



LOVE
OUR KIDNEYS
Ka aroha ta tatou whatumanawa

KIDNEY FACTSHEET

Did you know?

We are fundraising **\$500k** to support enhancements to the new 12 chair Kidney Unit at Base Hospital. Every cent raised will go to the project.

Fundraising will enable us to buy new technology, new equipment and resources that will enhance patient care and well-being.

Kidney disease **affects hundreds of people in Taranaki** each year (Type II diabetes is a key driver of increased numbers). Kidney disease severely impacts people's quality of life, and life expectancy. Dialysis treatment is offered 6 days a week.

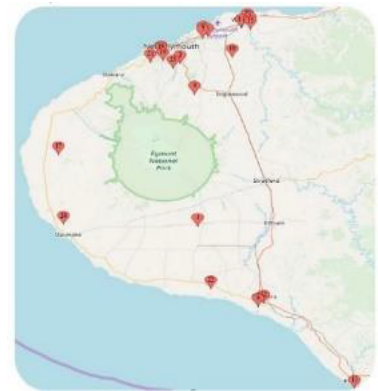
- The kidneys have a higher blood flow than even the brain, liver, or heart.
- The kidneys reabsorb and redistribute 99% of the blood volume and only 0.1% of the blood filtered becomes urine.
- Each kidney is about 4½ inches (11.4 cm) long.
- Each kidney weighs approximately 170g and is the size of your fist.
- The volume of urine excreted daily varies from 1,000 to 2,000ml (averaging 1,500ml).
- The first kidney transplant was in 1954 - between two identical twins in America.
- Your kidneys represent about 0.5% of the total weight of the body but receive 20–25% of the total arterial blood pumped by the heart.
- Your kidneys receive about 56 litres of blood per hour.
- Over 1.8 litres of recycled blood is pumped through your kidneys every day.
- Each kidney contains approximately one million nephrons.
- Placed end to end, the nephrons of one kidney would stretch about 8km

For more information on our projects, to sign up for monthly giving, or for a receipt please contact your local donor relationship manager.

North Taranaki: Grant Carter - 027 248 4044 grant@thf.org.nz

South Taranaki: Nikki Steadman - 027 646 0524 nikki@thf.org.nz

www.thf.org.nz



Help us, help others...

Join the Taranaki Health Foundation and sign up for monthly gifting or make a one-off donation.

Donation receipts available.

Taranaki Health Foundation
15 3942 0837510 00
Reference: YOUR NAME

Or, write a cheque made out to "Taranaki Health Foundation" and post to:

Taranaki Health Foundation
PO Box 8029, New Plymouth



**Taranaki
Health
Foundation**



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'LOVE OUR KIDNEYS' PROJECT WISHLIST

WISHLIST ITEM	HOW IT WILL HELP	COST*
Solar Panels	Free green energy to offset the high electricity costs of running the Unit	\$150,000
Nurse call system	Improve patient experience & care. Efficiency: Better & faster response times for staff	\$85,000
Taranaki Art Project with Iwi	Showcase Taranaki art to engage patients, visitors & staff	\$50,000
Whanau Technology and Education Suite	A new space to help educate patients, families and staff. Telehealth space so patients can 'zoom' in and conduct meetings with clinical staff from their own home	\$50,000
Remote-controlled Blinds	Increase patient comfort and independence	\$50,000
Privacy Screens	Privacy for patients (curtains phased out- post Covid 19)	\$55,000
Patient TVs	Patient comfort and well-being	\$20,000
Landscaping	Opportunity to provide a welcoming environment for everyone	\$40,000

*Costs estimated at September 2020.

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Join the Taranaki Health Foundation and help hundreds of people every year. Sign up for monthly gifting or make a one-off donation today. *Your contribution will be life-changing!*

Online banking:

Taranaki Health Foundation
15 3942 0837510 00
Reference: YOUR NAME

Write a cheque to 'Taranaki Health Foundation', then post to:

Taranaki Health Foundation
PO Box 8029, New Plymouth 4340

For Business Sponsorship -
please contact your local
donor relationship manager:

North Taranaki:

Grant Carter - 027 248 4044
grant@thf.org.nz

South Taranaki:

Nikki Steadman - 027 646 0524
nikki@thf.org.nz

If you have a great fundraising idea or initiative, please contact us today.

We value your support and would love to hear from you.



**Taranaki
Health
Foundation**