

Living with chronic kidney disease

Most people seldom think about their kidneys and many don't really know what they do. Until something goes wrong.

Unfortunately, there are many diseases that can lead to permanent kidney damage.

Sometimes the damage can become so great that dialysis or a kidney transplant are needed in order for the person with kidney failure to live.



However, you can help yourself!

If you find out early that you have chronic kidney disease, you can help slow down the damage and prevent or delay kidney failure. By controlling blood pressure, and blood sugar levels for those with diabetes, and making other healthy lifestyle choices it may be possible to keep kidneys working as long as possible.

The Kidney Society: here to help

The Kidney Society supports people with kidney failure and their families, primarily in Auckland and Northland and many of our services are especially designed for people with kidney failure.

However, more and more people with chronic kidney disease also join the Kidney Society. Much of the information and support, and the opportunity to meet others with kidney disease is helpful even if dialysis is still very far away – or may never happen.

Knowing that there are thousands of people who live very well with their kidney failure and that help and information are only a phone call away, can be very reassuring. Should kidney failure and dialysis become a reality, as it often does no matter how well people look after themselves, Kidney Society staff and volunteers are at hand with ideas, advice and practical help. Most importantly, the society brings people with kidney failure and their families together, in groups or one on one, so they can share their experience and strength and support and encourage each other.

For people whose kidneys are getting worse and who know that they will need dialysis or a transplant in the near future, it is a good idea to get finances and housing sorted out early. Making decisions about treatments and starting dialysis are hard work. Being well prepared helps reduce the worry and confusion that are so often part of learning to live with kidney failure.

The kidney Society can help with:

- Information and advice by phone, mail or on our website www.kidneysociety.co.nz
- Help with money matters and housing issues
- Practical and emotional support – at home, at our centre or by phone
- A free "wellness" programme to help people improve or maintain their mobility and independence
- Free bi-monthly magazine
- Putting people in touch with others in similar situations

All these services are free.

Joining the Kidney Society is easy

You can:

- Phone the Society at 09 278 1321
or, to avoid a toll call, freephone
0800 235 711
- Visit us at our centre at 5 Swaffield Road, Papatoetoe, Manukau City
- Email us at kidneysociety@xtra.co.nz
- Write to us, P O Box 97026, Manukau City, Manukau 2241
- Ask your social worker or nurse to pass your name on to us, and we will contact you.

Kidney Society Auckland

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