

Otago Kidney Society Inc
(OKS) – Summer 2025 edition

OKS newsletter



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Welcome to the Otago Kidney Society (OKS) Summer 2025 newsletter

Message from the Committee

Welcome to the 2025 Summer season where has the year gone.

Christmas is not far away and those lovely summer days and if you are lucky enough to have holidays enjoying our beautiful country.

We have had some very successful lunches this year with a good attendance and looking forward to our Xmas lunch on Sunday 7th December at the Mosgiel Tavern see poster below.

The Dialysis Unit is in need of headsets and a new ice making machine for patients, we are working with the dialysis unit to procure these items. If you think of something that would be helpful while on Dialysis in the unit please reach out and let us know.

We have also procured some black insulated bags from the Christchurch Kidney Society for patients to put all their bits and pieces in when coming to Clinic or the Unit. We are also in the process of procuring some more items for our care packs.

We have just provided the Dialysis Unit with some New World gift vouchers for those out of towners who have to spend some time in the city.

Please also keep Thursday 13th March free for World Kidney Day where we will be in the Wall Street Mall taking blood pressures and if you have some spare change we will have a raffle.

We are finding postage costs are increasing so we are looking at phasing out posting out our newsletter so please provide us with your email address so we can keep you informed of what is happening. Please if you receive the newsletter by post and you have an email address, can you please email info@oks.nz.

We have been working towards getting our website up and running so hopefully in the New Year we will be able to share with you.

Many thanks, OKS Committee



The Otago Kidney Society Christmas Lunch

Sunday 7th December

at 12 midday

The Mosgiel Tavern

150 Factory Road, Mosgiel



Varied menu, ample parking available & easy access.

OKS will pay \$10 towards each person's meal.

RSVP to Liz Edwards by Tuesday, 2nd December

email: lb_edwards@extra.co.nz

mobile: 021 0476 187

phone: 03 455 4401



In Memory of Stewart David MacLeod (28 Jan1949 – 1 October 2025)



Stew was born in Dunedin and was the 5th and middle child of Gordon and Eileen MacLeod.

Stew went to St Mary's Primary School in Wakari, Dunedin and then to St Paul's High School Dunedin.

After leaving school Stew worked as a labourer for Downers Construction and then he worked as a design draughtsman for the NZED. Eventually Stew started his own business as a consulting electrical engineer in Dunedin. He operated his company MacLeod & Associates (NZ) Ltd for 41 years with his wife Karen.

Stew had been unwell with kidney disease and heart disease for a number of years but kept on working and running his business. Eventually he needed a kidney transplant and so he was very fortunate to have the very first Paired Kidney Exchange (PKE) transplant to be carried out in New Zealand on Friday the 13th of April 2011 in Auckland.

Karen would have liked to donate her kidney to Stew but they were not a match. Instead, Stew received a kidney match from an altruistic donor in Hamilton and Karen donated one of her kidneys to a man on the transplant waiting list from Taranaki who was a match with her.

This transplant gave Stew and Karen 14 wonderful years together. Stew made the most of his gift and he lived life to the full, he even got to know his 2 grandchildren that arrived during those years. Stew and Karen will be forever grateful to the Renal Specialists, the Renal Transplant Surgeons, the Renal Transplant Co-Ordinators and Nurses, GP Doctors and all those involved in Stew's kidney transplant. Thank you to you all.

Stew's family - Karen, Bridget, Andy & Rose and Siobhan, Matt & Alexander would also like to thank the very kind people who donated to the Otago Kidney Society Inc in memory of Stewart. Especially Dr Ruth Barnett and Epidarex Capital, Edinburgh, Scotland and the people at the funeral service who donated. A total of \$730.00 was raised.

The funds are very much appreciated and will help us to continue working towards our goal of providing support to our kidney patients and their families.

Christchurch Kidney Society new Dialysis Treatment Van



We are very happy to announce that 'Nancy' our new dialysis treatment van is almost ready to hit the road! We have just completed the electrical warrant of fitness, new vinyl and lazyboy chair installed. We still need to get Bryan, our technician, to have a play around with it to work out the best way for it to accommodate both the machines that are in use currently in Christchurch (at least). We are so grateful to the OKS for the amazing donation received, it allowed us to make a quick decision on buying a vehicle that was designed with dialysis in mind and enabled us to save time and money trying to recreate something. Nancy does not have sleeping facilities, but for hardy campers, we are thinking of providing a tent, otherwise accommodation will need to be sorted, but in the past

many stayed with family and friends anyway and used the van for treatment only. A lovely member of our Society is providing a towbar for the campervan to allow people to take bikes etc away. We will provide photos once it is completely ready to go!

World Transplant Games

Our New Zealand team in Dresden, Germany earlier this year.



Team New Zealand Shines at World Transplant Games in Dresden



A Celebration of Life, Sport, and the Gift of Organ Donation

From August 17-24, 2025, the picturesque city of Dresden, Germany, played host to the 25th World Transplant Games – and what an incredible week it was! The Games brought together 2,500 participants, families, and supporters from 51 nations for seven days of sports, emotions, and moving stories, with many already calling them the "best Games ever."

A Historic Milestone

This was the first time the Games were held in Germany since they were first established in Portsmouth, UK in 1978. The event has grown to become the world's largest awareness event for organ donation, bringing together transplant recipients, living donors, and donor families to celebrate the gift of life through sport.

Athletes competed in 17 different sports, and all events and competitions were completely free to attend, allowing the public to witness firsthand the remarkable physical achievements possible after transplantation.

Kiwi Athletes Excel on the World Stage

Team New Zealand had an outstanding performance in Dresden, bringing home their biggest medal haul to date. The Kiwi contingent collected an impressive 19 medals: six golds, seven silvers, and six bronze medals.

Standout Performances

Inge Koevoet from Nelson was a true star of the Games. Just two years post-kidney transplant, she dominated the triathlon, finishing fifth overall and collecting three gold medals plus a silver. Her performance exemplified the incredible possibilities that organ donation provides.

A 25-Year Journey Fulfilled

Perhaps the most emotional story from the New Zealand team came from Josh Komen of Greymouth. As a stem cell recipient, Komen finally realized his lifelong dream of representing New Zealand on the track, completing his 800m race in the black New Zealand team shirt with the silver fern on his chest.

What made this moment even more poignant was the connection to Dresden itself. The host city of Dresden is also where Komen's stem cell transplant came from, making his participation in these Games particularly meaningful. After crossing the finish line and achieving his target time of under four minutes, Komen was overcome with emotion, completing a race that he'd started planning 25 years earlier.

More Than Just Sport

The World Transplant Games are about much more than athletic competition. They serve as a powerful reminder of the importance of organ donation and the incredible impact it has on people's lives. Every athlete at the Games is a walking testament to the generosity of donors and their families.

In connection with the Games, up to 120,000 organ donor cards were distributed to households in the Dresden administrative district – the largest single distribution campaign in Germany to date. This initiative demonstrates how the Games create lasting impact beyond the week of competition.

Looking Ahead

The success of Team New Zealand in Dresden is a source of immense pride for our transplant community. These athletes have shown the world what's possible with the gift of life, inspiring hope for those on transplant waiting lists and encouraging more New Zealanders to consider becoming organ donors.

To everyone who supported our athletes – whether through fundraising, encouragement, or simply spreading awareness about organ donation – thank you. You've played a part in these incredible achievements.

To learn more about the New Zealand Transplant Games Association or to find out how you can get involved, visit transplantnewzealand.org.nz

Australian and New Zealand Paired Kidney Exchange (ANZKX) Program

The Australian and New Zealand Paired Kidney Exchange (ANZKX) program was established in 2019. This trans-Tasman collaboration combined the established paired kidney exchange programs in each country to benefit living donation programs in both countries.

The program increases the number of living kidney donations by matching incompatible donor and recipient pairs with other incompatible pairs across Australia and New Zealand. Once matches are found the ANZKX team facilitates these transplants to occur.

The ANZKX program is funded by the Australian Organ and Tissue Authority and the New Zealand Ministry of Health. The program is facilitated by the Royal Melbourne Hospital. All other living donation and transplantation is facilitated by individual transplant units across Australia.

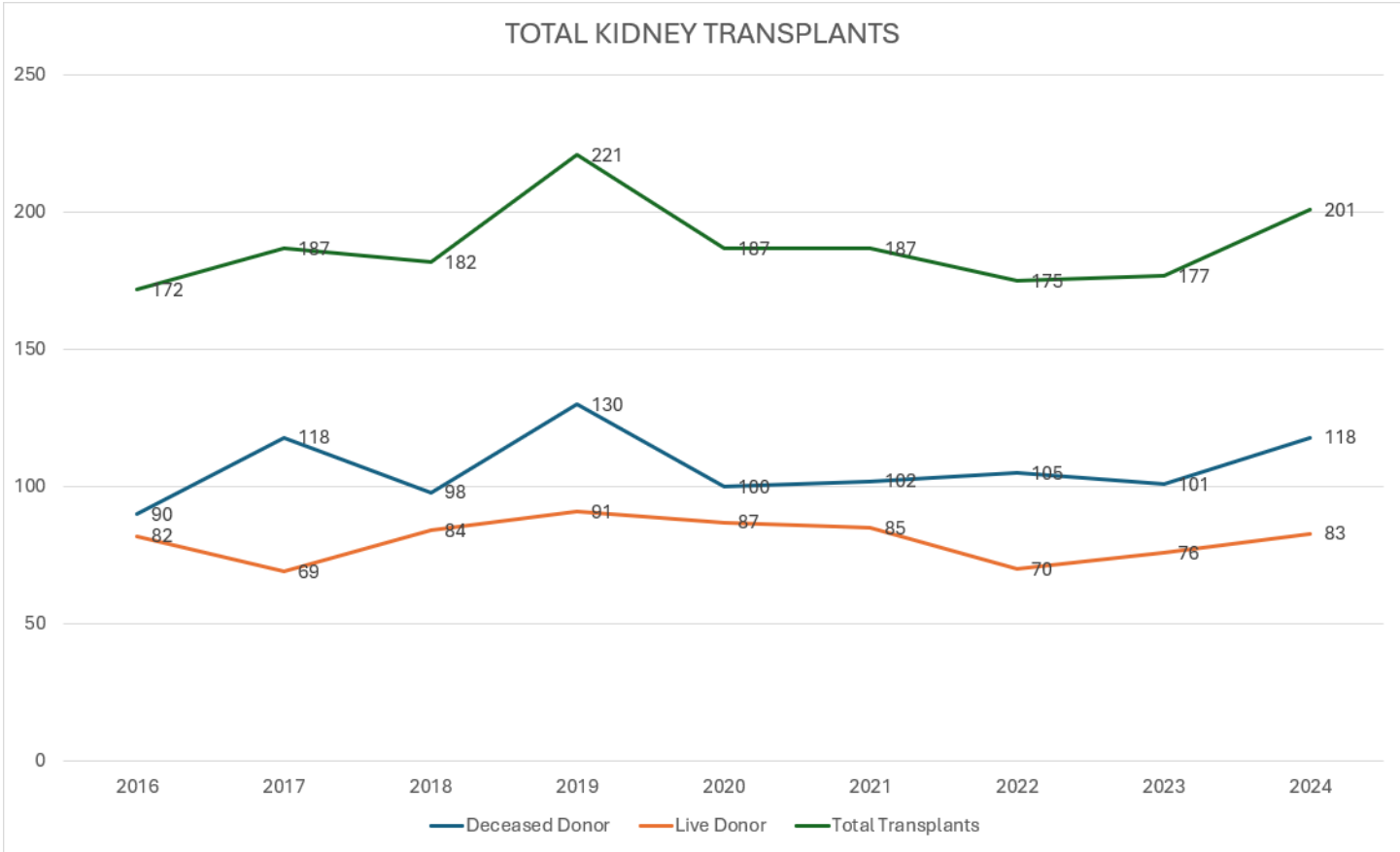
Update from our Transplant Co-ordinator, Fiona Ferguson

NZ ANZKX have reported that, “As a small group, NZ has enrolled more donor and recipient pairs into the program this year than any of the Australian States. So far this year we have transplanted 25 NZ recipients”, .

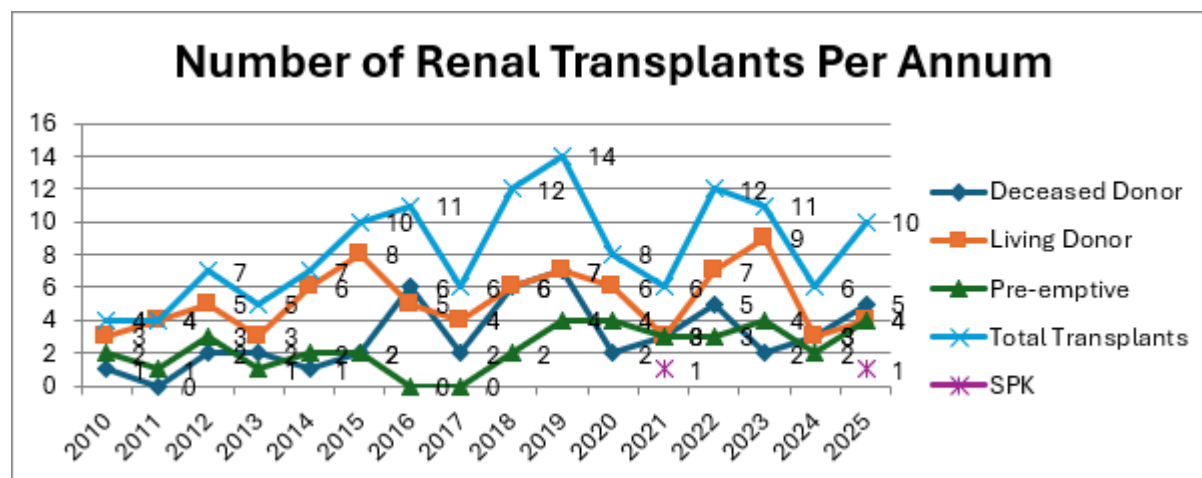
Donor/recipient pairs are not only entering the ANZKX to offer an additional option for highly sensitised or blood group incompatible pairs, but also young recipients with poorly matched donors are encouraged to enter the programme in the hope it will generate a better match and reduce the risk of

significant sensitisation. Some donor/recipient pairs are also choosing the ANZKX (despite being blood group compatible, closely matched and crossmatch negative), in the hope that it could very well generate a match for our highly sensitised patient group. More donors and recipients are now more receptive and inclined to consider the ANZKX which is great. Non-directed donors are encouraged to consider the programme as they will start a chain which hopefully results in several recipients benefiting from a single non-directed donor entering the programme.

Below is a chart of the total deceased, living, and total number of kidney transplants below for past several years (data provided by ODNZ)



Below is a chart showing kidney transplant data for Southern Region below:
 SPK means Simultaneous Kidney Pancreas Transplant.
 This data has been collected over the past 5-10 years.



A message from our Charge Nurse Manager Southern Dialysis Service Nic Holborow

Southern Dialysis Service — Summer Update

***Meri Kirihimete! शुभ क्रिसमस! Malligayang Pasko! Manula le Kerisimas!
Zallg Kerstfeest! Nollalg chridhell! Merry Christmas!***

***From all of us at the Southern Dialysis Service — thank you for your
continued support during another busy year.***

What's happened this year

- Dunedin Implemented a two-shift model, extending dialysis service to 12 hours a day. This has allowed us to meet respite and holiday dialysis requests much more consistently.***
- Staffing in Dunedin has remained stable and we've welcomed several new team members — feel free to drop in to the Dunedin unit to meet the team, ask questions, or just say hi.***
- The Home HD support team is steadily gaining momentum. We're optimistic about expanding our reach in 2026, with more home visits planned to ensure our community receives the personalised care and support it deserves.***
- Our in centre and training patients have enjoyed treats supplied by Good Bitches Baking after the OKS nominated our unit — thank you to OKS for that support.***
- Dialysis Unit Funds held by OKS were used to purchase a new, comfortable chair for the Peritoneal Dialysis (PD) training room in Dunedin. This thoughtful addition helps create a more welcoming and supportive environment for patients as they undergo essential training.***
- Southland will move to a two-shift model across six days in Jan 2026. Four additional nurses will join the team, increasing capacity and access to care.***
- This change means more patients can receive treatment close to where they live and work, with improved options for holiday and respite dialysis***

Holiday dialysis and Dunstan Holiday Unit

- There is still space at the Dunstan Holiday Unit for anyone planning a summer stay in Central Otago. Note: this unit is unstaffed and has no support from Dunstan Hospital — users must be fully independent and bring their own supplies.**
- To book holiday dialysis in Dunedin or to enquire about the Dunstan unit, contact Southern Holiday Dialysis:
SthnHolidayDialysis@southerndhb.govt.nz.**

Opening hours over summer

- The Dunedin and Invercargill dialysis units remain open throughout summer with no closures on statutory holidays.**
- For queries in Dunedin, call 03 470 9345 and ask for the Shift Co-ordinator.**

**Thank you to the OKS and our community for your support throughout 2025.
We wish everyone a safe and happy summer season.**

Southern Dialysis Service

Nic Holborow

Charge Nurse Manager

Southern Dialysis Service

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Kidney Health

New Zealand Tākihi Hauora Aotearoa

Kia ora koutou,

It's lovely to have the chance to introduce myself and provide an update on the work Kidney Health New Zealand has been focused on this year.

I'm Madi, the General Manager of Kidney Health New Zealand. I've been with KHNZ for almost two years now, originally as Operations Manager and, more recently, stepping into the GM role. It's been a privilege to get to know kidney patients, whānau, clinicians, and community groups around the motu, and I'm really looking forward to building a closer connection with the Otago community.

We've had a few exciting updates at KHNZ recently. We've launched our refreshed website, with clearer, easier-to-use information and practical resources for people living with kidney disease and their loved ones. We've also been meeting with MPs, including the Health Minister, to advocate for chronic kidney disease to be formally recognised as a long-term health

condition so that services can be better planned and funded.

We're also expanding our community testing programme. This involves our nurses offering simple, on-the-spot checks, including blood pressure, blood sugar, and kidney function tests, to help people understand their kidney health early. We're always looking for the right places to bring this service, so if you have suggestions for events, workplaces, or community spaces in the Otago region where testing would be useful, I would love to hear from you. I'm really looking forward to working more closely with your local group and supporting the incredible community you've built. Please feel free to get in touch with me any time- I'm here to support your mahi and to work alongside you.

Ngā mihi nui,

Madi Keay

General Manager, Kidney Health New Zealand



The George Institute
for Global Health

CAPTIVATE: Finding treatments to slow the progression of chronic kidney disease

Facts

- **CKD affects 1 in 10 people globally, or more than 800 million people. It is projected to be the 5th most common cause of death by 2040.**
- **The number of people worldwide receiving dialysis or kidney transplantation is projected to rise from 3.8 million in 2020 to 5.4 million in 2030.**
- **Dialysis and kidney transplantation are two of the most expensive therapies available and are estimated to cost over \$1 billion each year in Australia.**

Background:

- **Chronic kidney disease (CKD) is associated with increased risks of early death, heart disease, and poorer quality of life.**

- **CKD progresses to kidney failure. Individuals who experience kidney failure either die or require dialysis or kidney transplantation.**
- **Current treatments do not entirely remove the risk of kidney failure in people with CKD. To improve outcomes for people with CKD, it is crucial to find the best combination of treatments that can slow the disease's progression.**

Aims:

- **CAPTIVATE aims to find the best treatment, or combination of treatments, that slow the progression of CKD so that fewer people develop kidney failure.**

Methods:

- **CAPTIVATE is an international, multi-centre, phase III, adaptive, platform, randomised controlled trial.**
- **The platform trial design allows many treatment-related questions to be answered within a common trial set-up. The trial is 'adaptive', providing the flexibility to add new treatments or remove those that are not working. This design is more efficient and will reduce the**

time required for patients to receive effective treatments.

- Participants with CKD can participate in more than one treatment at the same time or at different times.**
- Participants receive each study treatment for two years.**

Impact:

- CAPTIVATE is the first investigator-initiated platform trial in CKD. The project will identify the best treatments for CKD more quickly than with traditional trial designs, thus saving time and money.**
- Slowing the progression of CKD will lead to a reduced risk of cardiac events, improved quality-of-life and lead to fewer people with kidney failure. This will reduce the burden on health systems, minimise healthcare costs and enhance overall public health.**

Contact: To find out more about this project and its principal investigators or The George Institute please contact Tina Wall +61 410 411 983 or twall@georgeinstitute.org.au The George Institute For Global Health: We're improving the lives of millions of people worldwide through innovative health

research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide. www.georgeinstitute.org