



Canberra Region Kidney Support Group

# Kidney News

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

*Merry  
Christmas  
and a Happy  
New Year*



**In this issue:**

Organ Trafficking and Transplant Tourism 1

From the KHA Kidney Community Newsletter — November 2013 3

Ham & Tomato Omelette 4

Calendar of Events 5

Eurobodalla Renal Support Group 5

## Organ Trafficking and Transplant Tourism

November 2013 — **POSITION STATEMENT**

**Kidney Health Australia, as the peak body representing those with kidney disease, their carers and families supports the official efforts relating to Australia’s organ donation agenda. This involves working with, and supporting, the efforts of Australian Governments, both State and Federal, along with medical organisations and medical professionals to increase the Australian organ and tissue donation rate.**

However, Kidney Health Australia recognises that there are individuals or groups who seek to engage in the illegal practice of organ trafficking or ‘transplant tourism’, including those as outlined in Australia’s Crimes legislation (Crimes Legislation Amendment (Slavery, Slavery-like Conditions and People Trafficking) Act 2013).

Kidney Health Australia unequivocally supports ‘The Declaration of Istanbul on Organ Trafficking and Transplant Tourism’ (the Declaration), which includes condemning the practice of buying and selling organs for transplantation and other illegal activities related to transplant tourism.

This includes condemning the practice of:

- providing economic incentives to individuals to coerce the outcome of an organ or tissue being provided for transplantation;
- advertising for, or seeking to purchase organs;
- brokering the movement of organs, donors, recipients or transplant professionals for the purpose of organ trafficking, transplant commercialism or transplant tourism, as defined in the Declaration;
- use of organs suspected to have been obtained through commercial transaction; and

*(Continued on page 2)*

**Member**



**Self Help Organisations  
United Together**

## Organ Trafficking and Transplant Tourism

*(Continued from page 1)*

- any other illegal and unethical practices outlined in the Declaration.

Kidney Health Australia supports legitimate efforts aimed at increasing the organ and tissue donation rate, including through such positive actions as:

- improving rates of deceased and living organ donation through greater public awareness and education;
- improved processes in donor identification and procurement;
- improved national registers;
- supporting the concept and practice of living kidney donation;
- greater support to families of potential deceased donors; and
- reducing or avoiding the need for transplantation through the improvement of early detection and management of chronic kidney disease.

Kidney Health Australia recognises that there are some instances in which travelling overseas for a kidney transplant, or a live donor travelling to Australia to donate an organ, is considered both legal and ethical and it is important that such a distinction be made. For example, a small percentage of family based live kidney donors do come from overseas, which is not surprising given the cultural diversity of the Australian population. There can also be cases when a related donor and recipient both travel from a country without transplant services to a country in which transplants can legally be carried out. Recognising that current Australian organ donation rates do not meet the level of demand, it is important that such arrangements, provided they are legal and conducted through official means, should not be discouraged.

Finally, Kidney Health Australia would encourage anyone with information relating to the illegal practices of organ trafficking or transplant tourism to contact the authorities as soon as possible.

For more information on Australia's organ donation efforts, or on the illegal practices of transplant commercialism, organ trafficking and transplant tourism please see:

- The Australian Government website for the Organ and Tissue Authority: [www.donatelife.gov.au](http://www.donatelife.gov.au)
- The full text of the 'The Declaration of Istanbul on Organ Trafficking and Transplant Tourism', which was developed under the leadership of the Transplantation Society and International Society of Nephrology in 2008 [www.declarationofistanbul.org](http://www.declarationofistanbul.org)
- The World Health Organisation's Guiding Principles on Human Cell, Tissue and Organ Transplantation [www.who.int/transplantation/en](http://www.who.int/transplantation/en)
- Crimes Legislation Amendment (Slavery, Slavery-like Conditions and People Trafficking) Act 2013 [www.ag.gov.au/CrimeAndCorruption/HumanTrafficking/Pages/Humantraffickinglegislation.aspx](http://www.ag.gov.au/CrimeAndCorruption/HumanTrafficking/Pages/Humantraffickinglegislation.aspx)

---

**TOMORROW: One of the greatest labour saving devices of today.**

## From the KHA Kidney Community Newsletter — November 2013

### Be wise about your medicines

Many Australians take medicines, whether they are prescribed, bought over the counter in a chemist or supermarket, or are complementary medicines such as vitamins or herbal remedies. It is not uncommon for people with kidney disease to take 4 or 5 different medicines just to control their blood pressure! Taking medicines incorrectly can mean your condition fails to improve, and can even land you in hospital if things really go wrong.

#### 3 steps to being wise about your medicines:

- Know the active ingredient in your medicines, the chemical that makes a medicine work. Find it on the medicine label or packaging, or ask your doctor or pharmacist to point it out to you.
- Always follow instructions from your doctor or pharmacist and carefully read all medicine labels and packaging. Consumer Medicine Information (CMI) leaflets give you more detailed information about prescription and pharmacist-only medicines. Find the CMI for your medicine at [www.nps.org.au/search\\_by\\_medicine\\_name](http://www.nps.org.au/search_by_medicine_name). Do not stop taking a medicine without discussing it with your doctor first.
- Ask your health professional – such as your doctor or pharmacist — questions about your medicines, especially if you're unsure about anything. The more information you have, the more prepared you'll be in preventing medicine mistakes and in making better decisions about your health and medicines.



#### 5 things you should know about every medicine you are taking:

- What is the medicine for?
- What is the active ingredient?
- How do I take or use this medicine correctly?
- What are the possible side effects and what can I do about them?
- What should or shouldn't I do while taking this medicine?

For more information about how to be wise about your medicines, including how to manage costs of buying medicines, aids to help you remember when to take your medicines, information about complementary medicines, and medicine side-effects visit [www.nps.org.au](http://www.nps.org.au) or call 1300 MEDICINE (1300 633 424).

## 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.



## Ham and Tomato Omelette

### INGREDIENTS - Serves 4

- 2 tbsp olive oil
- 2 tbsp fresh parsley, chopped
- 8 eggs
- 4 tsp of water
- 4 slices chopped ham
- 2 tomatoes, chopped
- ¼ cup grated cheese
- black pepper



### METHOD

1. Heat non-stick frying pan; add oil.
2. Place eggs in bowl, add water and whisk until fluffy.
3. Pour mixture into frying pan then top with ham, tomatoes, cheese, parsley and pepper.
4. Cook omelette on low heat for 5 mins each side. Cut into wedges and serve.

### NUTRITION

Nutrient	Per serve
Energy (kJ)	1186
Protein (g)	19
Fat - Total (g)	22
Carbohydrate - Total (g)	2
Sodium (mg)	491
<b>Potassium (mg)</b>	<b>361</b>
<b>Phosphorus (mg)</b>	<b>271</b>

Thanks to Kidney Health 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.

Proposed meeting dates for 2014 are as follows:

22<sup>nd</sup> February

24<sup>th</sup> May

12<sup>th</sup> July

18<sup>th</sup> October (AGM)

6<sup>th</sup> December

RAM Morning Teas

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.