



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.

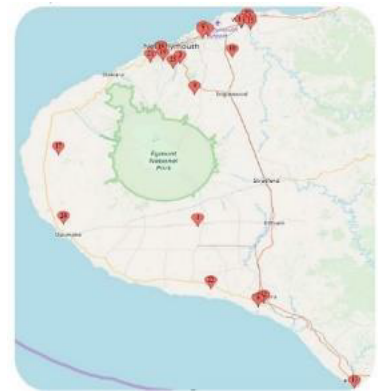
- The kidneys have a higher blood flow than even the brain, liver, or heart.
- The kidneys reabsorb and redistribute 99% of the blood volume and only 0.1% of the blood filtered becomes urine.
- Each kidney is about 4½ inches (11.4 cm) long.
- Each kidney weighs approximately 170g and is the size of your 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**