



Canberra Region Kidney Support Group

Kidney News

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



BIG RED KIDNEY WALK - CANBERRA

The Kidney Health Australia (KHA) Big Red Kidney Walk is an annual even to raise funds and awareness of kidney health and kidney disease.

This year's walk will be held in most capitals on 14 September 2014. The Canberra walk will be a week later on 21 September at 11:00am.

The walk will be in the Central Basin of Lake Burley Griffin with the start and finish line just along from the National Carillon.

There will be a 5Km walk and a shorter walk for those a little less energetic. Dogs are welcome but must be on a leash of no more than two metres and should be well-behaved. KHA accepts NO responsibility for any dogs at the walk.

You may register and donate on the [Big Red Kidney Walk](http://bigredkidneywalk2014.gofundraise.com.au/cms/canberra) website. Registration for an individual is \$10, children age 12 years and under is free and for groups of 10, the fee is \$50. Please note fees are not payable upon registration. Participants must pay on the day. The above page may be found at — <http://bigredkidneywalk2014.gofundraise.com.au/cms/canberra>.

The Canberra Hospital Renal Unit has organised a team of nurses and patients to do the walk. If you wish to support them but are unable to do the walk you may do so via the [GoFundraise](http://bigredkidneywalk2014.gofundraise.com.au/page/calebReynolds) web page. The page may be found at — <http://bigredkidneywalk2014.gofundraise.com.au/page/calebReynolds>.

Following the walk, join the organisers for raffle draws, mingle with the Canberra kidney community, get some information on kidney health issues or general nutrition advice and perhaps participate in the sausage sizzle and a cool drink or hot coffee.

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.

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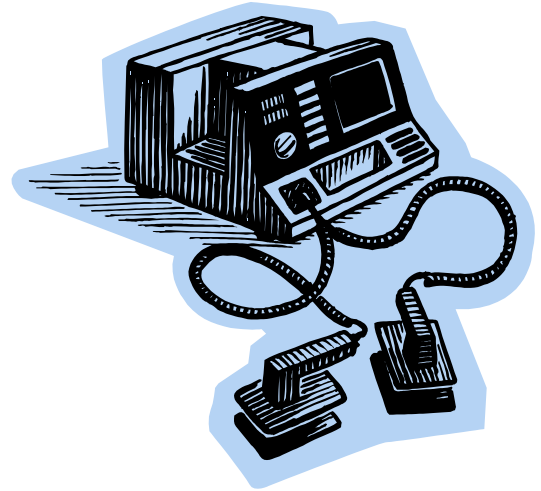
Member



Self Help Organisations United Together

Emergency department website goes live

On 1 July the Chief Minister and Minister for Health, Katy Gallagher launched the ACT Emergency Department live data website to help patients make an informed decision about which public health facility will best meet the immediate needs of patients, particularly those with lower-urgency conditions.



"The website shows real time data about the current activity of both Calvary and Canberra Hospital emergency departments including the number of patients currently waiting for treatment and the number of patients likely to present within the following two hours," the Chief Minister said.

"The website also reminds people of other options for receiving care and treatment, including the use of the walk-in centres and local General Practice.

"It is designed to help people make an informed decision about the best and quickest place to seek treatment, particularly for patients with non life or limb threatening conditions.

"A cross-section of emergency medical and primary health professionals took part in a roundtable last week where this website was discussed and feedback from those professionals has been incorporated into the website which is going live today."

Canberra's two emergency departments see over 100,000 patients each year, a growth of 25% since 2008-09 with a population growth of 9% for the same period.

"The number of people presenting to hospital for treatment is disproportionate to the population growth and the ACT Government has recognised that we need to ensure the community is well informed about other alternative treatment options.

"The emergency data website is one way the ACT government is providing the community with up to date information to assist them in making decisions about where to seek treatment.

"The real-time emergency data website will also enable the community to see how busy these departments are and highlight some of the positive work our emergency departments are doing," the Chief Minister concluded.

People can view the website by visiting <http://health.act.gov.au/emergency/live-emergency-data-information>.

From the KHA July 2014 Kidney Community Newsletter

Why Exercise is so important for people with CKD

Whether you have kidney disease or not, there are plenty of reasons to make exercise a part of your day.

However, if your kidney function has declined, regular exercise can play a powerful role in improving your health and managing cardiovascular risk factors.

A recent publication from Sweden¹ reviewed and analysed the results from 41 trials assessing the effects of regular exercise training on clinical outcomes in adults with CKD. The collated results indicated that regular exercise of longer than 30 minutes per session 3 times weekly will improve aerobic capacity, blood pressure, muscular strength, and health-related quality of life. These benefits occurred in adults with CKD Stages 2-5, those receiving dialysis, and adults with a kidney transplant.

Exercise doesn't have to be complicated - a study from China² demonstrated that walking as a form of exercise is associated with reduced risk of mortality and requirement for dialysis or transplant. The benefit of walking was not related to age, level of kidney function, or other conditions such as diabetes or heart disease.

The key to improving or maintaining your fitness is to start slowly and gradually increase the time and intensity of your activities. If you are only starting out, aim to do some physical activity for at least 30 minutes 3-4 times each week. The 30 mins can be broken down into smaller blocks, e.g. 3 x 10 mins, which can be increased as you become stronger.

It is a good idea to talk to your general practitioner or a physiotherapist if you are new to exercise, or have not exercised in a long time. They can provide advice on suitable activities and teach you appropriate stretching techniques.



Here are some extra tips to help you get started:

- Take every opportunity to be active.
- Try to incorporate physical activity into your daily life.
- Examples include walking the dog, taking the stairs, getting off the bus a stop earlier or mowing the lawns.
- Mild soreness or stiffness is common when doing new or more physical activity but you shouldn't feel pain. Next
- time you exercise you may need to modify what you do but don't stop your physical activity all together. If you are in pain seek medical advice.
- Ask family or friends to join you – having an exercise buddy is great motivation.

1. Heiwe S & Jacobson S,H. Am J Kidney Dis 2014; <http://dx.doi.org/10.1053/j.ajkd.2014.03.020>

2. Chen I-R, et al. Clin J Am Soc Nephrol 2014;9:1183-89.

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.



Flavours Without Salt

Blend these herbs and store in an airtight jar.

Herb Blend 1

- 1 tsp basil
- 1 tsp marjoram
- 1 tsp thyme
- 1 tsp parsley
- 1 tsp ground cloves
- 1 tsp black pepper
- 1 tsp savoury
- ¼ tsp ground nutmeg
- ¼ tsp cayenne pepper

Herb Blend 2

- 1 tsp celery seed
- 2½ tsps marjoram
- 2½ tsps savoury
- 1½ tsps basil
- 1½ tsps thyme

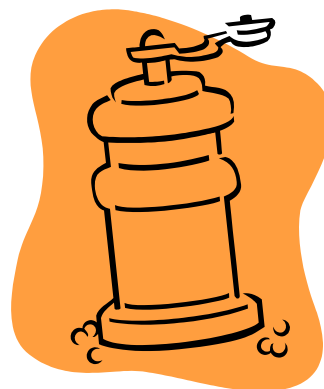


Suggestions for use

1. Mix 2 tsp herbs with 1 tblsp oil and baste lamb, beef or chicken before roasting.
2. Add to chicken stuffing before roasting.
3. Mix to breadcrumbs before coating chops, veal, etc.
4. Add Herb Blend 2 to bread dough to make a savoury loaf. Sprinkle cheese on top.

Saltless Seasoning Powder

- ½ tsp garlic powder
- ½ tsp thyme
- ½ tsp onion powder
- ½ tsp paprika
- ½ tsp white pepper
- ½ tsp celery seed
- ½ tsp mustard powder



Suggestions for use

1. In place of stock in soups, gravies, casseroles, stews, etc.
2. Mix with flour and coat chicken or fish fillets before frying.
3. Add to salt-reduced products such as pasta sauce, canned baked beans, spaghetti, packet soups etc.
4. Use small amount in mashed potato with a dash of milk.

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:

Saturday 6th December

RAM Morning Teas at Hellenic Club, Woden until December — 10:30 to 12:00

Wednesday 13th August

Thursday 18th September

Wednesday 15th October

Thursday 13th November

Wednesday 10th December

All welcome

Eurobodalla Renal Support Group

The Eurobodalla Renal Support Group & Organ Donor Awareness.

Present — A Community Awareness Event.

“Find Out Friday

When- Most Fridays

Venue- Bridge Plaza. Batemans Bay.

Time- 9.30am to 5.00pm

We urge all Australians to take the time to register as Australian Organ and Tissue Donor's.

Are You Registered?

Australian Organ Donor Registration forms available.

And then

Make sure you “Have The Chat That Save's Lives” because your family & love ones must agree with your decision if they are ever asked before your organ & tissue decision will proceed.

On Display Donate Life “The Book of Life”

Chat with Brad Rossiter — Dual Organ Transplant recipient – Kidney & Pancreas and Double Leg Amputee.

For more information visit — Donate Life. www.donatelife.gov.au and Kidney Health Australia. www.kidney.org.au

“We look forward to seeing you there”.

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year.



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.

NOTE: This form may also be used to notify a change of address/contact details.