



Canberra Region Kidney Support Group Inc.

# Kidney News

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

## CHRONIC KIDNEY DISEASE HIGHLIGHTED IN NEW STUDY

27 September 2012

**A new study released today by the Victorian Government reaffirms the need for people to keep on-top of their health, highlighting that chronic kidney disease is expected to rise as a result of increasing risk factors such as diabetes, hypertension and an ageing population.**

The Victorian Health Monitor (VHM), launched today, takes a comprehensive look at the rising prevalence of chronic disease in the state, and will serve as a guide to inform the prevention and treatment of chronic disease.

Together cardiovascular disease, diabetes and chronic kidney disease account for around a quarter of the burden of disease in Victoria. This report builds on earlier studies that highlight that end-stage kidney disease has nearly tripled Australia-wide since 1991.

Kidney Health Australia CEO, Ms Anne Wilson, welcomes the acknowledgement in the VHM that the continued monitoring of chronic kidney disease in Victoria is an essential step in implementing appropriate strategies to prevent this disease.

Chronic kidney disease was a specific focus in the VHM Report, highlighting that 9.1 per cent of adult Victorians had either signs of kidney damage or reduced function.

“Victoria also has the second-highest rate of patients on dialysis in Australia, clearly highlighting the need to do much more to prevent chronic kidney disease,” said Ms Wilson.

“What people don’t realise is that their diabetes, unchecked high blood pressure and other lifestyle decisions can seriously increase their risk of developing chronic kidney disease” said Ms Wilson.

A recent economic study commissioned by Kidney Health Australia also highlights that the cost of treating end-stage kidney disease nationally from 2009 to 2020 is estimated to be around \$12 billion.

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

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## Free Seminar presented by the Public Trustee for the ACT on Wills and Enduring Power of Attorney

You are invited to a **FREE PUBLIC SEMINAR** on the importance of having an up-to-date Will and an Enduring Power of Attorney.

There will be two seminars held during October 2012 as follows:

Tuesday 23<sup>rd</sup> October 2012,  
Ainslie Football Club  
52 Wakefield Avenue, Ainslie  
9:30am – 12:00noon.

Friday 26<sup>th</sup> October 2012,  
Aegean Room,  
Hellenic Club,  
Matilda Street, Woden  
9:30am – 12:00noon.

Understand why these documents are so important to have in place and how they ensure that your family and friends know of your future needs and wishes.

Staff from the Public Trustee will be presenting these topics and will be on hand to answer your questions.

Morning tea will be provided and lucky door prizes will be drawn at the end of the seminar. Free will voucher for attendees up to 60 Years of age.

The Public Trustee for the ACT was established for over 25 years, our services include:

- Will making
- Administration of deceased estates
- Financial Management under Enduring Power of Attorney and tribunal order
- Trustee for trusts created in wills, Deeds and Court Order.

Bookings are essential: Ph: 6207 9800

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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.



## X Factor Contestant Highlights Misconceptions about Kidney Disease

Australians have been moved by the story of Semaema Cornford, who appeared on *The X Factor* a few weeks ago.

Lupus attacked the kidneys of the 25-year-old Wollongong singer and consequently Semaema has to undergo dialysis treatments three times each week to filter the toxins in her blood - just in order to stay alive while waiting for a kidney transplant.

Semaema's emotional story highlights the little-known realities that kidney disease does not just affect the older population and that the serious condition sometimes does not show symptoms until kidney failure.

Kidney Health Australia's Chief Executive Officer Ms Anne Wilson said: "Semaema's courage and resilience deserves admiration and all of us here at Kidney Health Australia extend our support for the budding star."

"It was wonderful to see Semaema perform and we wish her every success in her artistic endeavours," she said.

There are currently 10,590 Australians on dialysis and 1,158 on the transplant waiting list for a kidney, according to the latest available figures.

The current wait for a transplant is about four years, but waits of up to seven years are not uncommon.

Although the survival rates of transplantation in Australia are among the highest in the developed world, the rate of live kidney donations are decreasing.

Kidney Health Australia would like to thank Semaema for representing the dialysis patients of Australia with such courage and wish her all the very best in her future performances.

## From the October KHA Newsletter—Sleep Apnoea

### MEDICAL MATTERS WITH DEBBIE FORTNUM, RN IS YOUR SNORING A PROBLEM THAT CAN BE FIXED?

Sleep apnoea is when you are not breathing properly overnight. The tell-tale signs that this is happening include feeling tired during the day even though you had a full night's sleep, snoring and having morning headaches. It also affects how your brain functions during the day. Four out of 100 of the general population have sleep apnoea but for those with kidney failure it can be as high as one in four people. For a proper diagnosis, your doctor can refer you to a special sleep clinic.

Being overweight can increase your risk of sleep apnoea. For those with kidney failure it is also worsened by having too much fluid, or the toxins known as uraemia, in your body. Swollen ankles and difficulty breathing probably mean that you have fluid overload. Getting rid of the fluid, increasing your hours on haemodialysis or using the overnight machine for peritoneal dialysis have been shown to reduce snoring and sleep apnoea. *If you think you are suffering sleep apnoea, have a chat to your doctor and take the first step to a better and quieter night's sleep.*



# Chilli Beef with Choy Sum

**INGREDIENTS** - Serves 4—6

- 1 ½ cup uncooked rice
- 2 tbsp MAGGI Premium Oyster Sauce
- 2 tbsp MAGGI Authentic Thai Fish Sauce
- juice of 1 lime
- 1 tsp brown sugar
- 500 g beef strips
- Olive or Canola oil spray
- 1 onion, halved and sliced
- 2 tsp minced garlic
- 1-2 tsp minced chilli
- 1 red capsicum, deseeded and finely sliced
- 1 bunch choy sum, shredded
- 100 g bean sprouts
- 230 g can bamboo shoots, rinsed and drained
- ¼ cup fresh mint, roughly chopped



## METHOD

1. Cook rice according to instructions. Combine oyster and fish sauces, lime juice and sugar in a small jug, set aside.
2. Heat sesame oil in a non-stick wok or frypan over medium-high heat and stir-fry beef in batches until browned. Remove and set aside.
3. Spray wok/pan with oil, add onion, garlic, chilli and capsicum and stir-fry until onion is soft. Add choy sum, bean sprouts and bamboo shoots and mix to combine.
4. Return beef to pan, add sauce mixture and stir until heated through.
5. Remove from heat and scatter with mint. Serve with rice.

**Tip:** Serve with steamed rice.

## NUTRITION

| Nutrient                 | Per serve  |
|--------------------------|------------|
| Energy (kJ)              | 1405       |
| Protein (g)              | 23         |
| Fat - Total (g)          | 5          |
| Carbohydrate - Total (g) | 40         |
| Sodium (mg)              | 976        |
| <b>Potassium (mg)</b>    | <b>491</b> |
| <b>Phosphorus (mg)</b>   | <b>245</b> |

Thanks to the Australian Sports Commission 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:

8<sup>th</sup> December

All welcome

## Eurobodalla Renal Support Group



**The Eurobodalla Renal Support Group & Organ Donor Awareness October Long Weekend Community Events hosted from the Bridge Plaza Batemans Bay was another HUGE success.**

Friday, Saturday and Monday saw hundreds of people enjoying the Eurobodalla Coast for the long weekend and we spoke with plenty of them about kidney health, organ and tissue donation and transplantation, disability access issues, Type 1 diabetes, vision impairments and life in general.

Lots of visitors were pleased to catch up with Lorae and I again, having met and spoken with us over the years.

We noticed that more people were talking about their kidney health and thanked us for proving this information from Kidney Health Australia.

Plenty of chat about organ & tissue donation registration. The message from Donate Life is well heard and seen here on the NSW South Coast from our community involvement. People appreciate the chance to talk to Lorae and I about our experiences with organ donation & transplantation.

The people who have decided to register to be an organ & tissue donor. Who have discovered as much as they can about it all from the Donate Life web site [www.donatelife.gov.au](http://www.donatelife.gov.au) and discussed this with their family and love ones still have reservations about why after all this their wish and decision can be changed. Many renal people who have registered as donors believe that this should be the case with the decision they have made.

As a young lady told us on Monday, “maybe it’s not us who are in need of greater awareness and education about organ & tissue donation, rather the politicians who can change legislation”

Our thanks to so many who support us in our ongoing volunteer community events.



Brad, Lorae and friends with the Book of Life

If Undelivered Please Return To:

Primary Business Address

Your Address Line 2

Your Address Line 3

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com



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.