



Canberra Region Kidney Support Group

# Kidney News

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

## Kidney Health Week — 25 - 31 May 2014

28<sup>th</sup> May 2014

### IMPROVED EARLY DETECTION KEY TO TACKLING KIDNEY DISEASE -World first pharmacy program to allow for home checks for signs of kidney damage-

**Kidney Health Australia released a new report on kidney disease in Australia, and announced a pharmacy program to help those at increased risk identify the disease early.**

The *State of the Nation: Chronic Kidney Disease in Australia* report, launched at a Kidney Health Week event this morning at Parliament House Canberra, highlights that while 1 in 10 adults have been shown to have kidney disease, only 1 in 100 know they have it.

Anne Wilson, CEO Kidney Health Australia, believes the report re-emphasises the need for improved awareness and early detection measures.



“More than 5 million Australians don’t know that they are at increased risk of developing kidney disease, despite already having one of the two leading causes of the disease -- diabetes or high blood pressure,” Ms Wilson explained.

“Chronic kidney disease is common and harmful, but it is preventable; early detection really does save lives”, said Ms Wilson.

Ms Wilson was excited to also officially announce the launch of the ‘KidneyCheck Program’ today, a Kidney Health Australia initiative, developed and delivered in partnership with Amcal and Guardian pharmacies.



Kevin Andrews MP, Minister for Social Services launching Kidney Health Week 2014.

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Frankie J Holden is a Kidney Health Ambassador and acted as MC for the Kidney Health Week launch.

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Member



Self Help Organisations United Together

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Anne Wilson, CEO KHA speaking at the launch.

“Kidney Health Australia believes community pharmacy can play an important role in risk assessment for chronic kidney disease,” said Ms Wilson.

“Unfortunately, chronic kidney disease isn’t always recognised by health professionals and many people go undiagnosed until it is too late,” continued Ms Wilson, “As the peak body for kidney disease, Kidney Health Australia believes we have an obligation to address this gap in early detection and management at the primary care level”.

A world-first pharmacy program, the KidneyCheck Program allows people at increased risk of kidney disease to monitor the health of their kidneys in the privacy of their own home, by using a self-testing strip to check their urine for protein — one of the first signs of kidney damage.

The results from the self-testing strip are compared to the indicator chart provided and, if abnormal, are a prompter for people to request a full kidney health check from their GP.

“We need to do more to boost early detection efforts in the community – the striking statistics in our latest report make that clear,” said Ms Wilson.

The report reveals that there has been a 130% rise in end stage kidney disease (ESKD) — where the patient receives dialysis or a transplant — due to diabetes in the last decade.

In addition, it shows that one in five people with high blood pressure have chronic kidney disease (CKD), whilst half of all CKD patients have high blood pressure, and are 20 times more likely to die from a heart attack or stroke than they are to progress to the point of dialysis or transplantation.

#### THE STATE OF KIDNEY DISEASE IN AUSTRALIA

- 1 Australian dies every 25 minutes with kidney-related disease
- Diabetes is the single greatest risk factor for kidney disease that leads to dialysis or transplant
- 1 in 5 people with high blood pressure have chronic kidney disease (CKD)
- 1 in 2 people with CKD also have high blood pressure
- 63% of people with CKD are overweight or obese
- 56 Australians die with a kidney-related disease every day
- It is possible to lose up to 90% of kidney function before experiencing any symptoms
- 20,766 Australians currently depend on dialysis to stay alive
- 25% of all Australian men aged 65--74 have chronic kidney disease
- Men are more likely than women to die from kidney failure
- Someone with CKD is up to 20 times more likely to die from a heart attack or stroke than they are to progress to end stage kidney disease (ESKD) requiring dialysis or transplant

## Kidney Health Australia pays tribute to patron Sir Jack Brabham OBE

Australia's peak kidney health organisation Kidney Health Australia has paid tribute to its patron, the inspirational Sir Jack Brabham OBE.

Sir Jack, 88, passed away at his Gold Coast home this morning.

Kidney Health Australia CEO Anne Wilson said Sir Jack had suffered from kidney disease and had been on dialysis for a number of years. He had been a patron of Kidney Health Australia since 2008.

“Sir Jack was an inspirational patron for Kidney Health Australia and along with his wife Lady Margaret Brabham, who is also a patron of the organisation, attended many charity events, always keen to promote messages about kidney health. Sir Jack always said that coping with failed kidneys was one of the toughest drives of his life,” said Ms Wilson.

“Sir Jack will be greatly missed by everyone at Kidney Health Australia. He gave hope to many people young and old – he was a true legend.”

Our thoughts are with Lady Brabham, and Sir Jack's children and family at this sad time.

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. For more information about kidney disease and its associated risk factors, visit [www.kidney.org.au](http://www.kidney.org.au).



Sir Jack and Lady Margaret Brabham at the National Kidney Kids Camp at Kindilan at Redland Bay in Queensland in April last year.

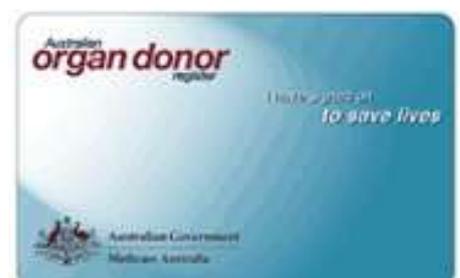
### Kidney Health — What can you do? Your kidneys look after you...It's time to look after them!

- **Maintain a healthy body weight** — Aim to be physically active for at least 30 minutes every day, eat a variety of nutritious foods and control your portion size.
- **Manage your salt intake** — A high salt diet can lead to a variety of health problems, such as high blood pressure, obesity, kidney stones and stroke.
- **Make water your first choice** — Drinks containing sugar may cause or worsen health related conditions and should be enjoyed in moderation.
- **Monitor your kidney health** — Visit your doctor every year for a kidney health check, especially if you suffer from diabetes or high blood pressure.

### 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>



# Indian Style Chicken Casserole

## INGREDIENTS - Serves 4

- 3 skinless chicken breasts, cut into cubes
- 1 onion, diced
- ½ x 440 g canned tomatoes
- 1 tsp garlic
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp ginger
- 1 tsp black pepper
- 1 tsp turmeric
- 2 tbsp vegetable oil
- 3 tbsp natural yoghurt
- 1 cup chicken stock (1 stock cube in 1 cup boiling water)



## METHOD

1. Heat oil in deep saucepan; sauté finely chopped onion
2. When onion almost cooked, stir in garlic and spices.
3. Add chicken and brown.
4. Stir in stock and tomatoes.
5. Simmer 1 hr or transfer to ovenproof dish and bake in moderate oven 1 hour.
6. Prior to serving add yoghurt.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1335
Protein (g)	34
Fat - Total (g)	18
Carbohydrate - Total (g)	5
Sodium (mg)	327
<b>Potassium (mg)</b>	<b>567</b>
<b>Phosphorus (mg)</b>	<b>399</b>

**TIP:** Serve with boiled rice and a standard salad.

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.

### All welcome

Proposed meeting dates for 2014 are as follows:

26 July 2014

RAM Morning Teas at Hellenic Club, Woden until June 2014.

10:30 to 12:00

Wednesday 11th June

## 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](http://www.donatelife.gov.au) and Kidney Health Australia. [www.kidney.org.au](http://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.*



Brad & Lorae were invited guests to speak at The Batemans Bay Mah-jong Club on 29<sup>th</sup> may. Afterwards Lorae was presented with a beautiful bouquet of flowers

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## 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.