



Canberra Region Kidney Support Group

Kidney News

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

DonateLife Week 2013

24 February 2013 - 03 March 2013



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Organ Donation and Transplantation Report shows steady progress

Australian families are being urged to decide and discuss their donation decisions in an effort to build on the generosity of those families who in 2012 agreed to their loved one becoming an organ and tissue donor.

More Australians became organ donors or received a life-saving transplant in 2012 than in any previous year, according to official figures released today by the Australia and New Zealand Organ Donation Registry (ANZOD) and the Organ and Tissue Authority.

"Australia achieved another year of steady growth in 2012 in donation and transplantation outcomes. While this is encouraging, we remain committed to further increasing donation and transplantation rates in the coming years," said Ms Yael Cass, Chief Executive Officer of the Organ and Tissue Authority.

A total of 354 Australians became organ donors in 2012, representing a 5% increase above the 2011 outcome of 337, and a 43% increase since 2009. The 2012 outcomes increase Australia's donor per million population (dpmp) rate to 15.6 dpmp, 38% over the 2009 donation rate of 11.3 dpmp.

The 2012 outcome of 1,052 transplant recipients from deceased donors represents a 4% increase (or additional 43 recipients) above the 2011 outcome of 1,009, and a 30% increase since 2009.

"A notable outcome in 2012 is that Australia achieved the highest number ever of kidney transplants from deceased donors," said Associate Professor Stephen McDonald, Australia and New Zealand Organ Donor Registry (ANZOD).

"In 2012, 606 Australians received a kidney transplant due to the generosity of 317 deceased organ donors whose ages ranged from infants through to the mid-80s. This represents a 6% increase in the number of kidney transplants compared to the 2011 outcome of 570 and a 36% increase over the past three years. In 2012 there were on average 1,000 Australians waiting for a kidney transplant in any month.

Associate Professor Stephen McDonald said, "Australia also achieved its highest ever number of liver transplant recipients at 230, compared to the 213 recipients in 2011. This represents an 8% increase over 2011 and a 24% increase since 2009.

Tasmania, Queensland, the Northern Territory, the Australia Capital Territory and New South Wales all achieved their highest ever annual organ donation outcomes in 2012. The breakdown of donors in 2012 was: New South Wales – 88; Victoria – 92; Queensland – 78; South Australia – 29; Western Australia – 32; Tasmania – 15; the Northern Territory – 8 and ACT – 12.

Ms Cass said that families play a crucial role in determining donation outcomes, because they ultimately give the final consent for donation to proceed, and she acknowledged their support.

"Families that agree to their loved one becoming an organ and tissue donor do so in the face of traumatic loss and grief. They are to be thanked and commended for upholding the wishes of a family member and for generously giving life to another.

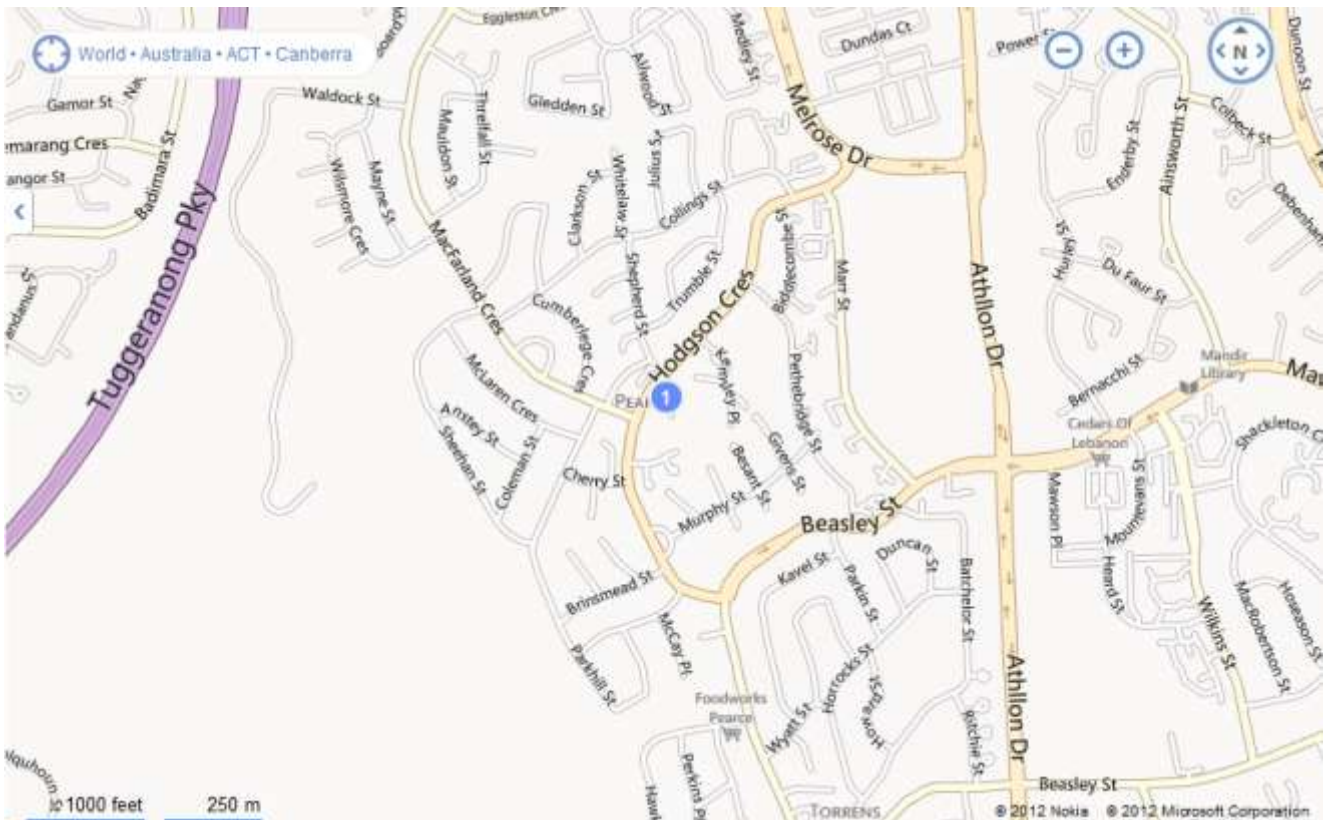
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Renal Advisory Meeting (RAM) Morning Teas

The RAM morning teas will continue into 2013.

The next morning tea is scheduled for 13th February. The timing for each morning tea is 10:00 am to 12:00 midday.

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



1 Marks the spot!

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Ms Cass said the reasons families decline their loved one becoming an organ and tissue donor are complex. These include being unsure of the donation wishes of their loved one, or whether their religion or culture supports donation. Families that have discussed organ and tissue donation and know each others' wishes in advance are much more likely to agree to donation when asked.

"The conversation you have today could one day transform the lives of 10 or more people. If you have made a decision about becoming an organ and tissue donor, make sure your loved ones know your decision to help them prepare, should the situation arise," said Ms Cass.

The 2012 Report from the Australia and New Zealand Organ Donation Registry (ANZOD) will be available at <http://www.anzdata.org.au/anzod/v1/indexanzod.html> from 9.00am on Tuesday 22 January 2013.

The Organ and Tissue Authority's 2012 Performance Report will be available at <http://www.donatelife.gov.au/the-authority/performance-reports> from 8.00am on Tuesday 22 January 2013.

From the KHA Kidney Community Newsletter — December 2012

KHA advocating a success with NSW organ donation reform

Kidney Health Australia is pleased by the decision of the NSW Government to decommission the NSW Roads and Maritime Services Organ Donor Register and move to the single national register—the Australian Organ Donor Register. The change is a key part of a broader strategy to remove the significant barriers to organ donation, while working to double organ donation rates in NSW – currently the lowest in the country.

KHA CEO Anne Wilson said: “This move to align New South Wales with the rest of Australia is a reform Kidney Health Australia has been advocating for some years. It will mean individuals can make a decision on organ donation in a considered and appropriate manner and share the discussion and decision with their families. This will hopefully result in more Australians on the waiting list being granted their lifesaving wish for a transplant.”

Kidney Health Australia spoke out on this issue widely across Sydney media. Remarks from CEO Anne Wilson were sought after on all Sydney commercial talk stations, ABC radio and a local paper.

More broadly, Kidney Health Australia has continued to advocate on a wide range of other policy issues including kidney cancer, activity-based funding and home dialysis, chronic disease and kidney health in Indigenous communities—so watch this space for the latest updates in the coming year.



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.



Sweet Potato and Bean Salad

INGREDIENTS - Serves 6

- 500g packet frozen Birds Eye Julienne Carrots
- 600g sweet potato (kumara), peeled and cut into large pieces
- 420g can Edgell Four Bean Mix, drained
- 3 cups baby spinach leaves
- 1 tablespoon toasted pinenuts, for garnish
- Dressing:**
- 2 teaspoons seeded mustard
- 2 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 2 tablespoons honey



METHOD

1. Cook Birds Eye Julienne Carrots, following packet instructions.
2. Boil, steam or roast sweet potato pieces until tender.
3. In a large bowl combine cooled carrots, sweet potato, Edgell Four Bean Mix and spinach leaves. Combine dressing ingredients and pour over salad, tossing gently. Garnish with pinenuts and serve.

TIP: To roast: toss together 1 tablespoon olive oil and 1 teaspoon cracked black pepper and sweet potato. Place pieces onto an oven tray and cook in a preheated oven at 200°C for 25-30 minutes.

Tip: use this salad in place of all other vegetables as a side dish for steak or salad

NUTRITION

Nutrient	Per serve
Energy (kJ)	1167
Protein (g)	7
Fat - Total (g)	11
Carbohydrate - Total (g)	13
Sodium (mg)	194
Potassium (mg)	621
Phosphorus (mg)	118

Thanks to Simplot 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.

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



THE EUROBODALLA RENAL SUPPORT GROUP & ORGAN DONOR AWARENESS SUPPORTS DONATELIFE WEEK 2013. ACT NOW TO MAKE YOUR ORGAN AND TISSUE DONATION WISH COUNT

The Eurobodalla Renal Support & Organ Donor Awareness today announced its support for DonateLife Week 2013, Australia's national awareness week to promote organ and tissue donation.

Brad Rossiter, Founder of The Eurobodalla Renal Support & Organ Donor Awareness today said,

“Many people aren't aware that less than 2% of hospital deaths occur in the specific circumstances where a person can be considered for organ donation, although many more have the opportunity to become a tissue donor.”

“The rarity of the possibility of organ donation for transplantation is why every Australian needs to ensure their family members know their donation wishes, so that we can optimize every opportunity for Australians to have access to life-transforming transplants,” Brad Rossiter said

To help encourage more Australians to discuss organ and tissue donation, The Eurobodalla Renal Support & Organ Donor Awareness will be holding a Get Together Lunch at The Batemans Bay Soldiers Club to Launch Donate Life Week 2013 in the Eurobodalla Shire on Sunday 24th February 2013 commencing at 12.00noon. Guest Speaker shall be Lindsay Brown Eurobodalla Shire Mayor. Also on Friday 1st March we shall be hosting an Outside Broadcast with East Coast Radio 2EC from The Bridge Plaza Batemans Bay from 10am to 2.00pm, along with a manned Donate Life information table.

During DonateLife Week, Sunday 24 February – Sunday 3 March 2013, all Australians are encouraged to make their organ and tissue donation wish count.

Brad Rossiter said “To make every wish count, every Australian family needs to know each other's wishes. This is because in Australia the family of every potential donor is always asked to confirm the donation wishes of their loved one before organ and/or tissue donation can proceed.

We are urging all Australians to take time during DonateLife Week to discover, decide and discuss organ and tissue donation so that your family can make your wish count should they ever be asked to confirm your donation wish.”

Although 77% of Australians have now talked about organ and tissue donation with their family, and 71% of people believe that their family knows their donation wishes, only 56% of Australians say that they know the donation wishes of their loved ones.

This highlights the need for all Australians to remind their family members' about their donation wishes as well as to ask and know the wishes of family members.

"Any day this week is a good day to have the conversation with your family and close friends. It's a conversation that will help you be prepared, should you ever be asked to confirm a loved one's donation wishes. It will also help your family be prepared should they ever be asked to confirm your wishes. It's a conversation that could one day save lives.”

"Some Australians find it difficult to bring up the subject of organ and tissue donation with family members. Deciding to have the discussion during DonateLife Week can help normalize the subject and make it OK to talk about", said Brad.

DonateLife Week is Australia's national awareness week to promote organ and tissue donation. It is led by the Organ and Tissue Authority as part of the national DonateLife campaign and supported by community events and activities across Australia.

For more information: www.donatelife.gov.au or Brad Rossiter at The Eurobodalla Renal Support & Organ Donor Awareness ersg.oda2536@hotmail.com.

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.