



Canberra Region Kidney Support Group

# Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

## Seasonal influenza

From the Health Protection Service Immunisation Newsletter : Seasonal Influenza : March 2012

**Influenza is a highly contagious viral illness. It can affect people of all ages and is spread from person to person by coughing, sneezing, or contact with contaminated surfaces.**



Influenza is a notifiable disease both in the ACT and nationally. Laboratory-confirmed cases are notified to ACT Health Directorate's Communicable Disease Control (CDC) section. CDC monitors the incidence of influenza in the community via these notifications.

Influenza is a potentially fatal disease. In Australia influenza and its complications is estimated to cause between 1,500 and 3,500 deaths and more than 18,000 hospitalisations per year.

Flu vaccination is the single most effective action in preventing the spread of flu in the community and is recommended for anyone who wants to avoid being sick with the flu.

Good personal hygiene helps to reduce the spread of flu. Cover nose and mouth with a tissue when coughing or sneezing, dispose of used tissues directly into a bin, wash hands regularly, and stay at home if you have flu symptoms to avoid infecting others.

Surveillance of influenza in the community is important to identify increases in disease incidence and outbreaks, and to inform and target disease prevention and control strategies. It is also necessary to determine circulating strains of the virus to inform the composition of the seasonal vaccine, and to detect changes in the influenza virus which may contribute to the development of a pandemic.

Not all cases of influenza in the community seek medical

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## World Kidney Day: Have you discussed your wishes?

**World Kidney Day on March 8 celebrated kidney transplantation and organ donation.**

The latest figures provided by the Global Observatory on Donation and Transplantation revealed that 68,931 kidney transplants were performed in 84 countries in 2010. In Australia 846 kidney transplants were performed in 2010, with the number growing each year.

Kidney Health Australia CEO Anne Wilson said this year kidney organisations were endeavouring to promote the extraordinary life-saving procedure of kidney transplantation while also recognising donors who make the life of others possible.

“The most important thing that helps a family’s decision about organ donation is knowing the wishes of their loved ones,” Ms Wilson said. “Families who discuss and know each other’s wishes are more likely to uphold those decisions.”

President of the Australian and New Zealand Society of Nephrology Dr. Vicki Levidiotis emphasised the positive impact of open discussion about organ donation. “An open discussion gives heightened sense of clarity and direction in difficult time and increases feelings of acceptance among the family unit,” she said.

In the past 20 years in Australia, kidneys have amounted to three times more transplantations than any other organ. Currently more than 1,100 people are awaiting kidney transplant, according to the most recent statistics by the Australia & New Zealand Organ Donation Registry.

“Organ transplantation dramatically restores the health and transforms the lives of those unfortunate members of our community who suffer from end-stage organ failure,” said Peter Macdonald, President of the Transplantation Society of Australia and New Zealand.

At the launch of DonateLife Week 2012, the Parliamentary Secretary for Health and Ageing, Catherine King indicated that it is a rarity for Australians to die in the specific circumstances necessary for deceased organ donation, where as many more are able to donate tissue. “Every conversation could one day save lives,” said Ms King.

To learn more about your kidneys, organ donation and transplantation, visit [www.kidney.org.au](http://www.kidney.org.au).

## From the KHA March Newsletter

### **HARLEY RIDE FOR KIDNEY HEALTH — Harley Owners Group, Tasmania**

The annual ride, organised by the Harley Owners Group Tasmania chapter, saw more than 80 riders from around the state take part earlier this month. Riders departed from the Prospect Richardson's Harley Davidson store and met at the Ross Oval for a barbecue. Patients, carers and members from the Tasmania Consumer Committee attended, carrying out blood pressure checks and discussing the importance of looking after your kidneys.

Aside from raising awareness of kidney disease, the ride also raised funds for patient comfort at the Hobart, Burnie and Launceston renal units as well as Kidney Health Australia education and awareness programs. Once again, a big thank you to the [Harley Owners Group, Tasmania Chapter](#).



Billy Kidney with a Harley.

Photo courtesy Harley Owners Group, Tasmania Chapter

# Seasonal influenza

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care. As a result, the true number of cases is underestimated by surveillance data. However, the data collected provides a good indication of general disease trends in the broader community.

## Free Vaccine

Influenza vaccine is provided free under the National Immunisation Program for:

- Over 65 years;
- Aboriginal and Torres Strait Islanders who are 15 years and over;
- Pregnant women ; and
- Over 6 months old with risk factors (including heart conditions, asthma and other lung conditions, diabetes, kidney problems or impaired immunity.)

## Children and influenza

Current Australian immunisation guidelines reconfirmed annual influenza vaccination for anyone who wishes to protect themselves, which includes children aged over six months.

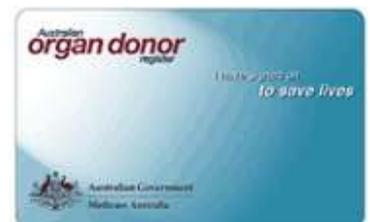
It is critical that children at particular risk of severe complications from influenza are vaccinated, including those with heart conditions, asthma and other lung conditions, diabetes, kidney problems & impaired immunity.



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## Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.



<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.

# Pork with Spicy Plum Sauce

## INGREDIENTS - Serves 6

- 900 g hokkien noodles
- Olive or canola oil spray
- 500 g lean pork fillet, cut into thin strips
- 1 tablespoon grated fresh ginger
- 1 onion, sliced
- 1 bunch asparagus, cut into short lengths
- 200 g broccoli, cut into florets
- 1 cup chopped red capsicum
- 200 g snow peas, halved
- 1/3 cup plum sauce
- 2 tablespoons MAGGI Extra Hot Chilli Sauce
- 1/3 cup reduced-salt soy sauce



## METHOD

1. Place noodles in a large heatproof bowl and cover with boiling water. Leave to stand for 2 minutes, gently using a wooden spoon to separate strands.
2. Drain well. Spray a wok with oil and heat. Add pork and stirfry over high heat until browned and cooked through, then set aside. Add ginger and onion to wok with 1 tablespoon water and stirfry until golden. Add Asparagus, broccoli, capsicum and snow peas and stirfry until bright green and tender.
3. Put sauces in a jug and whisk to combine. Add to wok, stirring over high heat until sauce thickens slightly.
4. Return pork to wok and cook for 2 minutes or heated through. Serve noodles topped with pork. Garnish with chervil and chopped chives, if desired.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1550
Protein (g)	29
Fat - Total (g)	3
Carbohydrate - Total (g)	52
Sodium (mg)	891
<b>Potassium (mg)</b>	<b>933</b>
<b>Phosphorus (mg)</b>	<b>385</b>

Thanks to the Australian Sports Commission for supplying this recipe.

**TIP:** Vary with thinly sliced chicken breasts instead of pork.

Recipes from a CD entitled, Healthy Eating with the Renal Recipe Bank. Produced by Janssen-Cilag for the Government of South Australia.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not intended to replace the advice of an Accredited Dietician or Renal Physician. Please consult an Accredited Dietician for individual dietary advice.

## Calendar of Events

### Quarterly Meetings

Meetings for the Group are held at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated below. Meetings are held on Saturdays at 2:00pm on each occasion.

Meeting dates for 2012 are as follows:

9<sup>th</sup> June,

8<sup>th</sup> September (AGM), and

8<sup>th</sup> December

**All welcome**

## Eurobodalla Renal Support Group



### FINDOUT THURSDAY

When- Thursday 5th April 2012.

Venue- Bridge Plaza, Batemans Bay. 2536 NSW South Coast.

Time- 9.30am to 5.00pm

### INTERESTING AND INFORMATIVE

Easter Saturday

When- Saturday 7th April 2012.

Venue- Bridge Plaza, Batemans Bay. 2536 NSW South Coast.

Time- 9.30am to 3.00pm

Plenty of handout information offered by-  
Donate Life. [www.donatelife.gov.au](http://www.donatelife.gov.au)  
and

Kidney Health Australia. [www.kidney.org.au](http://www.kidney.org.au)

Australian Organ Donor Registration forms available.

Chat with a Dual Organ Transplant Recipient- Kidney and Pancreas.

Donate Life- "Book of Life" on display for all to view.

Remember — If someone close to you has decided to become an organ and tissue donor you need to know their wishes because one day you could be asked to give the final OK.

Our No.1 aim is to present Awareness and Education of Organ and Tissue Donation & Transplantation and Kidney Health for all Australians

Brad Rossiter

2012 Eurobodalla Shire Citizen of the Year



Brad, Lorae and Terry at the Bridge Plaza with the Book of Life



If Undelivered Please Return To:

CRKSG  
PO Box 5051  
Garran ACT 2605

Phone: 02 6290 1984  
E-mail: crksg@shout.org.au  
Web: http://www.crksg.org.au



**MEMBERSHIP APPLICATION/RENEWAL**

Canberra Region Kidney Support Group Inc  
PO Box 5051 GARRAN ACT 2605.  
ABN: 77 396 063 641

**Last Name:** ..... **First Name:** .....

**Address:** .....

**Email:** .....

**Phone No:** .....

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

**Signature:** ..... **Date:**.....

Post Form to:

The Treasurer  
Canberra Region Kidney Support Group Inc  
PO Box 5051  
GARRAN ACT 2605.