



Canberra Region Kidney Support Group

Kidney News

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

Patients Given Power to Choose Dialysis Treatment

Australian dialysis patients will be empowered to choose the best form of treatment for themselves as a result of a landmark three-year national education program by Kidney Health Australia, funded by the Australian government under the Chronic Disease Prevention and Service Improvement Flexible Fund.

Chronic kidney disease is a significant and growing public health problem that prematurely takes the lives of many Australians. As kidney disease has no warning signs, many people with chronic kidney disease are unaware they have the condition until their kidney function has plummeted to 10 per cent of normal, when dialysis or transplantation is required for survival.

The End-Stage Kidney Disease National Education Programme is aimed at providing health professionals with high quality information about the treatment options for people with established kidney failure. It will also provide balanced and informative patient educational materials, allowing health professionals to support patients to make important treatment decisions themselves.

Currently nearly 10,600 Australians are replacing their kidney function with dialysis. Both modalities, peritoneal dialysis and haemodialysis, can be performed at home, however only thirty per cent of patients actually dialyse at home. An Australia-wide survey found that of the dialysis users that wished to change their location for treatment, 58 per cent wanted to change to a home therapy.

Kidney Health Australia's National Medical Director, Dr Tim Mathew says that home dialysis is the preferred treatment option, leading to better health outcomes and well-being for the patient and their carers. The rates of those who return or can continue to work is also higher for those who dialyse at home. "Self-management and patient-centred care are optimised when at home, which contributes to improvements in mortality and hospitalisation rates, blood pressure control and overall quality of life," says Dr Mathew.

Haemodialysis in hospital costs the Australian health system over \$79,000 per person per annum, while the same treatment at home costs substantially less. It is estimated that an increase in access to home dialysis could not only improve the quality of life of those undergoing treatment, but also save the government \$378 to \$430 million over the next decade.

Kidney Health Australia is the national peak body with the vision 'to save and improve the lives of Australians affected by kidney disease'.

In this issue:

Patients Given Power to Choose Dialysis Treatment	1
Get Healthy	2
Morning Teas	2
Australians Need to Get a Grip on Health	3
Chicken Fried Rice	4
Calendar of Events	5
Eurobodalla Renal Support Group	5

Get Healthy

Did you know that Get Healthy is available to all adults in the ACT? Tell your family, friends, colleagues and clients about this FREE and confidential service.

Get Healthy can help you make lifestyle changes such as:

- healthy eating,
- being physically active, and
- achieving and maintaining a healthy weight.

The Service is based on evidence that personalised telephone coaching is effective in changing healthy eating and physical activity behaviours.

The program includes:

- Up to 10 free coaching telephone calls over 6 months,
- An information booklet, and
- A coaching journal to record progress.

Call 1300 806 258 (Monday to Friday 8am - 8pm) Email: contact@gethealthy.act.gov.au or visit Get Healthy on the net at <http://www.gethealthy.act.gov.au/>.



Morning Teas

Jenny Watson, a kidney patient and member of the Renal Advisory Meeting (RAM), suggested we host morning teas as a way of getting kidney patients and carers together. This was taken up by the RAM. They would alternate between Tuesdays and Wednesdays to pick up both dialysis sessions. Initially dates were set only for October and November. We anticipate the December morning tea will be on Wednesday 12th.



The first morning tea was held On Wednesday 17th October. There was a reasonable turn-up and some very interesting and diverse conversations were had over tea/coffee and biscuits. And what biscuits!!

The eats for the morning tea were provided by those attending. Louise brought some absolutely scrumptious melting moments that she had made. In fact they were the star of the show! The writer can attest to how good they were after eating a number of them, for test purposes, of course.

The next morning tea is on Tuesday 13th November between 10:00 and 12:00. With a bit of luck Louise will also be at this one with some more melting moments.

Full details of the morning teas can be found on the flyer that is on the notice boards in the Renal Unit and the dialysis centres. A copy of the flyer may also be accessed via the Support Group website at www.crksg.org.au. There is also a copy of the flyer attached to the print editions of the Group's October newsletter.

Australians Need to Get a Grip on Health

Nearly two-thirds of Australians are overweight and obese, yet just over half of Australians over the age of 15 consider themselves to be in very good or excellent health, according to the first results from the Australian Health Survey released today by the Australian Bureau of Statistics.

Kidney Health Australia's CEO, Anne Wilson said: "The disparity between the rising number of those that are obese or overweight and the overall perception of personal health is concerning. Kidney Health Australia urges Australians to get a grip on their health and lifestyle to prevent the onset of kidney disease."

The survey gives a glimpse into the lifestyle of Australians with measures of alcohol consumption, tobacco use, body mass index, blood pressure and physical activity.

This national survey has provided the most comprehensive review of Australian health ever, providing the health sector with a clearer picture of public health that will inform future health evidence-based policy and innovation.

Kidney Health Australia's National Medical Director, Dr Tim Mathew said: "Kidney disease is often low on the public radar as it is largely asymptomatic. Kidney Health Australia welcomes this data set on the prevalence of the lifestyle risk factors for kidney disease – obesity, smoking, high blood pressure and cardiovascular disease as those conditions are targets of risk for chronic kidney disease."

Approximately 1.7 million Australians over the age of 25 years have at least one clinical sign of existing chronic kidney disease. Over 50 people die a day of kidney-related disease.

New Website Boosts Patient Access to Australian Clinical Trials

Patients suffering chronic diseases will benefit from the launch of a new website that offers easier access to clinical trials of new drugs, treatments and medical procedures.

The Minister for Health, Tanya Plibersek, today said that the Australian Clinical Trials website was created in response to the needs of consumer groups, the pharmaceutical industry and research institutions.

"Clinical trials give tens of thousands of patients access to new and innovative treatments and play a vital part in the fight against disease," Ms Plibersek said.

"There are many stories about recovery, improved quality of life or longer life from participating in a clinical trial conducted in Australia and this website will make it easier for patients to find out about and access clinical trials."

Minister for Innovation and Industry Greg Combet said that the Government is making it easier for patients to access information about medical research and this will lead to higher participation rates in clinical trials and increased investment in new medical innovations.

"The clinical research sector employs many highly skilled Australians and ensures Australian-developed therapies and technologies become commercialised," Mr Combet said.

"This website will help the sector by providing information on many aspects of clinical trials such as the regulatory process, commonly used clinical trial registers and clinical trial networks. It will allow people who are interested in participating in a clinical trial to access relevant information more easily."

Consumers Health Forum of Australia CEO, Carol Bennett said that consumer engagement in clinical trials is the basis to ensuring new medications and treatments meet real-world expectations without causing further harm.

"Consumers have a real interest in participating in these trials, but need access to appropriate resources not only for themselves and their carers, but for their regular health professional, that can assist them in making informed decisions and understanding their rights," Ms Bennett said. The website is also supported by pharmaceutical and medical research stakeholders.

"Improving patient recruitment is one area where we can do more to boost clinical trial investment in Australia, so this announcement is good news. This website will make it easier for Australians to learn more about participating in clinical trials," Medicines Australia CEO, Dr Brendan Shaw.

The Australian Clinical Trials website represents the continued work of implementing the recommendations of the Clinical Trials Action Group report, released in March 2011.

The National Health and Medical Research Council built the website, while funding of \$40,000 was provided by the Department of Industry, Innovation, Science, Research and Tertiary Education to support its development.

Chicken Fried Rice

INGREDIENTS - Serves 4

- 2 tsp oil
- 300 g chicken fillet, cubed
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 2 cups long grain rice, cooked, drained & chilled
- 4 tsp MAGGI Chicken Stock Powder (reduced salt)
- 1 red capsicum, diced
- 1 cup frozen peas
- 2 Tbsp soy sauce (reduced salt)
- 2 spring onions, sliced diagonally



METHOD

1. Heat oil in a large frying pan. Add the chicken, onion & garlic. Stir fry over a high heat until golden brown.
2. Add the rice, Chicken Stock Powder, capsicum and peas. Stir fry for 5-8 minutes.
3. Stir in the soy sauce and spring onions, just before serving

NUTRITION

Nutrient	Per serve
Energy (kJ)	1330
Protein (g)	27
Fat - Total (g)	7
Carbohydrate - Total (g)	31
Sodium (mg)	1288
Potassium (mg)	364
Phosphorus (mg)	311

Thanks to Nestle Australia 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.

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:

8th December

All welcome

Eurobodalla Renal Support Group



Eurobodalla Renal Support Group & Organ Donor Awareness

Community Event

“FIND OUT FRIDAY”

Where- Bridge Plaza Batemans Bay NSW 2536

When- Most Fridays.

Time- 9.30am to 5.00pm

As usual we have

Organ Donor Registration forms available.

Information from

Kidney Health Australia- www.kidney.org.au

Donate Life- www.donatelife.gov.au

Chat with dual organ transplant recipient Brad Rossiter- Kidney & Pancreas.

Discuss your organ donation wishes today with your family & love ones-

It's your decision.

Looking forward to seeing you there.

2012 Eurobodalla Shire Citizen of the Year- Brad Rossiter



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.