



Canberra Region Kidney Support Group

Kidney News

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



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Renal Advisory Meeting (RAM) Morning Teas

The RAM morning teas continue to slowly grow. Last Wednesday we had two additional attendees. Some interesting and spirited conversations were had.

Louise didn't bring her absolutely fabulous melting moments this time but she did bring some delicious shortbreads. Most of us dropped down to the supermarket to make our contributions to the eats.

2013 dates for the events are shown below. Note, there will no morning tea held in January. The times for all get togethers are 10:00 am to 12:00 midday.

February 13th Wednesday,

March 12th Tuesday,

April 10th Wednesday,

May 14th Tuesday,

June 12th Wednesday,

July 9th Tuesday,

August 14th Wednesday,

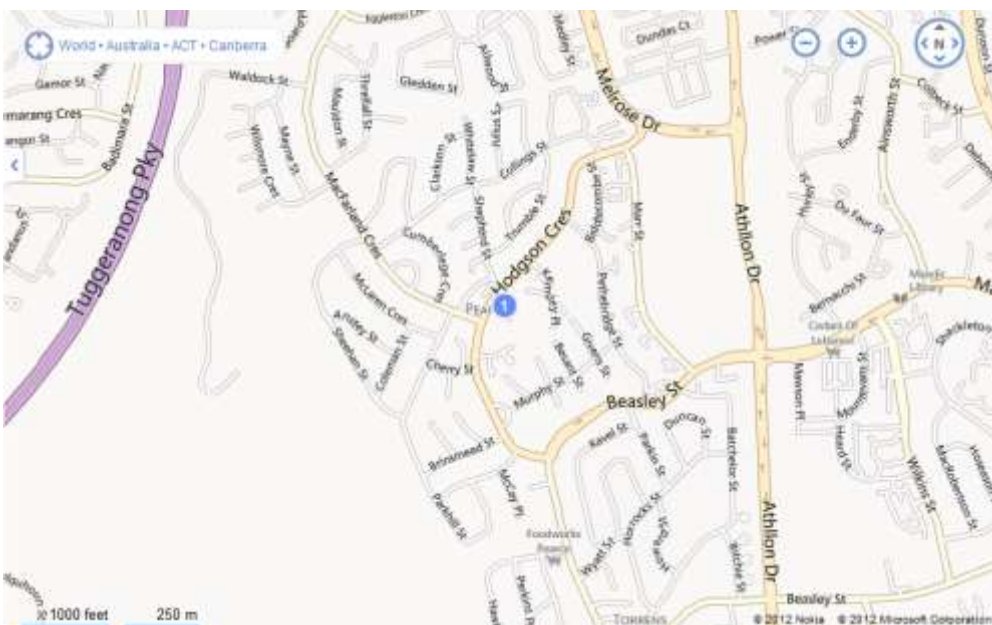
September 10th Tuesday,

October 9th Wednesday,

November 12th Tuesday, and

December 11th Wednesday.

The venue is, Pearce Community Centre, Room 22, Building 1, Collett Place, Pearce.



① Marks the spot!

From the KHA Kidney Community Newsletter — November 2012

What are the connections between hypertension, diabetes and chronic kidney disease? By Dr Marie Ludlow

Hypertension, diabetes and chronic kidney disease are a cluster of closely related conditions which contribute significantly to death and poor health in Australians.

These conditions frequently occur simultaneously and have a sinister relationship. They are each risk factors for each other, they accelerate the progression of one another, and each increases the risk of complications.

Hypertension, diabetes and chronic kidney disease share risk factors such as ageing, obesity, diet, and physical activity, so interventions in these areas can reduce the risk of developing all three conditions. Likewise, appropriate management of each disease will reduce the total burden of all three conditions.

If you already have high blood pressure or diabetes it is important that your doctor performs a kidney health check every year. This involves three simple tests – blood test, urine test, and blood pressure. Early intervention can slow progression and reduce the risk of complications so don't delay!

Questions? Call the Kidney Health Information Service (KHIS) line toll free at 1800 454 363.



A salesman walking along the beach found a bottle. When he rubbed it, lo and behold, a genie appeared.

"I will grant you three wishes," announced the genie. "But since Satan still hates me, for every wish you make, your rival gets the wish as well — only double."

The salesman thought about this for a while. "For my first wish, I would like ten million dollars," he announced.

Instantly the genie gave him a Swiss bank account number and assured the man that \$10,000,000 had been deposited. "But your rival has just received \$20,000,000," the genie said.

"I've always wanted a Ferrari," the salesman said.

Instantly a Ferrari appeared. "But your rival has just received two Ferrari's," the genie said. "And what is your last wish?"

"Well," said the salesman, "I've always wanted to donate a kidney for transplant."

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.



Red Seedless Watermelon, Chicken and Rocket Salad

INGREDIENTS - Serves 8

- 1 Mini Me® red seedless watermelon
- 30g (1/3 cup) flaked almonds
- 500g cooked chicken, shredded
- 6 tbsp olive oil
- 3 tbsp white wine vinegar
- Freshly ground black pepper
- 2 ½ tbsp grainy mustard
- 200g baby rocket leaves
- Handful coriander leaves



METHOD

1. Heat a frying pan over medium heat. Add almonds and dry-fry, shaking pan regularly for about 2 minutes until golden. Remove from pan.
2. Cut watermelon into small chunks and place in a bowl with chicken. Combine oil, vinegar and mustard and add a little pepper. Whisk to combine.
3. Arrange rocket leaves in a bowl. Add watermelon and chicken. Drizzle over dressing and toss gently to combine. Scatter over coriander leaves and toasted almonds to serve.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1589
Protein (g)	19
Fat - Total (g)	21
Carbohydrate - Total (g)	27
Sodium (mg)	115
Potassium (mg)	684
Phosphorus (mg)	224

Thanks to Perfection Fresh for supplying this recipe.

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.

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 2013 are as follows:

9th March,

8th June,

24th August (AGM?), and

23rd November.

All welcome

Eurobodalla Renal Support Group



Coming Community Events.

Venue- Bridge Plaza Batemans Bay' NSW 2536.

Dates- December 2012- 7th, 19th, 20th, 21st, 22nd 28th, 31st

January 2013- 4th, 11th, 18th, 25th

Time- 9.30am to 5.00pm

Please include these community awareness dates in your diary's.



Our year round commitment to providing community awareness and education about-

- Diabetes.
- Vision Impairment.
- Living with a Physical Disability.
- Kidney Disease.
- Local Health Issues.
- Organ & Tissue Donation & Transplantation.

We are also happy to be your Invited Guest Speaker and/or provide our community awareness display for your event. Contact Brad for details.

We invite you to any of our community days to pick up your Australian Organ Donor Registration form.

You must then still inform you family you are an organ donor and this is your decision, and tell them to say OK if ever that are asked.

Its your decision, so tell them!

Plenty of hand out information from-

Donate Life www.donatelife.gov.au, Kidney Health Australia www.kidney.org.au and Eurobodalla Shire Council www.esc.nsw.gov.au.

We would like to thank all the media outlets who support us throughout the year—Thank you.

Thank you to our areas elected representatives- Federal, State, Local, for all their support and for coming along to a number of our community events. Great to see you there and hope to see you again soon and in 2013

Thank you to The Village Centre and Bridge Plaza Management and staff for looking after us so well.

And thank you to you!



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.