



Canberra Region Kidney Support Group

Kidney News

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

KIDNEY DONATION RATES RISE ACROSS THE BOARD

More Australians received a life-saving kidney in 2013 than ever before.

Kidney Health Australia welcomes today’s latest statistics from the Australian Government highlighting 2013 as a milestone year for deceased organ donations and a welcome improvement in living organ donations.

Last year, 1,222 Australians received an organ transplant due to the generosity of 391 deceased donors and their families.

Kidney transplants from deceased donors reached a new record in 2013, with a total of 645 Australians receiving the gift of life.

Overall, there was a 10 per cent increase in the number of deceased organ donors in 2013, according to the figures released by the Australia and New Zealand Organ Donation Registry (ANZOD) and the Australian Organ and Tissue Authority.

Ms Anne Wilson, CEO Kidney Health Australia, said that whilst the statistics were promising, Australians can be doing more.

“Kidney Health Australia is encouraged to see the number of deceased organ donors continue to rise, but there is a long way to go,” said Ms Wilson, “The reality is that only about seven per cent of people on dialysis get a kidney transplant from a deceased donor each year.”

While the latest figures are positive, as of December 2013 there were still 1,076 Australians on the waiting list for a kidney transplant. The national average waiting time for a kidney transplant is three and a half years – meaning many Australians



Anne Wilson, CEO Kidney Health Australia

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Self Help Organisations United Together

KIDNEY DONATION RATES RISE ACROSS THE BOARD

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have to rely on regular dialysis to survive, which can have a dramatic impact on their ability to work, care for their families and travel.

“Australia needs to continue our national conversation about organ donation,” said Ms Wilson, “Whilst it certainly is positive to see deceased donor numbers increasing, it is critical to also recognise the need to increase live donation figures.”

“Live donor rates have been steadily decreasing since 2008, so it is encouraging to see that trend now reversing with 249 live kidney donations occurring in 2013 – a five per cent increase on 2012,” continued Ms Wilson.

“Recent initiatives, such as the Federal Government’s Supporting Leave for Living Donors Scheme, is clearly achieving early results, despite the fact it has only been operating for six months. Kidney Health Australia believes this highlights the positive impact that initiatives such as this can have, and therefore continues to advocate for further improvements to living donor policy.”

“Kidney Health Australia urges anyone contemplating becoming an organ donor to discuss this important issue with their family,” Ms Wilson added.

Kidney Health Australia supports the reforms made by all governments to move to a single national Australian Organ Donor Register. In particular, Kidney Health Australia congratulates the Australian Organ and Tissue Authority on its achievement in significantly improving Australia’s organ donation rate and believes further improvement will be realised in coming years.

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.

Transplant Australia says Increased Donation Rates Welcomed

Transplant Australia today paid tribute to the families of the 391 Australians who last year become organ donors.

Transplant Australia Chief Executive Officer, Chris Thomas, in welcoming the Federal Government’s announcement about the 2013 donation rates, said the decision to donate a loved one’s organs always came at one of the most traumatic and difficult times for a family.

“In recent times there have been a number of high profile deaths which have attracted widespread media attention. Out of these tragedies there have been amazing and selfless acts of generosity by the families of those loved ones,” Mr Thomas said.

“To lose a loved one in any circumstance is extremely difficult. When it is a young person who has been involved in some form of trauma or injury makes it just that much harder.

“Every family of the 391 donors needs to be thanked while we also need to recognize that many of these donors had previously made a decision that if the opportunity arose, they would wish to become donors. It is wonderful to see those families honouring that decision.”

The Federal Government announced today that 1,122 Australians received a life-saving transplant in 2013. One in four transplants now occurs because of the changed approach to organ and tissue donation in Australia.

Mr Thomas said it was proof that the national reform program which had seen a more national approach to donation, improved processes in hospitals and greater training of health care professionals, was working for the long term.

Gift of Life's DonateLife Walk 2014

Canberrans are urged to walk for an important cause on Wednesday 26 February at Gift of Life's DonateLife Walk, now in its eighth year.

Thousands of Canberrans are once again expected to show their support for organ and tissue donation by pulling on their walking shoes for a lap across the two bridges and around Lake Burley Griffin to promote greater awareness about organ and tissue donation. A shorter route around Commonwealth Park will be held simultaneously.

President of Gift of Life David O'Leary says the public response to the walk each year has been outstanding and continues to grow. "Canberrans have really lent strong support to the walk in the past. Last year we saw just over 3,000 people participate and we're hoping to top that in 2014," he said.

Gift of Life's DonateLife Walk is sponsored by the Organ and Tissue Authority, which leads the Australian Government's national reform program to implement a world best practice approach to organ and tissue donation for transplantation. The walk is Canberra's main community event during national DonateLife Week 2014, which runs from Sunday 23 February to Sunday 2 March.

"During this week we're asking every family to have the chat that saves lives and to ask and know their loved one's decision," Mr O'Leary said. "DonateLife Week is also a good opportunity to register your donation decision on the Australian Organ Donor Register administered by the Department of Human Services, and to encourage your loved ones to register their decision."

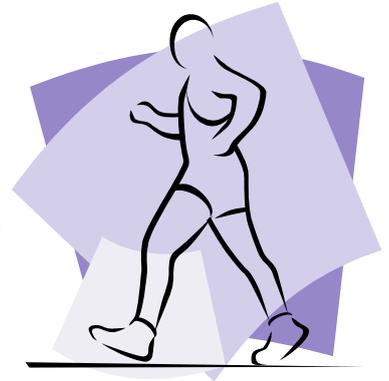
This is important because organ and tissue donation saves lives. One donor can transform the lives of up to 10 people and greatly improve the lives of many more.

"Currently more than 60% of families agree to donation proceeding when asked to confirm the donation decision at the death of a loved one, and we would like to see these figures improve. Prior family discussion can contribute to higher consent rates which is vital if Australian donation rates are to increase," Mr O'Leary said.

Gift of Life's DonateLife Walk 2014 will be held on Wednesday 26 February at Regatta Point with a 7am sharp start. Visit www.giftoflife.asn.au now to register.

There is no fee for participation and the event will conclude with a free breakfast prepared by the Lions Club of Belconnen.

For more information on organ and tissue donation visit www.donatelife.gov.au.

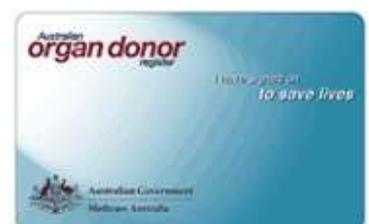


Organ Donor Registration

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.



Mexican Chicken Skewers & Sauce

INGREDIENTS - Serves 4

- 400g chicken breast fillets
- 2 tablespoons plain flour
- 1 egg, beaten
- 1 ½ cups fresh breadcrumbs
- ¼ cup finely grated parmesan cheese
- 2 teaspoons Mexican seasoning mix
- 10 -15 wooden skewers, pre-soaked in water **Hot Dipping Sauce**
- 420g can Edgell Creamed Corn
- 1 tablespoon finely chopped fresh chives
- 1 tablespoon finely grated parmesan cheese



METHOD

1. Flatten chicken breast fillets with a rolling pin. Cut into 3cm x 10cm strips and thread onto satay skewers. Dip skewers into plain flour, egg and coat lightly with combined breadcrumbs, parmesan cheese and Mexican seasoning mix.
2. Place skewers onto a greased oven tray and bake in a pre heated oven at 200°C for 12-15 minutes.
3. Spoon Edgell Creamed Corn into a microwave safe dish, add chives and parmesan cheese and microwave on medium/high for 3 minutes or until heated through. Serve chicken skewers with Corn Dipping Sauce.

TIP: For an extra creamy sauce add ½ cup sour cream

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)	600
Protein (g)	11
Fat - Total (g)	4
Carbohydrate - Total (g)	15
Sodium (mg)	131
Potassium (mg)	192
Phosphorus (mg)	162

Thanks to Simplot 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.

Proposed meeting dates for 2014 are as follows:

22nd February

24th May

12th July

18th October (AGM)

6th December

RAM Morning Teas at Hellenic Club, Woden

10:30 to 12:00

Wednesday 12th February.

All welcome

Eurobodalla Renal Support Group

The Eurobodalla Renal Support Group and Organ Donor Awareness announced it's national support for Donate Life Week 2014.

Brad Rossiter, Chair and Founder of The Eurobodalla Renal Support Group and Organ Donor Awareness and today said, "Many people aren't aware that less than 2% of hospital deaths occur in the specific circumstances where a person can be considered for organ donation".

"The rarity of organ donation for transplantation is why every Australian needs to ensure their family members know their organ donation decision, so that we can optimize every opportunity for Australians to have access to life-transforming organ and tissue transplants," Brad Rossiter said

During Donate Life Week, Sunday 23 February – Sunday 2 March 2014, all Australians are encouraged to have the chat that saves lives.

Brad Rossiter said "We urge all Australians to take the time to register as Organ and Tissue Donor's, then make sure you tell your family and loved ones because they must agree with your decision to be an organ and tissue donor".

"Any day is a good day to have the chat that saves lives with your family and friends. It's a chat that will help you be prepared, should you ever be asked to confirm a loved one's donation decision. It will also help you and your family be prepared should they ever be asked to confirm your decision to be an organ and tissue donor. It's a chat that save's lives."

"Some families in Australia find it difficult to raise the subject of organ and tissue donation with other family members. Deciding to have the chat during Donate Life Week can help normalize the subject and make it OK to talk about", said Brad.

Donate Life Week is Australia's national awareness week to promote organ and tissue donation as part of the national Donate Life campaign and supported by community events and activities across Australia such as The Eurobodalla Renal Support Group and Organ Donor Awareness.

To help encourage more Australians to discuss and understand organ and tissue donation, and to remember and give thanks to the people who have been organ and tissue donors and to their families, The Eurobodalla Renal Support Group and Organ Donor Awareness will be holding a Get Together Lunch at The Batemans Bay Soldiers Club to Launch Donate Life Week 2014 along the NSW South East Coast and surrounding districts on Sunday 23rd February 2014 commencing at 12.00noon in the Batemans Bay Soldiers Club Bistro, lunch is at regular club prices.

Also during Donate Life Week 2014 on Friday 28th February 2014 as part of our ongoing community awareness commitments we, along with East Coast Radio 2EC shall be hosting a "Live" Outside Broadcast from The Bridge Plaza Batemans Bay from 10am to 2.00pm, including a manned Donate Life display table with handout information and Australian Organ Donor Registration forms available.

For further information regarding Donate Life visit: www.donatelife.gov.au



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.