



Canberra Region Kidney Support Group

Kidney News

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

AUSTRALIA'S LEADING CHRONIC DISEASE GROUPS APPLAUD MINISTERS' DECISION TO ADOPT STAR RATING SYSTEM FOR FRONT OF PACK LABELING OF PACKAGED FOOD

Australia's leading chronic disease groups have today applauded the nation's food regulation ministers for endorsing a new star-based health rating system for the front-of-pack for processed, packaged food products.

Poor nutrition and obesity are major risk factors for chronic diseases in Australia, including heart disease, diabetes, cancer, stroke and kidney disease.

Professor Greg Johnson, Chair of the Australian Chronic Disease Prevention Alliance (ACDPA) said today "The new health star rating system will help consumers make healthier food choices by providing clear information on the amounts of saturated fats, sugars and salt in packaged foods.

"The use of a standard measure of 100grams for the nutritional information will help people make direct comparisons between different foods."

The ACDPA has been closely involved in the development of the new health star rating system for the past 18 months with two representatives serving on the project committee, chaired by the secretary of the federal health department, Jane Halton.

"We have worked closely and collaboratively to reach a consensus agreement between public health and consumer groups, all governments as well as key industry groups," said Prof Johnson.

"We believe the star system has a lot of merit, will be readily understood and used by consumers and will help drive healthier food choices as well as reformulation by food manufacturers.

"We are pleased that food regulation ministers have emphatically endorsed the health star rating system. "I want to pay tribute to all governments for endorsing this new national front of pack labelling system and especially to Jane Halton, who has personally chaired all meetings of the over-arching project committee and worked hard to achieve consensus.

"The health star rating system will need careful monitoring and evaluation, but we believe it has enormous potential to improve health outcomes in Australia, helping people make healthier choices and improving the food supply.

"We are extremely pleased that ministers will consider making the scheme mandatory if widespread uptake is not achieved in two years," Prof Johnson said.

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Member



Self Help Organisations
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KIDNEY HEALTH AUSTRALIA PAYS RESPECT TO MR M YUNUPINGU

Kidney Health Australia is saddened by the passing of Australian music icon and campaigner, Mr M Yunupingu following a long battle with kidney disease. Mr Yunupingu co-founded Yothu Yindi in 1986, and was the band's lead singer and most prominent personality

The 56-year-old passed away in his home overnight in Yirrkala in Eastern Arnhem Land.

In 2008, Mr Yunupingu was diagnosed with advanced kidney failure and undertook haemodialysis treatment three times a week.

Although Indigenous Australians represent only two and a half per cent of the national population, they account for approximately nine per cent of people commencing kidney replacement therapy each year.

Kidney disease shows no warning signs. Late referral occurs in a higher percentage of Indigenous Australians (29 per cent) compared with the Caucasoid population.

Indigenous Australians are almost four times as likely to die with chronic kidney disease as a cause of death than non-Indigenous Australians.

The latest statistics show that in 2005-2007, the life expectancy at birth for Aboriginal and Torres Strait Islander males was 67.2 years, 11.5 years less than that for non-Indigenous males. For females, life expectancy at birth was 72.9 years, 9.7 years less than for non-Indigenous females.

Kidney Health Australia delivers programs in the area of Indigenous kidney health delivering health promotion activities in remote areas encouraging eating of healthy food and the replacement of sugary soft drinks with water.

Ms. Anne Wilson, CEO of Kidney Health Australia said:

“Mr Yunupingu was an inspirational man who brought his passion for indigenous rights to the forefront of music and popular culture. He will be remembered not only in his indigenous community but in the wider Australian community as a man who stood up for his people and freedom.

“Our deepest sympathies are extended to his wife Yalmay, his daughters and grandsons.”

Big Red Kidney Walk

Kidney Health Australia's national Big Red Kidney Walk provides a special time for the kidney community to get together, enjoy an easy walk and a free barbeque with entertainment!

Simultaneous walks will be held on 1 September 2013 in Adelaide, Launceston, Melbourne, Perth and Sydney, with an additional walk in Toowoomba on 8 September 2013.

As per previous years, the walks will feature varying distances to accommodate walkers and runners of all ages and abilities.

If you have a special connection with kidney health and want to help raise awareness of this important cause then this walk is for you! Come by yourself, or invite your family and friends!

Registration is mandatory before the event and costs only \$10 (children are free but must also be registered).

Further information and registration is available at bigredkidneywalk2013.gofundraise.com.au.

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 — June 2013

How do people view their lives with peritoneal dialysis?

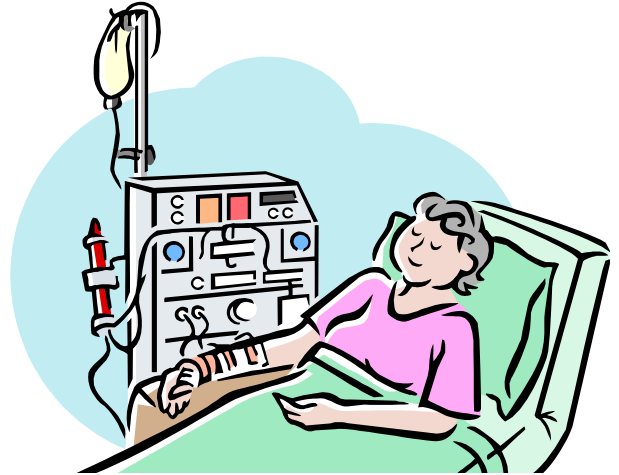
Have you ever wondered how people see their lives when they are using peritoneal dialysis?

An Australian research team has looked at the literature about this topic from all across the world. This month for Medical Matters, we wanted to share with you some of the study's findings and personal quotes from those on peritoneal dialysis.

Peritoneal dialysis is a simple form of dialysis that involves a tube in the stomach with multi-daily exchanges of peritoneal dialysis fluid or overnight use of a machine.

VIEWES OF PERITONEAL DIALYSIS

Peritoneal dialysis was seen as a friendlier dialysis that could be fitted into your life: "like brushing your teeth". Despite many anxieties prior to starting the dialysis many people found it gave them an appreciation for life, and they were making more of their days. One respondent said: "Every day you are alive and you respect it." Medical treatments always have upsides and downsides.



THE EFFECTS ON OTHERS

There was a great appreciation and acknowledgement that a family or social network for support made it easier to cope, and unfortunately those who did not have this positive experience felt somewhat abandoned. Some did feel that having dialysis in the home and having family involved was intrusive. The overnight machine alarms were also considered by some to be too noisy.

CONTROL AND FREEDOM

Control and freedom were very important positive factors for those on peritoneal dialysis, and respondents certainly felt that they were in control of their lives and even developed ways to "get away with things" by adapting their diet and daily routines once they understood their dialysis treatment. Most people were able to work, carry out their social commitments and travel on holiday. For those who had also experienced haemodialysis this was considered a great advantage: "I could go fishing", "I could get out and about more", "I could adapt it much easier to maintain a normal life." Patient support groups were also suggested to be valuable.

If you have any form of kidney disease and would like to be involved with support groups in the Canberra region then visit www.crksg.org.au/ or at the address on the back page of this newsletter.

Source: Tong A et al. The perspectives of adults living with peritoneal dialysis: thematic synthesis of qualitative studies. Am J Kidney Dis 2013;61(6):873-88.

Notice of 2013 Annual General Meeting

The Group's Annual General Meeting will be held on Saturday 3rd August 2013 at 2:00pm at the Pearce Community Centre, Building 1, Collett Place, Pearce,

If any nominations for committee positions are received, there will be a vote, otherwise, the existing committee is prepared to continue.

Nominations may be sent to the Groups mailing address, email address or at the meeting. Our contact information may be found on the Group's website or elsewhere in this newsletter.

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.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1405
Protein (g)	23
Fat - Total (g)	5
Carbohydrate - Total (g)	46
Sodium (mg)	976
Potassium (mg)	491
Phosphorus (mg)	245

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

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:

3rd August (AGM), and
23rd November.

RAM Morning Teas

July 9th Tuesday,
August 14th Wednesday,
September 10th Tuesday,
October 9th Wednesday,
November 12th Tuesday, and
December 11th Wednesday.

All welcome

Eurobodalla Renal Support Group



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

Week number 308 of our Community Awareness and Education Program.

“FIND OUT FRIDAY”

Where- Bridge Plaza Batemans Bay NSW 2536

When- Friday 5th July.

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.