your phone or write down how much you have to keep track.
- **Choose Water:** Drink plain water over sugary or caffeinated drinks.
- **Limit Salt:** Reducing salt can help manage thirst and prevent fluid retention.



Try These Drink Recipes This Summer!



Iced Tea Ideas

Jasmine, lemon and ginger

Ingredients:

- 1 cup of boiling water
- 1 Jasmine tea bag
- 3 lemon slices
- 2-3 fresh slices of ginger
- 4 to 6 Ice cubes

Method:

Add the boiling water, tea bag, lemon slices and ginger to a cup

Leave aside to cool (you can put it in the fridge to speed up the cooling process)

Once cooled add ice cubes and enjoy

Iced Tea Ideas

Berry, lime and mint

Ingredients:

- 1 cup of boiling water
- 1 berry flavour tea bag
- 2-3 lime slices (can substitute with lemon)
- 3 fresh mint leaves
- 4 to 6 ice cubes

Method:

Add the boiling water, tea bag, lime slices and mint leaves to a cup

Leave aside to cool (you can put it in the fridge to speed up the cooling process)

Once cooled add ice cubes and enjoy



Mint crush alcohol-free Mojito

Ingredients:

- ¼ cup mint leaves
- ½ lime or lemon, sliced
- ½ cup ice
- 1 cup of sparkling water

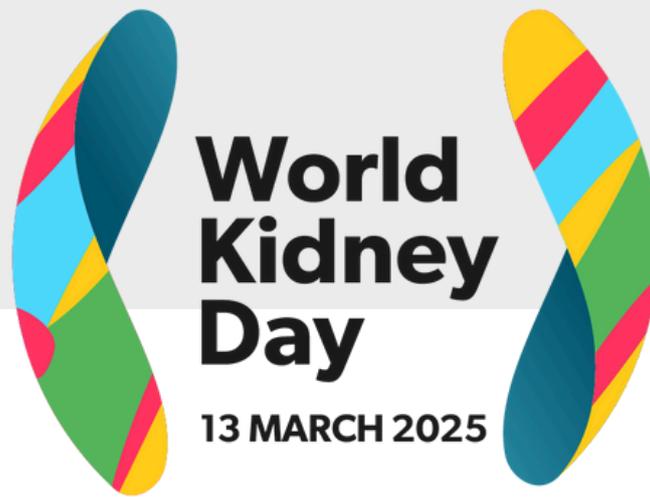
Method:

Place mint in a glass and use a spoon to crush the leaves to release their flavour

Squeeze lime or lemon into glass and add squeezed slices

Top with ice and sparkling water and serve

Note: substitute the mint above for ¼ cup of sliced cucumber to make a cucumber lime spritzer



**WORLD KIDNEY DAY: THURSDAY 13 MARCH, 2025
TIME TO MAKE KIDNEY HEALTH HEARD**

World Kidney Day (WKD) is more than just a date on the calendar—it's a global movement to shine a spotlight on kidney health and the urgent need for more awareness of kidney disease. Despite affecting millions of people worldwide, kidney disease remains under-discussed and misunderstood.

We know the realities of living with kidney disease all too well. That's why this day is so important—it's a chance to amplify the voices of those impacted, educate others, and encourage action that can save lives.

Why awareness matters.

Kidney disease doesn't always get the attention it deserves, but the numbers are staggering. Worldwide, chronic kidney disease (CKD) affects an estimated 850 million people. It's silent, often undiagnosed, and can lead to severe complications if left untreated. By 2040, CKD is expected to become the fifth leading cause of years of life lost globally.

This World Kidney Day, we're determined to make kidney disease a priority in New Zealand. We're calling on everyone—patients, families, and supporters alike—to help us raise awareness of this often-overlooked disease.

How can we spread the word about kidney disease?

Join the #ShowYourKidneys Challenge:

Remind others how important their kidneys are! Take a photo with your fist at your lower back (where your kidneys are located), add a frame, and share it using **#ShowYourKidneys**. Tag us so we can highlight your support!

Share a Story

Personal stories are powerful. Post about your kidney journey on social media, and tag us so we can share it too. Your voice can inspire others and bring much-needed attention to this cause.

Support our Campaign:

This year, we're running a text-to-donate campaign to expand our services for people living with kidney disease in New Zealand. Your donations can help us reach more clients, provide critical resources, and ensure no one faces this journey alone. We will share more details soon - please keep an eye out on our social media and on your emails for more information.

World Kidney Day 2024: A Global Success

Last year's World Kidney Day had an incredible global impact. Over 67,000 people visited the WKD website in March, and media campaigns reached an audience of more than 216 million. Together, people around the world raised their voices for kidney health—and this year, we want to do even more in New Zealand. World Kidney Day is our opportunity to raise awareness for a disease that deserves attention. It's about more than statistics—it's about the real lives impacted by kidney disease every day. Whether you share your story, join the #ShowYourKidneys challenge, or donate to our campaign, every action helps. Let's show the world that New Zealand is leading the charge in kidney health advocacy.

FAQ

Help! I have been advised to reduce my fluid intake how do I manage this?



Why is it important to keep to my fluid allowance?

One of the functions of healthy kidneys is to remove excess fluid from the body as urine. When your kidneys are not working properly (for some people with chronic kidney disease or for those who are on dialysis), not enough urine is made and fluid can build up in your body. This is often referred to as fluid overload, fluid retention or fluid weight gain. Not everyone with chronic kidney disease will have to restrict fluid intake, if you have fluid overload your doctor will advise you to keep to a fluid allowance.

What are the symptoms of fluid overload?

You may notice:

- Swelling in the hands, lower legs and feet
- Difficulty breathing and shortness of breath
- Changes in blood pressure
- Over time the excess fluid can weaken your heart
- Try not to have a drink with meals
- Take medication with food instead of water or other beverages
- Avoid or limit spicy foods
- Spread fluid intake throughout the day
- Snack on frozen grapes or cold fruits/vegetables to help quench thirst
- Make ice cubes out of your favourite drink
- Use smaller cups or measuring cups when drinking
- Use mouthwash, sugar-free mints, gum, sour candy or lemon/lime wedges to quench your thirst
- Freeze your drink bottle, this melts slowly and helps you drink slowly

*If you are prescribed a supplement drink (such as Nepro, Renilon or Ensure) – prioritise this within your fluid allowance for the day

Fluid tracker

Being more aware of your drinking habits can help you to manage your fluid intake.

- Identify which situations lead to you drinking more, such as having a cup of tea when visiting a friend or when family get together
- Know when you are actually thirsty and when you are not

You can download fluid tracker on our website: <https://kidneysociety.org.nz/managing-fluid-intake>

What other services do you offer other than phone support?

We have a range of services including home visits, three community dialysis houses and also a wellness program to help you with exercises specific to kidney disease.

If you have a question you'd like to send through, please email us at contact@kidneysociety.org.nz
(we can keep it anonymous if you prefer).

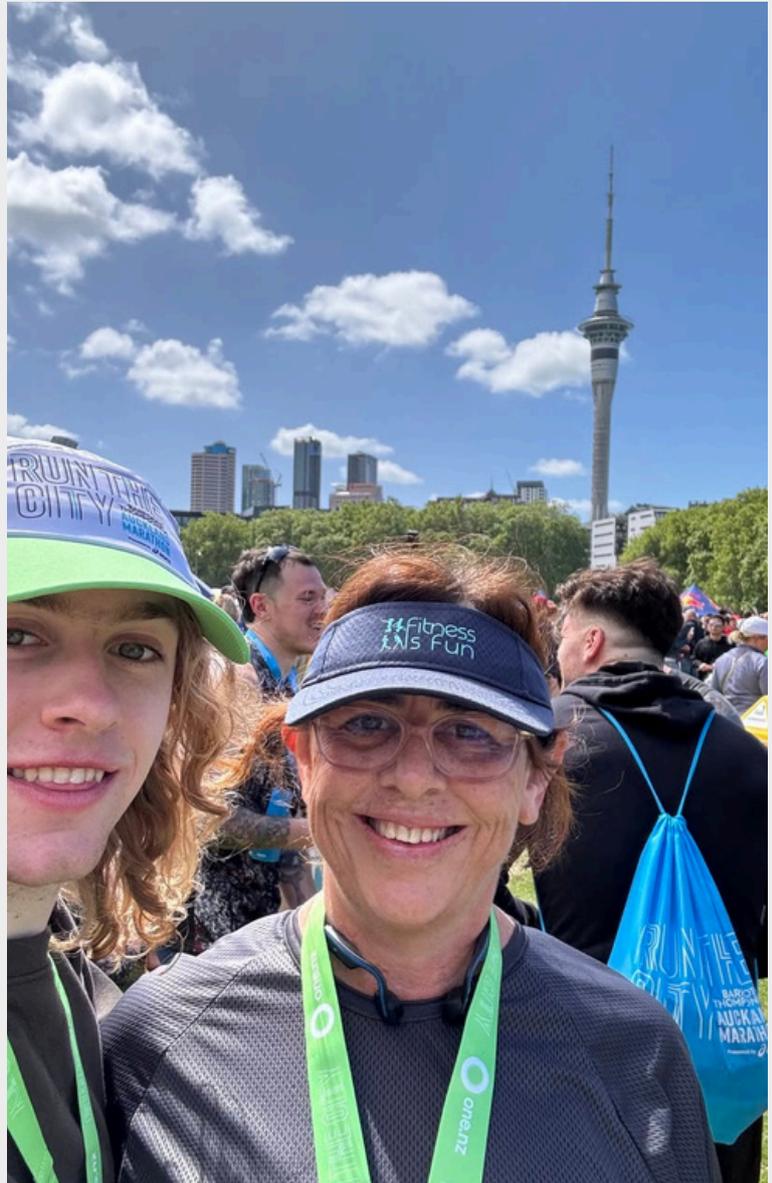
Auckland Marathon

To our incredible runners: a HUGE THANK YOU for your Auckland Marathon efforts

We're incredibly grateful to Alison Marshall, Christina Hellesoe, and Kath Eastwood, who raised \$3,745 for the Kidney Society through their efforts at the Auckland Marathon!

Your support helps us provide essential services to more people living with kidney disease and raise awareness about a condition that isn't talked about nearly enough. While the marathon is over, our mission continues! We know that our work makes a difference for our clients, and with your support, we can make an even greater impact.

Every contribution makes a difference, whether it is spreading awareness or raising funds.



LIGHT FOR LIFE CHARITY GALA - HERE'S HOW IT WENT!

We are thrilled to share that this year's Light for Life fundraising gala raised an incredible \$30,305 for the Kidney Society!

A heartfelt thank you to the Light for Life charitable trust, David & Jane Percival, NZ Cricket, and everyone who donated auction items or joined us on the night. Your support is invaluable, helping us continue to make a difference for those living with kidney disease. This year's gala was an unforgettable evening filled with cultural entertainment, delicious food, and an exciting live auction — all made possible by the dedication and vision of Jatin Patel, founder of the Light for Life charitable trust and a member of our board.

A big thank you to David and Jane Percival who, very kindly, donated 9 pieces of original water colour landscape paintings for auction. All of these pieces of art by David Percival. Similar items they have sold previously for \$250 upwards.



We want to thank NZ Cricket and all others who donated auction items for the event. We are truly grateful for the support and to be part of this incredible event and can't wait to see what next year brings.

LIGHT FOR LIFE CHARITY GALA
SATURDAY 09 NOVEMBER | AUCKLAND
WWW.LIGHT4LIFE.CO.NZ

PROUDLY SUPPORTING

NeuroEndocrine Cancer New Zealand

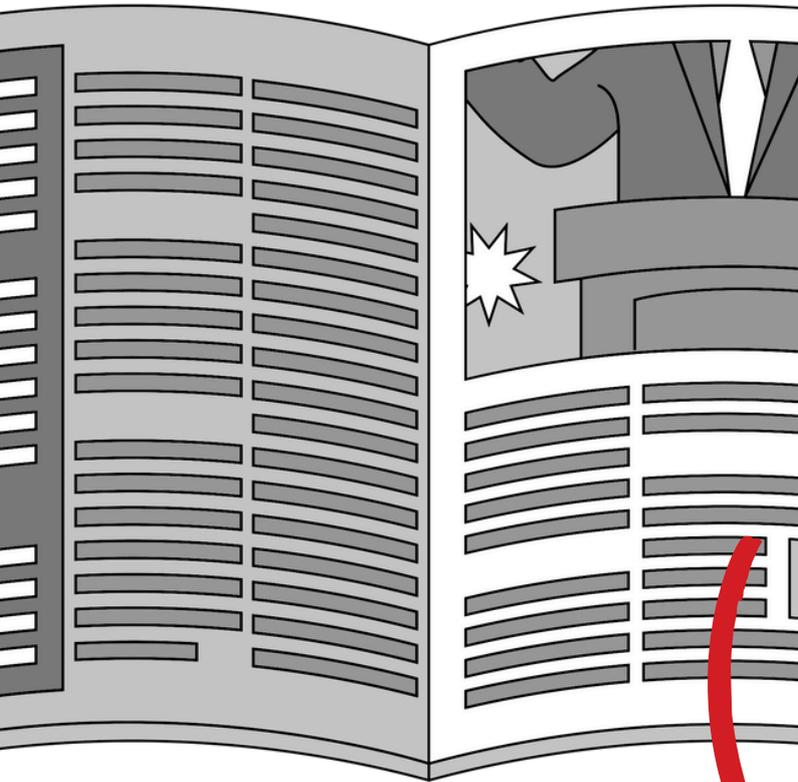
Cancer Society
Te Kaitiaki Matapourihi o Aotearoa

The Kidney Society

Tōtara hospice
Te Kahu Pāhuri o Tōtara

Light for Life

Magazine Information



Shape the conversation: Be a part of the Kidney Society magazine

Do you have an idea for the magazine or a story to share? This is your magazine, and we're here to include the content that matters to you. Send us your stories and ideas—we'd love to hear from you!

Our magazine deadlines for 2025 are:

April Magazine
4 April, 2025

July Magazine
4 July, 2025

October Magazine
3 October, 2025

Send your thoughts to contact@kidneysociety.org.nz

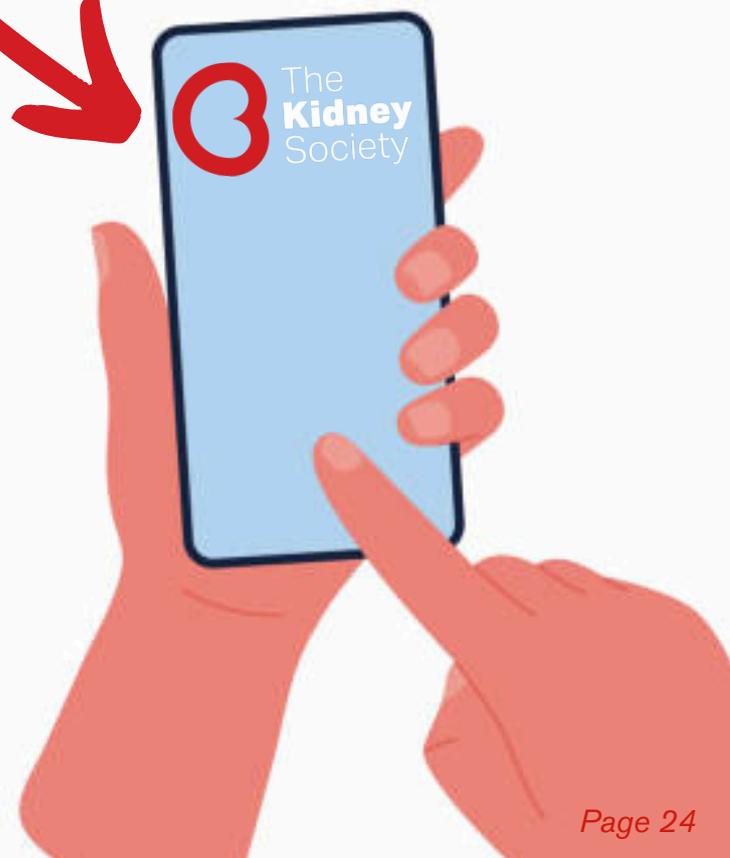
Magazine update: We're going digital

We're making some changes to how we deliver our magazine. To save on costs and make our resources go further, we're transitioning to a digital magazine format. If we have your email address, you'll soon receive the magazine in your inbox instead of your mailbox.

We'll also share articles and updates on our social media, making it easier for you to access stories and stay connected.

If you'd still like to receive a physical copy of the magazine, we completely understand—just email us at contact@kidneysociety.org.nz to opt in.

Thank you for helping us make the most of our resources. Whether you go digital or stick with print, we're here to keep you informed and supported.



WHAT IS A HBA1C? HAVE YOU HEARD OF IT?

If you are a diabetic then you should be aware of this level. It is usually done in your 3 monthly blood tests.

HbA1c is a blood test that is used to diagnose type 2 diabetes. It is also used to monitor blood glucose control in people with diabetes. HbA1c is short for glycated haemoglobin. The test is also sometimes called haemoglobin A1c. Haemoglobin (Hb) is the protein in red blood cells that carries oxygen through your body.

A haemoglobin A1C (HbA1C) test is a blood test that shows what your average blood sugar (glucose) level was over the past two to three months.

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 6 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.

Be the face of our community!!

JOIN OUR PHOTOSHOOT

We're updating our website, social media, and marketing materials, and we want to feature you — our community! This is an opportunity to showcase the incredible people who make up the Kidney Society, creating an authentic, proud, and inspiring look for our brand.

We're planning a photoshoot in Auckland in mid-March 2025, and we're looking for volunteers to be part of this exciting project. It's a chance to represent our community, share stories, and connect with others who understand the kidney journey.

Here's what you can expect:

- Refreshments provided to keep you energised.
- A relaxed and friendly atmosphere with plenty of opportunities to meet and mingle with fellow clients.



If you're interested in being part of the photoshoot, we'd love to hear from you! Please email us at contact@kidneysociety.org.nz to let us know.

You may recognise Kitty Ko



She's previously invited the Kidney Society community to participate in her research.

Now, her incredible journey has been shared on Stuff.com

In her 20s, Kitty went through five dialysis sessions a day. For over seven years, she balanced work, study, and life around peritoneal dialysis, even fitting it in during her lunch breaks and while cooking dinner.

More than a decade after receiving the life-changing gift of a kidney transplant, Kitty is thriving and giving back.

Now, she's completing a PhD inspired by her own experience, aiming to support other women navigating the challenges of kidney failure.

Read Kitty's full story on our Facebook page:

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

LAZYBOY/RECLINER CHAIRS NEEDED!

The Kidney Society are in need of Lazyboy/Recliner chairs for our Community Dialysis Houses in Mangere East and Papatoetoe.

It must be able to be dismantled (backrest removed from seat) for easy transportation and in good condition.



If you are based in Auckland and have a surplus chair that you would like to donate to The Kidney Society

Call Gina on: 0800 235 711 or email her on: contact@kidneysociety.org.nz.

Help us support MORE people with kidney disease

Last year, we reached out to gather your feedback on how we can improve our services, and you made it clear: we need more resources, greater education, and more support.

Today we're proud to support over 3,000 people and their whanau each year across Northland, Auckland, Waikato, Bay of Plenty, Tairāwhiti, Hawkes Bay, and the Lakes. But we know we can do more to support you, and there are many more who need our help. Our goal is to reach every person living with kidney disease.

1 in 10 people are affected by kidney disease. We dream of providing support to each and every one of them – and with your help, we can make this a reality. To make this possible, we need additional funds—and donations are key to getting us closer to that goal.

We're committed not only to reaching more people but also to enhancing the services we already provide to you, our existing clients.

Your donations will help us:

Expand our resources and provide more essential educational tools to help you and the many others who manage kidney disease.

To enhance the support you receive and deliver more personalised and frequent care to meet your needs.

Extend our reach, visit and connect with more individuals more regularly to ensure they get the expert advice and support when they need it most.

Every donation, no matter how small, makes a real difference. By giving today, you are directly helping those living with chronic kidney disease and their whānau to access expert, community-based care.

How to donate: If you or someone you know can donate, please visit kidneysociety.org.nz/make-donation or give us a call.

Become a corporate sponsor:

If you own a business or know someone who does, and would like to support our work through corporate sponsorship, please contact Kath at kath@kidneysociety.org.nz to discuss opportunities.

We thank you for your ongoing support and being a valued part of our community.

Ethel & Bethel!

June 7th 2025

Mark your calendar, spread the word, and join us for a night to remember. We can't wait to see you there!

Join us for an unforgettable night of laughter and bingo!

This special evening isn't just about laughter—it's about making a real difference. Our goal is to raise \$30,000 to support individuals living with kidney disease. Every dollar raised will go directly towards expanding our dialysis capacity, providing tools and resources, and visiting even more people who need our support.

Keep an eye out for tickets!

Tickets for this event will be available soon—stay tuned to our social media channels for updates and details on how to book. Don't miss your chance to be part of this impactful and entertaining evening!



Why attend?

- By joining us, you'll directly contribute to the lives of individuals and families across Aotearoa.
- Bring your friends and family for a fun-filled evening of laughter, bingo, and connection.
- Help us ensure no one with kidney disease feels forgotten or unsupported.

Want to do more?

Do you own a business or know of one that might like to support this event? We'd love to hear from you! Supporting businesses will align themselves with a meaningful cause and make a lasting impact. For sponsorship opportunities, contact Kath at kath@kidneysociety.org.nz to discuss how you can get involved.

Looking for a new podcast to listen to?

Check out the Diary of a Kidney Warrior Podcast.

It was created in partnership with Kidney Care UK, and the inspiring podcast explores life with chronic kidney disease. Host Dee Moore shares real stories, tackles tough topics, and offers a message of hope to listeners.



Whether you or someone you love is affected by CKD, this podcast is full of knowledge, encouragement, and support.

Check it out here:

<https://kidneycareuk.org/get-support/podcast>



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. 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 Waikato - \$8,000

St Joans Trust - \$7,000

Frimley Foundation - \$5,000

DV Bryant Trust - \$2,500

Ernest Hyam Davis and Ted and Mollie Carr Legacies \$15,000

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:

Russell Boyes

Margaret Clayton

Kenneth Foon Chin

John Money

Chhotubhai Ganesh Patel

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](tel:0800235711) 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.