



Canberra Region Kidney Support Group

# Kidney News

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

## ‘PROTECT YOUR KIDNEYS, SAVE YOUR HEART’

**The theme for World Kidney Day 2013, which was on March 14 was ‘Protect your kidneys, save your heart’.**

Chronic kidney disease has been found to be an important, independent and potent risk factor for cardiovascular disease.

People with chronic kidney disease have a two to three-fold greater risk of cardiac death than individuals without chronic kidney disease. Cardiovascular disease remains the leading cause of death for people on dialysis and those who have a transplanted kidney.

Dr Tim Mathew, Medical Director of Kidney Health Australia said: “It’s a concern that there is a lack of understanding that kidney disease and heart issues go hand-in-hand. In many cases tackling the risk factors for kidney disease can also work to reduce the risks for developing cardiovascular disease.”

Most importantly, early detection of kidney disease and slowing its progression through medication, dietary and lifestyle changes are paramount to reducing the risk of cardiovascular disease.

“Knowing the risks of chronic kidney disease and asking your GP for a kidney health check can not only detect kidney disease early but will improve long-term health outcomes,” said Dr Mathew.

The risk of a heart attack even in people with moderate kidney disease is greater than in people with diabetes and when an individual has both kidney disease and diabetes the risk is in the highest category.

One in three Australians has at least one risk factor for developing kidney disease. Increased risk factors of chronic kidney disease include: being 60 years or older, being diabetic, having a family history of kidney disease, having established heart problems (heart failure or past heart attack) and or/having had a stroke, having high blood pressure, being obese, being a smoker, being of Aboriginal or Torres Strait Islander origin.

Kidney Health Australia is a national health care charity with a vision 'to save and improve the lives of Australians affected by kidney disease'. As the national peak body, Kidney Health Australia promotes good kidney health through delivery of programs in education, advocacy, research and support.

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## Australians' Wishes Counted during DonateLife Week 2013

**Parliamentary Secretary for Health and Ageing Catherine King thanked the many thousands of Australians who made their organ and tissue donation wishes count during DonateLife Week 2013.**

Speaking at the closing of DonateLife Week (24 February – 3 March) Ms King said, “Throughout DonateLife Week I participated in community events in Sydney, Canberra, Bendigo, Ballarat and Melbourne – just some of the hundreds of events that took place across Australia. These events inspired local communities to discover, decide and discuss organ and tissue donation.”

The closing celebration for DonateLife Week took place at Melbourne's Piazza Italia in Argyle Square, Lygon Street. The event featured a line-up of music ranging from guitarist Dave Arden, The Transplants as well as Bollywood dancers and a poetry reading by Judith Durham dedicated to her friend and renowned musician Mandawuy Yunupingu, who is waiting for a kidney transplant.

“This is the third annual DonateLife Week and each year more Australians are taking part in activities right across Australia to raise awareness and promote the importance of family discussion and decision making on this highly sensitive and vital subject,” said Ms King.

The theme of DonateLife Week 2013 was 'Make your wish count. Discover, decide and discuss organ and tissue donation'.

“Through the level of community events, social media discussions and media support it is clear that Australians heeded our call that to make your wish count you need to discuss your donation decision with loved ones. I thank the many community groups, student, sporting and cultural organisations, workplaces and others who staged events around Australia during DonateLife Week to encourage more Australian families to ask and know each other's wishes.

“I acknowledge the generosity of the many donor families and transplant recipients who shared their stories during DonateLife Week and in doing so inspire discussion. As more Australian families ask and know each other's donation wishes, more lives can and are being saved and transformed through organ and tissue donation.

DonateLife Week is led by the Organ and Tissue Authority, which released new research showing that 86% of Australians would consent to organ and tissue donation if they knew their loved one was willing. In contrast only 56% said they would consent if the wishes of their loved one were unknown.

“It is the rarity of organ donation that must surely compel each of us to discuss our donation decisions with family members, to optimise every chance for our wish to count. Less than 1% of all deaths in hospitals are in the specific circumstances where organ donation is possible.

Many more Australians have the potential to become eye and tissue donors. Eye and tissue donation can make the difference between sight and blindness, between mobility and never walking again, between speedy rather than protracted recovery from trauma, cancer or disease.

For more information visit [www.donatelife.gov.au](http://www.donatelife.gov.au)

## From the KHA Kidney Community Newsletter — March 2013

### Heart attack risk higher in chronic kidney disease patients than in patients with diabetes

**Chronic Kidney Disease (CKD) is intimately linked to heart disease and diabetes. These diseases often 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.**

It is well known that people with diabetes have a high risk of suffering a heart attack, and new research has highlighted that people with CKD are actually at higher risk of heart attack.

A recent study published in *The Lancet*, analysed records from almost 1.3 million patients in Canada. The researchers compared the incidence of heart attacks in patients with CKD, diabetes, at least one previous heart attack, or a combination of these risk factors. In people who had not previously suffered a heart attack, the rate of heart attack during follow-up was higher for those with CKD than for those with diabetes. The risk of heart attack in people with both CKD and diabetes was higher again. The results of this study are important for health professionals as a reminder that CKD patients may need intensive control of risk factors for heart disease.

One in three Australian adults has at least one risk factor for developing CKD. These include being 60 years or older, having diabetes, a family history of heart disease, suffering high blood pressure, a history of stroke, being diagnosed with established heart problems (e.g. heart failure or heart attack), being obese, being a smoker, being of Aboriginal or Torres Strait Islander origin. People at increased risk of developing CKD should request a kidney health check from their general practitioner. Remember: regular kidney checks and healthy lifestyle behaviours can protect your kidneys and save your heart.

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## GOLD COAST ADVENTURER RAISES FUNDS FOR DIALYSIS PATIENTS TO HAVE ADVENTURES OF THEIR OWN

**Kidney Health Australia is thrilled to announce commencement of work on a program that will provide those on dialysis with the opportunity to holiday in especially fitted out Kidney Campervans.**

This holiday dialysis initiative is being made possible as the Wade Family of the Gold Coast whose initial \$50,000 pledge announced yesterday has made development of the project possible.

Dialysis is a life-saving treatment for end-stage kidney disease that requires five-hour treatments to filter out toxins in the blood at least three times a week in a hospital, clinic or home.

The Wade family has strong ties to the cause as Rod's wife, Nola and daughter Louise have kidney disease. Nola said: "We owe a lot to Kidney Health Australia and wanted to show a token of our gratitude for their support and ongoing assistance.

Kidney disease can be very debilitating as you rely on dialysis and getting to and from sessions becomes an ongoing limitation. It can truly wear you down mentally."

Mr Wade calls himself the 'Vintage Adventurer', racing vintage cars against modern cars, all around the world in attempt to beat their times. His next fundraising trip supporting Kidney Health Australia will travel from Peking to Paris in 33 days in a 1930 Model A Ford while capturing the whole adventure on film.

Kidney Health Australia's CEO, Anne Wilson said: "It's inspiring to have Mr Wade alongside us, fighting kidney disease by raising money through his adventures, so that dialysis patients can have the chance to take their own trips of a lifetime.

Programs like this simply don't exist in Australia. This initiative can make a huge difference to the quality of life for Australia's 11,000 people on dialysis and many more on dialysis who come to Australia for a holiday."

The \$50,000 donation will go towards the fit out and modification of a campervan that will undergo evaluations before a larger scale program is developed. If you would like to make a donation towards Kidney Health Australia's Kidney Campervan program, free call 1800 454 363.

# Easy Peasy Meatloaf

## INGREDIENTS - Serves 6

- 1 kg lean beef mince
- 1 cup of chopped vegetables: corn, onions, carrots, peas, capsicum
- 2 eggs, beaten
- 2 cups soft wholemeal breadcrumbs
- 2 tblspn tomato paste
- Frozen corn pieces
- Frozen green beans



## METHOD

1. Combine all ingredients except corn pieces and green beans. Press into a deep loaf pan which has been greased and lined with paper.
2. Bake for 40 minutes or until meatloaf shrinks slightly and is firm in the centre and no longer pink inside.
3. Stand for 5 minutes before turning out of pan.
4. Steam corn and green beans in microwave as directed on packet

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1759
Protein (g)	43
Fat - Total (g)	18
Carbohydrate - Total (g)	27
Sodium (mg)	298
<b>Potassium (mg)</b>	<b>850</b>
<b>Phosphorus (mg)</b>	<b>457</b>

Thanks to Meat & Livestock 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

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:

9<sup>th</sup> March,

8<sup>th</sup> June,

24<sup>th</sup> August (AGM?), and

23<sup>rd</sup> November.

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](http://www.kidney.org.au)

Donate Life- [www.donatelife.gov.au](http://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.