



Canberra Region Kidney Support Group

Kidney News

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

*The CRKSG
wishes you a
Merry Christmas
And a
Happy, Healthy
and Prosperous
New Year*



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Kidney Community Mourns Jonah Lomu

Australia's peak kidney health organisation, **Kidney Health Australia**, has paid tribute to New Zealand rugby union legend, **Jonah Lomu**, following his sudden passing on 17th November at the age of 40.

Lomu was diagnosed with Nephrotic Syndrome — a rare type of kidney disease — at the age of 20, the year after he debuted for the All Blacks.

Kidney Health Australia CEO and Managing Director, Anne Wilson was shocked and saddened by the news and extended her condolences to Jonah's loved ones and the rugby union community.

"our thoughts are with Jonah's wife, Nadene, his family and his All Blacks team mates at this tragic time," said Ms Wilson.

"Jonah was a champion not only of the game, but also of the kidney cause." added Ms Wilson, "his passing is a devastating loss to millions of rugby and sporting fans around the world, but also to the global kidney community for whom he was such an inspiration."

In Nephrotic Syndrome, the kidney filters were damaged and large amounts of protein are leaked through the kidneys and are removed from the body in urine.. As a consequence of the loss of protein, the body's level of protein drops below normal, swelling occurs in various parts of the body, and the cholesterol level rises in the blood. Nephrotic Syndrome can lead to end stage kidney disease, where individuals must start dialysis treatments or receive a kidney transplant to survive.

A rare disease, Nephrotic Syndrome is diagnosed in approximately three in every 100,000 adults and five in 100,000 children each year.

"Kidney disease in any form is an insidious disease and one that often goes undetected," added Ms Wilson, "Currently 90% of Australians affected by kidney disease are unaware that they have it, as there are often no warning signs — it is a silent killer."

"It is critical to learn about your kidney health and to ask your doctor for a kidney check — when your kidneys shut down, your body shuts down."

The most recent data shows that 11,774 Australians currently depend on dialysis to stay alive and 1,129 Australians are on the waiting list for a life saving kidney transplant.

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.



2015 Gift of Life Awards for Organ and Tissue Donation Awareness

The recipients of the 2015 Gift of Life Awards for organ and tissue donation awareness were recognised on Monday 30 November by ACT Chief Minister Andrew Barr.

The awards acknowledge the exceptional role played by those in the community, health and government sectors in promoting organ and tissue donation. The recipients were as follows:



Award recipients with Chief Minister Andrew Barr, David O'Leary and David Parker

- ◆ The Terry Connolly Award for Healthcare Leadership and Innovation – Professor Peter MacDonald and Associate Professor Kumud Dhital of St Vincent's Hospital in Sydney – for their leading roles in pioneering and carrying out, in 2014, the world's first successful 'dead heart' transplant operation whereby hearts are revived after circulatory death and transferred to recipients, enabling a major increase in the pool of hearts available for transplantation.
- ◆ The Ben Wiseman Award for Policy Advocacy and Support – Dr Helen Watchirs OAM – for her outstanding contribution and continued support for organ and tissue donation and transplantation. Following the tragic death of her husband Terry Connolly, Dr Watchirs has played a pivotal role in lifting public recognition for the cause as well as contributing to government policy in this area.
- ◆ The Jenny Deck Award for Community Support – Marjorie Taylor – for being at the forefront in promoting organ and tissue donation since her daughter – Annette Taylor – became the ACT's first organ donor 40 years ago.
- ◆ The Annette Taylor Award for Support from Schools – Canberra Girls Grammar School – for its enthusiastic and continuing involvement as well as its assistance at Gift of Life's DonateLife Walk.
- ◆ A Special Award for Leadership and Support – Katy Gallagher, former ACT Chief Minister – for her commitment to raising awareness for organ and tissue donation and transplantation that has been a foundation for strong community awareness and support in the ACT for this important cause.

In addition, the Angus Fairbairn-Cody Award was presented to two young kidney recipients, Harry Irvine and Ava Bancroft. Their parents spoke about their organ donation experience to help inspire the community to become organ and tissue donors.

Gift of Life President David O'Leary thanked award recipients for their dedication in raising awareness for organ and tissue donation.

Bethonga Gold Pineapple Sorbet

INGREDIENTS - Serves 6 (makes 1.5L)

- 1 Bethonga Gold pineapple (about 800g flesh)
- 150g caster sugar
- Juice of ½ lemon
- 1 egg white
- Small mint leaves to decorate (optional)



METHOD

1. Put sugar in a saucepan with 200ml water. Heat gently to dissolve sugar, stirring regularly. Pour into a bowl, leave to cool, then chill.
2. Meanwhile, roughly chop pineapple flesh and put in a food processor. Process until smooth. Pour in syrup and lemon juice, pulse once to mix. Transfer to a freezer-proof container, freeze for about 4 hours, or until mushy.
3. Return to food processor, process until smooth. Return to container. Whisk egg white until frothy, stir into sorbet. Freeze for about 4 hours.
4. If you have an ice cream machine simply add chilled syrup, crushed pineapple and lemon juice and churn until thick. Add whisked egg white and churn until firm enough to scoop.
5. Serve in scoops, decorated with mint leaves, if liked.

NUTRITION

Nutrient	Per serve
Energy (kJ)	473
Protein (g)	2
Fat - Total (g)	0
Carbohydrate - Total (g)	27
Sodium (mg)	9
Potassium (mg)	183
Phosphorus (mg)	9

Thanks to Perfection Fresh for supplying this recipe.

NOTE — NOT Suitable for people with Diabetes

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 on Saturdays at 2:00pm. Venue and dates for 2016 to be advised.

All welcome

Proposed meeting dates for 2015 are as follows:

- No further meetings in 2015

RAM Morning Teas at Hellenic Club, 10:30 to 12:00 —
2016 dates to be advised

Eurobodalla Renal Support Group

Thank You Day on Sunday 22nd November 2015.

Brad & Lorae Rossiter founders of The Eurobodalla Renal Support Group & Organ Donor Awareness welcomed all to Korner's Park at the newly installed Contemplation & Reflection area beside the pristine Clyde River.

"Donate Life Thank You Day is a time for all people across all communities who have been touched by organ & tissue donation to say thank you & reflect on life" - said Brad Rossiter.

Brad is an organ transplant recipient himself of a kidney & pancreas over 8 years ago.

"I truly am a lucky man having received a lifesaving & changing double organ transplant. My donor & the family shall never be forgotten by me. A big Thank you also always goes to Lorae, Trent & my family who have been right beside me & still remain my strength. Donate Life Thank You Day is a perfect opportunity for all Australians to gather and join in to say Thank You" - Brad said

You can always chat with Brad Rossiter at The Bridge Plaza every Friday from 9.30am to 5.00pm about organ donation. Kidney Health .

We also have Organ Donor Registration forms, Kidney Health Australia info & Donate Life- The Book of Life on display+ local issues dealing with accessibility for all & Brad is the Chair of the Eurobodalla Health Service Community Consultation Committee.

All the best,

Brad Rossiter

0458534470

Eurobodalla Renal Support Group & Organ Donor Awareness- Founder

Eurobodalla Citizen of the Year 2012

Kidney & Pancreas Transplant Recipient

Community Event Host

Motivating & Inspiring Guest Speaker.



**Eurobodalla
Renal Support Group**
AND ORGAN DONOR AWARENESS



Brad & Lorae



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.



If Undelivered Please Return To:

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Garran ACT 2605

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