



Canberra Region Kidney Support Group

Kidney News

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

BREAKING DOWN BARRIERS TO ORGAN DONATION

24th February 2013

Today Kidney Health Australia welcomes the start of DonateLife Week designed to ‘make your wish count’ by encouraging families all around Australia to ‘discover, decide and discuss organ and tissue donation.’

This builds on last week’s launch of a community education campaign designed to give greater access to culturally appropriate advice regarding organ donation, as we seek to encourage Australians from all backgrounds to discuss organ donation.

But in addition to breaking down communication barriers we also need to break down misconceptions about organ donation that may exist in the Australian community.

Ms Anne Wilson, CEO of Kidney Health Australia said: “It’s important that we work together to shine a light on the processes surrounding organ donation – helping families understand the decision that can transform the life of those waiting for a transplant, including the 1,100 waiting for a kidney.”

There are more than 1,500 people waiting for an organ transplant and 70 per cent of those are waiting for a kidney. Strikingly, 80 per cent of Australians are willing to become organ donors – but less than 50 per cent are clear on the donation wishes of their loved ones.

“About 150,400 Australians died last year, but only 790 suitable potential donors under the right circumstances were identified. Of those, 410 donors – just over 50 percent – actually had family agree to proceeding with the organ donation process.

“It’s clear that therefore more education regarding organ donation is needed for more lives to be saved.

“The main issues that can stifle the conversation around organ donation relate to what actually happens when a person dies and how they are taken care of before, and after, donation. For our part, Kidney Health Australia will continue to talk about these issues and we encourage all Australians to do the same during this important week.”

Below are answers to some of the common questions regarding organ donation that can help families to be better informed about organ donation.

In this issue:

Breaking Down Barriers to Organ Donation 1

RAM Morning Teas 2

From the KHA Kidney Community Newsletter — January/February 2013 3

BBQ Salmon with Corn & Mango Salsa 4

Quarterly Meetings 5

Eurobodalla Renal Support Group 5

(Continued on page 2)

Renal Advisory Meeting (RAM) Morning Teas

The RAM morning teas will continue into 2013.

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

For the remainder of the year the dates are as follows:

April 10th Wednesday,

May 14th Tuesday,

June 12th Wednesday,

July 9th Tuesday,

August 14th Wednesday,

September 10th Tuesday,

October 9th Wednesday,

November 12th Tuesday, and

December 11th Wednesday.

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



(Continued from page 1)

- What's the process surrounding organ donation? -- If someone dies in the circumstances that enable them to become an organ donor, the intensive medical care team discusses the possibility of donation with the family. The Australian Organ Donor Register is checked and if the person registered 'yes' or had not registered, a DonateLife donor coordinator meets the family to discuss organ donation and gives the family time to decide.
- What happens after consent is given? -- After consent is given, confirmation of the donation and which organs or tissues are to be retrieved is undertaken.
- The donor coordinator will also let the family know about the success of the transplants and provide support.
- What are the circumstances for organ donation? -- Most people die a cardiac death which means they have no heart beat and stop breathing. Organ donation can occur after cardiac death for some organs (kidneys and lungs) and tissues can be donated. Most organ donation occurs from brain dead donors. Importantly, no treatment is given that is intended to hasten or cause the death of the patient.
- How is dignity preserved during the organ and tissue donation process? -- Throughout the donation process great emphasis is placed on ensuring there is no pain, distress or suffering and that dignity is maintained at all times. Will I get time with the deceased before organ and/or tissue donation occurs? Organs are not removed for donation until the patient has died and the family has had private time with their loved one.

From the KHA Kidney Community Newsletter – January/February 2013

Get Movin’

There is a growing body of evidence showing the benefits of exercise specifically for people with chronic kidney disease.

These include improvements in cholesterol levels, blood sugar levels, blood pressure, digestion, quality of sleep, energy levels, and feelings of anxiety, stress and depression. Exercise can also improve your heart health which is important as kidney disease is a risk factor for heart disease. There’s no better excuse to get started on your exercise regime during the warm summer months.

If you have not exercised in a long time your stamina and energy levels may be affected, so remember to start your exercise regime slowly and gradually increase your workout over time.

It’s recommended to not exercise on a full stomach, and some people on peritoneal dialysis (PD) feel that it’s better to exercise with an empty belly rather than one filled with PD fluid. If you have diabetes, you need to watch your sugar levels and may need to adjust your medication once you’ve begun your exercise regime as physical activity can cause blood sugar levels to fall.

If you’re keen to improve your heart health and blood pressure, 30 minutes of low to moderate intensity activities – like walking the dog or gardening on most days is enough. If you want to lose weight, you will need to do 45-60 minutes of moderate to intense activities, like fast walking, cycling, swimming or slow jogging four to five times a week.

It’s important to stop exercising, cool down and tell your health care team if you get: chest pain or pressure, dizziness or feeling light-headed, irregular or very fast heart rate, excessive shortness of breath, nausea, severe leg cramps, pain or pressure in the neck or jaw, excessive tiredness or blurred vision.

Keep these tips in mind when you’re building your exercise plan and get movin’!



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.



BBQ Salmon with Corn & Mango Salsa

INGREDIENTS - Serves 4

- 125g can Edgell Corn Kernels, drained
- 1 mango, finely diced
- ½ red capsicum, finely chopped
- 1 stick celery, finely diced
- 2 spring onions, finely chopped
- 1 tablespoon lime juice
- 500g salmon fillets
- Freshly ground pepper
- 3 cups baby spinach, washed



METHOD

1. Combine Edgell Corn Kernels, mango, capsicum, celery, spring onion and lime juice.
2. Lightly season salmon with pepper. Cook salmon fillets on pre-heated barbecue grill plate or an electric non-stick char-grill for approximately 8-10 minutes, turning half way.
3. Place spinach onto serving plates top with salmon and corn salsa. Squeeze on extra lime juice if desired.

Tip: Swordfish could be substituted in this recipe.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1007
Protein (g)	26
Fat - Total (g)	9
Carbohydrate - Total (g)	12
Sodium (mg)	130
Potassium (mg)	880
Phosphorus (mg)	324

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



Eurobodalla
Renal Support Group & Organ
Donor Awareness
Community Event
FIND OUT FRIDAY

When— Most Fridays.

Venue— Bridge Plaza. Batemans Bay.

Time— 9.30am to 5.00pm

Australian Organ Donor Registration forms available.

Plenty of handout information offered by-

Donate Life. www.donatelife.gov.au

&

Kidney Health Australia. www.kidney.org.au

*Chat with Brad Rossiter - Dual Organ Transplant recipient – Kidney
Pancreas*

On display- [Donate Life](http://www.donatelife.gov.au)- “The Book of Life”

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

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

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 the time 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.

ACT NOW TO MAKE YOUR ORGAN AND TISSUE DONATION WISH COUNT



Billy Kidney — Mascot for Kidney Health Australia



Eurobodalla Shire Councillor Danielle Brice with Billy Kidney

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.