



Canberra Region Kidney Support Group

# Kidney News

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

## LIVE ORGAN DONOR LEAVE SCHEME STARTS

**1<sup>st</sup> July marks the commencement of the two year pilot of the Supporting Leave for Living Donors Scheme, first announced in April to widespread support.**

Kidney Health Australia's Chief Executive Officer, Ms Anne Wilson said: "Kidney Health Australia fought hard for the establishment of a live organ donor scheme. Today is a historic day for the donor community, marking the first time the avenue of access to paid leave has been available for eligible live donors."

The pilot scheme will provide payments of up to six weeks paid leave at the minimum wage rate to employers, to assist in enabling their employees who become live organ donors to access paid leave.

Ms Wilson said the two year pilot was about supporting those who give the ultimate gift - the gift of life. However, Ms Wilson highlighted the establishment of the much needed scheme by the Australian Government was only the first step in better supporting live donors.

"For the Scheme to be successful, we need to raise awareness so all Australians are aware that this support is available now. And just as importantly, we need to encourage employers to be supportive of their employees, by granting them the leave they need to help them through this difficult time."

Previously those who wished to donate a kidney often needed to take leave, which in many cases was unpaid, as they underwent the extensive work-up tests and the post surgery recovery. Now, employers will be able to claim a benefit in order to support eligible employees to become living organ donors.

"Ultimately this scheme is about giving a helping hand to those who give so much. It's now up to all of us to raise awareness of the scheme and to encourage employers, large and small, across the nation to support these amazing people.

"Hopefully by doing so we can highlight not only the need for this scheme to be ongoing, but for better support, communication and education on the wider issues surrounding live donation in this country."

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## Australia's most inspirational sporting event for Melbourne

**Melbourne, the world's sporting capital, is about to get another significant sporting event – the Australian Transplant Games.**

Victorian Health Minister, The Hon David Davis, today (Sunday, July 7) announced that the Victorian Health Department would contribute \$335,000 towards the staging of what is unarguably Australia's most inspirational sporting event.

Mr Davis said the Transplant Games were an opportunity for people to see the living, breathing beneficiaries of organ transplantation.

“Organ donation is an opportunity to give someone – a child, a neighbour, a friend, a sibling – a second chance at life and I urge each and every Victorian to consider donating their organs and to discuss their wishes with family and friends,” Mr Davis said.

Transplant Australia CEO, Mr Chris Thomas, welcomed the injection of Victorian Government support for the Games which will be held in Melbourne for a week from late September, 2014.

“These Games may not be in the same league as other iconic sporting events held in Melbourne. They may not have the same corporate spend or tourism attraction as the Melbourne Cup or the Australian Grand Prix. However they are unique from these events because of the fact that every competitor in the Australian Transplant Games is already a winner,” Mr Thomas said.

The Australian Transplant Games will attract transplant recipients, donor families, living donors and anyone touched by organ and tissue donation from Australia and up to 10 other countries.

Competitors have either had or are waiting for life-saving organ or life-improving tissue transplants. These include heart, liver, lung, kidney and pancreas transplants and tissue transplants, such as corneal transplants which restore a person's eyesight.

Transplant Australia Victorian Chairman, Mr Kevin Green, said the Australian Transplant Games gave the organ and tissue donation and transplantation sector the opportunity to engage with the Australian public to demonstrate the ‘living proof’ of the success of organ donation.”

“To see kids who were previously ill and fighting for their lives now participating in sport and physical activity is a strong endorsement for the Games,” Mr Green said.

In Victoria last year 92 deceased organ donors provided life-changing transplants to 267 recipients. Victoria has consistently outperformed most other Australian states in raising organ donor numbers.

“The Australian Transplant Games will allow us to engage the whole of Victoria in a continuing dialogue for more than 15 months about the importance of organ and tissue donation. This is an important step in assisting DonateLife in Victoria reach a target consent rate of 75% of all potential donors,” said Mr Thomas.

Transplant Australia expects about 1,500 people to converge on the Melbourne Sports Hub in Albert Park for the Games. The Games include more than 20 sports ranging from high exertion sports such as athletics, swimming, tennis, cycling and squash through to sports such as golf, ten pin bowling and petanque.

This is the second time Melbourne has hosted the Games. The first Australian Games were held in Melbourne in 1988 with 150 competitors.

The funding of \$335,000 from the Victorian Government was a result of a business case presented to the Health Minister which described the various benefits of the staging of the Games in Melbourne.

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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.



## From the KHA Kidney Community Newsletter — July 2013

**A global exchange** BY DR MARIE LUDLOW (PhD)

### Kidney Health Australia at the World Congress of Nephrology

On a cold and wintery day in late May I was fortunate enough to find myself on a plane heading to the sub-tropical, bustling metropolis of Hong Kong, to attend the 2013 World Congress of Nephrology. With a theme of "sustainability and diversity" the conference hosted high profile national and international speakers and representatives from all corners of the globe. The opening ceremony was a theatrical extravaganza showcasing Eastern traditions including a fluorescent dragon dance, musical performances and exquisite sand painting art.

The scientific program emphasised the best of kidney medicine, and demonstrated the diverse range of circumstances in which nephrologists around the world pursue improved outcomes for people with kidney disease. Program highlights included a fascinating discussion of the genetic



Photo: hemocue.com

basis of kidney disease by Nine Knoers (The Netherlands), insights into polycystic kidney disease by Dorien Peters (The Netherlands) and Vincent Gattone (USA), and new developments in the understanding of salt-sensitive hypertension by Ioshiro Fujita (Japan). Elmi Muller (South Africa), showcased the amazing outcomes of HIV positive to positive transplantation in Cape Town, where seriously ill people are offered a last chance of life. The meeting provided invaluable opportunities to network with local and international colleagues, and to witness the extraordinary achievements of kidney specialists around the world.

*I gratefully acknowledge the Australian and New Zealand Society of Nephrology, and Amgen Australia who provided travel support to attend this meeting.*

#### Join in!



A new chat forum has recently been launched for people contemplating home dialysis and those already managing their dialysis at home. "Home Connect" is part of the home dialysis website and aims to provide an interactive space for consumers to share information and advice on a wide range of topics such as holidays, training, dietary restrictions and financial support concessions. The forum will be moderated by Kidney Health Australia's health professionals and does not intend to provide medical advice or information, yet aims to create a space for open conversation among kidney consumers.

To get involved with Home Dialysis Connect or join in the conversation, simply to [www.homedialysis.org.au](http://www.homedialysis.org.au) and click on the Home Dialysis Connect link.

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"These Games are more than a sports event. They provide economic stimulus for the local economy but most importantly they help raise awareness of the need for more people to become organ and tissue donors," Mr Thomas said.

"Our analysis shows that in a games year over the past 12 years there are on average an additional 117 transplants performed. It's very important to keep in mind the underlying benefits of the promotion behind these games actually helps save lives."

The Major Sponsor of the Games is the Organ and Tissue Authority, which leads implementation of the Australian Government's national reform agenda to increase organ and tissue donation and transplantation. The Major Supporters are the Victorian Government and the Australia Sports Commission.

Parliamentary Secretary for Health and Ageing, Mr Shayne Neumann, said "The Transplant Games are a wonderful dedication to those Australians who have been touched by organ and tissue donation and transplantation and we are very proud to be the major sponsor of the Games."

# Lentil & Tomato Soup with Spices

## INGREDIENTS - Serves 6

- 40 g (2 tablespoons) Flora pro-activ spread
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- ½ teaspoon turmeric
- 1 teaspoon ground ginger
- 1 cup red lentils
- 1 large green chilli, finely chopped
- 1 bay leaf
- 3 stalks celery, sliced
- 3 cups salt reduced vegetable stock
- 3 cups water
- 1 x 400g can chopped tomatoes
- 2 tablespoons salt reduced tomato paste
- 1 tablespoon chopped coriander
- freshly ground black pepper



## METHOD

1. Heat Flora pro-activ in a large saucepan. Add onion and garlic and fry gently until softened. Add turmeric and ginger and cook, stirring, until fragrant.
2. Add lentils, chilli, bay leaf, celery, stock and water. Bring to the boil and simmer for 25 minutes, or until lentils are soft. Remove bay leaf.
3. Stir in tomatoes, tomato paste and coriander. Season with black pepper. Reheat and serve with crusty bread or rolls, sprinkled with extra coriander.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	806
Protein (g)	11
Fat - Total (g)	5.3
Carbohydrate - Total (g)	21
Sodium (mg)	567
<b>Potassium (mg)</b>	<b>665</b>
<b>Phosphorus (mg)</b>	<b>169</b>

Thanks to Unilever 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:

3<sup>rd</sup> August (AGM), and  
23<sup>rd</sup> November.

RAM Morning Teas

August 14<sup>th</sup> Wednesday,  
September 10<sup>th</sup> Tuesday,  
October 9<sup>th</sup> Wednesday,  
November 12<sup>th</sup> Tuesday, and  
December 11<sup>th</sup> Wednesday.

All welcome

## Eurobodalla Renal Support Group



**Eurobodalla Renal Support Group  
&  
Organ Donor Awareness**

**“FIND OUT FRIDAY”**

Where- Bridge Plaza Batemans Bay NSW 2536

When- Fridays

Time- 9.30am to 5.00pm

**“Have You Registered as an Australian Organ & Tissue Donor?”**

[Australian Organ Donor Registration forms available.](#)

We continue our weekly program and urge all Australians to take the time to discover, decide and discuss organ and tissue donation so that your family, loved ones and friends will make your decision count should they ever be asked to confirm your organ and tissue donation decision.

To make sure your organ and tissue donation decision counts, your family, loved ones **and friends must know and understand it's your decision.**

This is because; in Australia the family, loved ones and friends of every potential organ and tissue donor are always asked to confirm the organ and tissue donation decision that has been decided by you, before organ and tissue donation can proceed.

All Australians are encouraged to make their organ and tissue donation decision count.

**It's your decision, so tell them.**



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.