



Canberra Region Kidney Support Group

Kidney News

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



Canberra & Region Big Red Kidney Walk

13th September 2015 – Sunday 11 am.

Central Basin loop
Start/finish will be at Rond Terrace.

Dress in red and show your support!

ENTRY FEES

\$10 - individual
\$50 - for a team of 10

Help raise the profile and awareness of kidney issues and support fundraising efforts for Kidney Health Australia

FOR MORE INFORMATION:

www.facebook.com/canberraandregionbigredwalk

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Member



Self Help Organisations
United Together

From the Kidney Health Australia June 2015 Kidney Community Newsletter

KHA at Parliament House

There were many special guests at the official launch of Kidney Health Week, which was held at Parliament House, Canberra on Thursday, May 28. More than fifty guests, including Members of Parliament, representatives from pharmaceutical companies, Kidney Health Australia alliance partners, and supporting health organisations attended the launch. The Minister for Health, the Hon. Sussan Ley MP, (pictured right) along with Shadow Assistant Health Minister Stephen Jones MP, were guest speakers at the event and helped to officially launch the week. Billy the Kidney also made a special appearance and was a hit with attendees and the waiting media.



Kidney Health Australia's State of the Nation report was released at the launch and it highlighted chronic kidney disease as a silent killer, which is going undiagnosed in Australia. This finding was supported by a very special Kidney Health Australia guest, Joy Harrington (pictured right) from Adelaide, who shared her story of silent kidney failure and said she wished she'd known her high blood pressure, diagnosed in her 30s, had been a warning sign to monitor her kidneys.



The report found most Australians don't understand the strong link between high blood pressure and chronic kidney disease.

Joy told the audience she'd always believed herself to be in good health, despite her blood pressure. She said when she turned 63 she started to feel very tired and "couldn't focus properly" and knew something was wrong. She went to her doctor and was sent for tests. Joy said, "I was told I had lost over 90 per cent of my kidney function and had advanced stage kidney failure."

Joy fortunately went on to have a successful transplant, but told the launch that if she'd been made aware of how high blood pressure can seriously affect kidneys the outcome may not have been so serious.

#MeetBilly Tour A Hit!

As well as taking over our social media channels during Kidney Health Week (May 24 – 30) Billy the Kidney embarked on a whirlwind tour of the country, encouraging all Australians to meet their kidneys. Along the way not only did he rub shoulders with politicians, but he met many of you and posted some great photos to our Facebook page and Instagram accounts. He even had his own hashtag on Twitter which was #MeetBilly. Billy discovered he quite liked the limelight and was seen hamming it up for the media cameras on more than one occasion. Good on you Billy! He visited Australian landmarks, such as the Sydney Opera House and in Melbourne was spotted visiting a very famous street!!! Billy also visited renal units and hospitals around the country. Thanks for the memories Billy. To see more of Billy the Kidney on tour during Kidney Health Week 2015 go to Kidney Health Australia's Facebook page at www.facebook.com/KidneyHealthAust



Billy Kidney at parliament house during Kidney Health Week launch

ACT Dialysis Places being Increased by more than 50%

Access to renal dialysis in the ACT is being increased by more than 50% and will include the first publicly provided nocturnal dialysis in Australia, Minister for Health Simon Corbell said today.

Mr Corbell visited the newly opened Tuggeranong service to see the 12 new renal dialysis treatment stations, which are the first to be operated in the district.

The Tuggeranong service and a soon-to-be opened service in Belconnen are being delivered by Diaverum as part of an increase and relocation of renal dialysis services in the ACT.

“The new Belconnen renal service will offer 24 renal dialysis treatment stations, 12 of which have been designed to support nocturnal dialysis for patients, making it the first public provider of nocturnal dialysis in Australia,” Mr Corbell said.

“With the relocation and increase of services we will increase the number of new renal dialysis treatment stations in the ACT from 31 to 48.”

The need to relocate and expand the ACT Renal Service in this way was identified through the Health Infrastructure Program, and is in line with the ACT Renal Services Plan 2010-2015 to support growth in community-based dialysis and ensure services are future proofed until 2023.

“Both of the services will provide comprehensive clinical care for renal patients, including dialysis and post-transplant care for patients with kidney diseases,” Mr Corbell said.

“Operating these vital services on the north and south of Canberra will provide renal patients in the region with convenient access to dialysis, with longer opening hours and less travelling time, depending on which side of Canberra they reside in.

“Furthermore, co-locating renal dialysis within existing ACT Community Health Centres will provide patients with better access to allied health services, such as dieticians or podiatry. Integrating services like this, means patients are receiving the right care, in the right place, at the right time and spending less time in hospital.”



Dialysis position featuring new model Gambro dialysis machine in the new Centre in Tuggeranong.



New model Gambro dialysis machine in operation at Tuggeranong Health Centre.

Fillet of Lamb with Garlic

INGREDIENTS - Serves 4

- 2 fillets of lamb (about 400 g)
- 4 cloves of fresh garlic, finely chopped
- 2 tbsp of olive oil
- 2 shallots, finely chopped
- 2 tsp of dried thyme
- 2 tsp of dried parsley
- 2 tsp of dried rosemary
- 6 tsp of dried oregano
- zest of whole lemon
- 1 glass white wine



METHOD

1. Mix garlic, lamb fillets, shallots, olive oil, herbs and lemon zest.
2. Marinade in fridge for at least 2 hours.
3. Preheat the oven to 200° c.
4. Heat frying pan until hot
5. Cook fillets in pan until browned.
6. Transfer meat and marinade into ovenproof dish.
7. Cook in oven for 35 mins.
8. Remove lamb from oven, transfer to warm dish and rest for 10 mins.
9. Deglaze oven pan with white wine and bring to boil.
10. Strain if required and pour over lamb.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1410
Protein (g)	32
Fat - Total (g)	8
Carbohydrate - Total (g)	20
Sodium (mg)	138
Potassium (mg)	972
Phosphorus (mg)	375

Thanks to Kidney Health Australia for supplying this recipe.

Tip: Serve on a bed of mashed potato (2/3 cup sweet potato and 1/3 cup potato), vegetables or a standard salad.

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:

- 25 July, (AGM) (small meeting room) and
- 5 December. (small meeting room)

All welcome

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

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 are hosting a community awareness event during Donate Life Week 2015 2nd to 9th August.

The Donate Life Community Awareness Event is on-

Friday 7th August 2015

Venue- Bridge Plaza Batemans Bay NSW 2536

Time 10.00am to 2.00pm

Joining us on the day to promote Donate Life Week 2015 will be East Coast Radio 2EC with a *Live Outside Broadcast*.

There will be a manned information stand with organ donor registration forms available.

Donate Life — The Book of Life on display.

Plenty of information & give a ways.

So come a long, bring your family & friends and discover the facts about organ & tissue donation.

Then you can all “Have the Chat that Saves Lives”

This Event is supported by-

The Australian Organ & Tissue Authority.

East Coast Radio

The Village Centre & Bridge Plaza.

For more information about Donate Life Week 2015 visit-

www.donatelife.gov.au

For details regarding this event & guest speaking engagements contact-

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year.

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Kidney Health Week 2015 launch by the Eurobodalla Renal Support Group & Organ Donor Awareness at the Batemans Bay Soldiers Club Bistro “Bubble Room”



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>