



Canberra Region Kidney Support Group

Kidney News

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

CALL FOR NATIONAL ACTION TO TACKLE INDIGENOUS KIDNEY DISEASE

Kidney disease is a silent killer of Indigenous Australians. It impacts regardless of locality and people often have few symptoms until they need to have dialysis.

At a Parliament House event this morning to mark World Kidney Day, Kidney Health Australia was joined by the Close the Gap Campaign Steering Committee and the Australian & New Zealand Society of Nephrology (ANZSN), to highlight the critical impact of chronic kidney disease in Aboriginal and Torres Strait Islander communities.

Anne Wilson, CEO Kidney Health Australia, said the statistics are staggering and clearly demonstrate that there is not enough being done to effectively address the issue.

“Kidney disease is a major health issue facing Indigenous Australians and is leaving a catastrophic mark on families and communities,” said Ms Wilson, “Aboriginal and Torres Strait Islanders are almost four times more likely to die with kidney disease as a cause of death than non-Indigenous Australians, and research shows that nine out of ten Aboriginal and Torres Strait Islander people who have CKD may be unaware that they have the disease.”

Each State and Territory manages access to renal dialysis and transplant services differently. This creates particular challenges for Aboriginal and Torres Strait Islander patients, who are much more likely to live in remote areas, with the nearest renal service often being across a state boundary. Patients may be required to relocate hundreds or thousands of kilometres away to a totally unfamiliar city to access lifesaving treatment. This is a cause of confusion and distress.

“We’re calling on the Federal Government to demonstrate strong leadership on this critical issue,” continued Ms Wilson.

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Self Help Organisations United Together

CALL FOR NATIONAL ACTION TO TACKLE INDIGENOUS KIDNEY DISEASE

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"We need a coordinated national approach and a focus on prevention, early detection, and intervention — Kidney Health Australia believes this can be achieved through the development of the implementation plan under the National Aboriginal and Torres Strait Islander Health Plan."

Indigenous social justice and health advocate, Professor Tom Calma AO, Founder and Member of Close the Gap Steering Committee, spoke at this morning's event about the progress and priorities to close the gap in Indigenous life expectancy, highlighting the significant levels of undetected treatable and preventable chronic conditions, such as kidney disease that impact on life expectancy.

"Federal, State, and Territory Governments need to partner with Aboriginal and Torres Strait Islander people to develop intervention strategies that must include a much greater focus on kidney health education and access to appropriate primary health care services to detect, treat, and manage these conditions," said Professor Calma.

Professor Alan Cass, President of the Australian and New Zealand Society of Nephrology, echoed the call for urgent government-led action towards overcoming the issue.

"With 60,000 Indigenous Australians currently affected by kidney disease, and almost 2,000 of them relying on dialysis or a kidney transplant to stay alive, there is a dire need for better renal health care options and improved accessibility for Aboriginal and Torres Strait communities," he said.

"The situation in Indigenous communities is unsustainable. Many renal units, especially for patients from regional and remote areas, are operating at, or beyond capacity. Crucial support services and kidney health education materials, in formats that are accessible for people who often have poor literacy skills, are lacking," he added, "We need to act to prevent severe kidney disease, so we can reduce the number of Aboriginal and Torres Strait Islanders needing renal dialysis treatment. This can only be done with targeted investment to support early identification and effective, best-practice management. State and federal governments, health services and community organisations will need to come together to achieve this."

This morning's event will be followed by a roundtable attended by members of parliament, key kidney experts, services providers and decision makers to discuss challenges and models of care for frontline impact. The outcomes of which will be made public in the coming months when tabled in Parliament.

Kidney Health Australia recently presented its submission on Indigenous kidney health issues and later appeared in front of the Senate Select Committee on Health. The full submission is available for download at kidney.org.au.

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.

HAVE THE CHAT THAT SAVES LIVES. DISCOVER, DECIDE AND DISCUSS ORGAN AND TISSUE DONATION

Did you know that only around one per cent of hospital deaths occur in the specific circumstances where a person can be considered for organ donation? Many more have the potential to become eye and tissue donors as tissues can be donated up to 24 hours after death regardless of where death occurred.

As an organ and tissue donor, you could transform the lives of 10 or more people. It's important that you register your donation on the Australian Organ Donor Register and, most importantly, that you share your decision with those closest to you.

Every Australian family needs to know each other's organ and tissue donation decision. This is important 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,

In the same way that we discuss what we want to have happen in the event of our death, we also need to talk about whether we would like to become an organ and tissue donor. It's a conversation we can have today, that helps prepare our loved ones should they be offered the opportunity to proceed with organ and tissue donation.

Research commissioned by the Organ and Tissue Authority confirms that families that have discussed and know each other's donation decisions are much more likely to support organ and tissue donation proceeding.

Even if you have previously made a decision about organ and tissue donation, take the opportunity to remind your family about your donation decision, and to ask and know their decision.

It's a conversation that could one day save lives.

The CRKSG supports and encourages organ donation.

For more information visit www.donatelife.gov.au



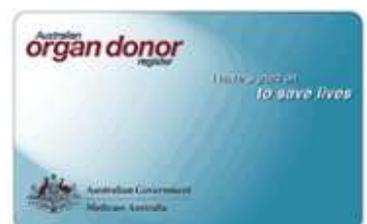
DonateLifeWeek  **2015**
SUNDAY 2 AUGUST – SUNDAY 9 AUGUST

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 preheated 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.

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 2015 are as follows:

- 13 June, (large meeting room)
- 12 September, (AGM?) (small meeting room) and
- 5 December. (small meeting room)

All welcome

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

Wednesday 15th April,
Thursday 14th May,
Wednesday 17th June,
Thursday 16th July,
Wednesday 12th August,
Thursday 17th September,
Wednesday 14th October,
Thursday 12th November, and
Wednesday 16th December

Eurobodalla Renal Support Group

The Eurobodalla Renal Support Group & Organ Donor Awareness hosted a DonateLife organ donor awareness event on Saturday 23rd March 2015 at The Batemans Bay Seahawks AFL Club, "Hawk Cup"

The day was very well attended with 10 teams from far and wide competing and masses of supporters.

On the day we distributed heaps of Donate Life merchandise along with over 100 organ donor registration forms.

A very positive day for organ donor awareness in the community at Batemans Bay.

Thanks to all for your support.



Brad and Lorrae at the Hawk Cup



The Group's stand at the Hawk Cup



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 address shown at the top of this page.

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

Canberra Region Kidney Support Group

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>