



Canberra Region Kidney Support Group

Kidney News

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

MINISTER ANNOUNCES A REQUIRED KIDNEY FUNCTION TEST AT KIDNEY HEALTH WEEK LAUNCH

27th May 2013

The Federal Minister for Health, the Hon Tanya Plibersek MP and the Shadow Minister for Health and Ageing, the Hon Peter Dutton came together for the official launch of Kidney Health Week this morning. Minister Plibersek announced that the addition of a kidney function test to the annual cycle of care for those with type 2 diabetes under the Practice Incentives Program would commence on the 1st of October.



Federal Minister for Health, Tanya Plibersek MP

Kidney Health Australia called for increased GP education and support to aid in the early detection of chronic kidney disease. This includes a push for better support to determine a patient's overall kidney risk and the interplay of kidney disease with heart disease and diabetes.

“Chronic kidney disease is a major health problem that is thought to affect around one in seven Australians, although the exact number is unknown as many people remain undiagnosed,” Ms Plibersek said.

Peter Dutton emphasised the importance of bipartisan support for Kidney Health Week while encouraging Australians to assess their risk of kidney disease.



Shadow Minister for Health Peter Dutton MP

(Continued on page 2)

In this issue:

Minister Announces a Required Kidney Function Test At Kidney Health Week Launch 1

From the KHA Kidney Community Newsletter — May 2013 3

Government live organ donor scheme announced – an update

A note from a dialysis patient: How we cope by Margaret

Creamy Tuna Pasta 4

Calendar of Events 4

Eurobodalla Renal Support Group 5

Member



Self Help Organisations United Together

(Continued from page 1)

Jenny Handke, a dialysis patient of 10 years spoke of her end-stage kidney failure journey. “Being diagnosed with end-stage kidney disease meant that I had to come to terms with the fact that my life would no longer be as we had mapped out,” she said.

While home dialysis saves governments \$20,000 to \$30,000 per patient a year, Ms. Handke indicated that there are many barriers to the treatment, such as the high costs of water, electricity, and the cost of carer’s support; some of which governments pay for, but reimbursements are not equal across all states.

Currently in Australia nearly 11,000 people are on dialysis, over 1,000 are waiting for a kidney transplant and over 54 die with kidney-related disease every day.

Yet despite these confronting statistics, chronic kidney disease remains low on the radar of many Australians.

About 10 per cent of Australians have some sign of kidney disease yet the National Health Survey shows that less than one per cent of the community know they have the condition as the disease shows no symptoms.

Kidney Health Australia’s Kidney Health Week (26 May – 1 June) will highlight the need for greater awareness by urging Australians to take an online risk assessment for kidney disease at www.kidney.org.au. Without an improvement in early detection, many cases of kidney disease will continue to be diagnosed too late – when dialysis and transplantation are required for survival.

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.



Jenny Handke speaks about her end-stage kidney failure journey



Anne Wilson (KHA CEO), Jenny and Bill Handke with Tanya Plibersek



KHA Ambassador Rob De Castella with David O'Leary, Gift of Life

From the KHA Kidney Community Newsletter — May 2013

Government live organ donor scheme announced – an update

On 7 April 2013, the Federal Minister for Health, the Hon. Tanya Plibersek MP announced a two year pilot of a Live Donor Leave Scheme, in conjunction with Kidney Health Australia. The pilot scheme will provide up to six weeks paid leave at minimum wage to employers, who pass it on to eligible employees who become live organ donors.

Kidney Health Australia, with the assistance of live donors, especially the efforts of Mr Lloyd Woodford, and the broader kidney community, have been campaigning for a scheme of this nature as a way of providing better financial support for live donors in a sensible, safe manner. “This is something we have long advocated for and should help ease the burden of those people who give the gift of life through organ donation” said Anne Wilson, CEO of Kidney Health Australia.



CEO Anne Wilson speaking at the press conference (centre) with the Hon. Tanya Plibersek (right)

“Importantly, this is about removing some of the stress by providing an avenue to access a level of paid leave, where often only unpaid leave is available. It’s not about ‘paying’ for organ donation in any way - rather it is about better supporting those who give so much”.

Currently, many of those who wish to become live organ donors are required to take leave, which is often unpaid, placing further financial burden on an already stressful situation. “Providing the ability to take the time off work, while still having some form of income for everyday expenses such as bills, the mortgage and groceries means there is one less thing to worry about” said Anne Wilson. The scheme will be administered by the Australian Government and funding for the two year pilot will commence in July 2013.

Kidney Health Australia, as the peak advocate for live kidney donors, will continue to provide updates as further information becomes available through our newsletter, website and social media.

To register for further information about the new Government organ donor scheme, please email livingorgandonation@health.gov.au.

A note from a dialysis patient: How we cope by Margaret

Margaret is a dialysis patient at the Cranbourne Dialysis Clinic in Victoria. She wrote to us to share how her group cope with their time on dialysis.

“Let’s face it, it can be depressing, but with the help of the ‘Cranberries’ (the Cranbourne dialysis staff) who roster us closely together, we have formed a little ‘brainiac’ group.

“We all love teasing our brains with competitions and puzzles. On a Wednesday, our books come out and we start straight after we have our lunch, and settle in. We do as many puzzles as time will allow, then Friday the same routine occurs. All our entries are ready for posting off, and someone is hopefully picked to win something. The anticipation is a great incentive for all!

“On Monday, we spend the time discussing what we have watched on TV, read or talked about what we’ve done over the two days. We also catch up with how each of us is travelling with treatment.

“With the help of the ‘Cranberries’, our little group, once strangers, has created new friendships by being placed together as often as possible, hoping and caring for each other. Dialysis does not have to be a drag or depressing. If you could hear the buzz and banter, laughs, ‘oohs and aahs’, you would not think anything seriously vital was occurring. We do gauge when we have to be serious, so if one of us is not feeling too well, we then run a little quieter for their sake, but this happens on very few and far between occasions.

“Maybe this situation is not common at other locations, perhaps the same sort of thing could be set up with like-minded people, which I’m sure would be beneficial to all concerned. At times, we are so able to forget our situation that we do not realise how quickly the time has passed, which in itself is one heck of a good thing.”

Creamy Tuna Pasta

INGREDIENTS - Serves 4

- 1 tbsp olive oil
- 1 whole onion, chopped
- ½ celery stick, thinly sliced
- ¼ green capsicum, chopped
- 2 tbsp sundried tomatoes, chopped
- 1 tbsp parsley flakes
- 1 tsp Italian herbs
- 1 x 425 gm can tuna, drained
- ½ cup light sour cream
- 250 g dry fettuccine



METHOD

1. Heat oil in frying pan; add onion, capsicum and celery.
2. Cook 1 - 2 mins until onion is soft.
3. Add sundried tomatoes, Italian herbs and parsley then cook a further 2 mins.
4. Add tuna and cook until mixture is heated through.
5. Remove from heat; stir sour cream through sauce.
6. Serve sauce with fettuccini or other pasta of your choice cooked as per packet instructions.

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.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1905
Protein (g)	34
Fat - Total (g)	14
Carbohydrate - Total (g)	47
Sodium (mg)	109
Potassium (mg)	578
Phosphorus (mg)	345

Thanks to Kidney Health Australia for supplying this recipe.

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:

8th June,

24th August (AGM?), and

23rd November.

All welcome

RAM Morning Teas

June 12th Wednesday,

July 9th Tuesday,

August 14th Wednesday,

September 10th Tuesday,

October 9th Wednesday,

November 12th Tuesday, and

December 11th Wednesday.

Eurobodalla Renal Support Group

COMMUNITY >> www.batemansbaypost.com.au



MINISTERIAL PRESENCE: Gathered at the Eurobodalla Renal Support Group lunch to launch Kidney Health Week in the shire are (from left) Mura Stewart, John and Louise Blue, David and Julia Wood, Brad Rossiter, Lindsay Stewart and Andrew Constance.

Kidney Week launched in style

THE Minister for Ageing and Disability was a special guest at a lunch to launch Kidney Health Week in the Eurobodalla on Saturday.

Andrew Constance, the Member for Bega, was invited by Eurobodalla Renal Support Group and Organ Donor Awareness, an organisation founded by Brad Rossiter.

"Thanks to Andrew and everyone who came along and enjoyed lunch and much good conversation," Brad said.

"A popular topic was kidney health locally and further abroad, and that included a wide range of issues."

Brad said that one in three Australians now faced an increased risk of kidney disease, which undetected and untreated, was a silent killer.

"This striking, yet little known, fact is the focus of this year's Kidney Health Week," Brad said.

"Currently in Australia nearly 11,000 people are on dialysis, more than 1000 are waiting for a kidney transplant and about 54 people die with kidney-related disease every day."

He urged people over 25 to have a risk assessment as chronic kidney disease had no warning signs.

"It is common, harmful, but treatable if caught early," he said.

"Kidney Health Australia has an online risk assessment at www.kidney.org.au."

Have a chat with Brad at his kidney health and organ donor awareness information stall at Bridge Plaza in Batemans Bay – he's there every Friday.

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.