



Canberra Region Kidney Support Group

Kidney News

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

Kidney Health Week — 2015

Kidney Health Awareness Week was launched at the Parliament House on Thursday 28th May, by Sussan Ley MP, Federal Minister for Health.

The theme for Kidney Health Week this year was “Meet Your Kidneys”. Kidneys are the unsung heroes of our bodies and perform a number of very important jobs!

They are blood pressure regulators and they keep your blood pressure regular. They are ‘water balancers’ by removing excess water from your body. They filter your blood to remove waste and toxins. They manage your body’s production of Vitamin D, which is vital for strong bones, muscles and overall health.



Sussan Ley MP, Federal Minister for Health

The Kidney Health Australia “State of the Nation, Chronic Kidney Disease in Australia” report was also released by Anne Wilson during the launch of Kidney Health Week.

The new report paints a striking picture of Australia’s kidney health, highlighting kidney disease as a silent killer which goes largely undiagnosed, and often works in partnership with cardiovascular disease and diabetes. The report highlights two confronting facts: less than 10% of Australians with chronic kidney disease (CKD) realise they have it; and 51% of people with CKD also have cardiovascular disease or diabetes. The report highlights that 6 out of 10 people with CKD have hypertension, but sadly 96% of Australian adults are unaware of the link between high blood pressure and kidney disease.



Anne Wilson, CEO Kidney Health Australia

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Member



Self Help Organisations
United Together



Canberra & Region Big Red Kidney Walk

13 September 2015 – Sunday 11am

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

SUBSCRIBE

To be kept up to date with any news relating to the Big Red Kidney Walk, subscribe to our newsletter for free. Email subscribe@kidney.org.au or phone **1800 454 363**.

How do Your Kidneys Work?

The kidneys play a major role in maintaining your general health and wellbeing. Think of them as an extremely sophisticated, environmentally friendly, waste disposal system which sorts non-recyclable waste from recyclable waste, 24 hours a day, seven days a week, while also cleaning your blood.

Most people are born with two kidneys, each one about the size of an adult fist, are bean-shaped and weigh around 150 grams each. **The kidneys are located at both sides of your backbone** just under the rib cage or above the small of your back. They are protected from injury by a large padding of fat, your lower ribs and several muscles.

In each kidney, blood is filtered through millions of mini-filters called 'nephrons'. The excess fluid and unwanted chemicals from this filtering process become urine and are passed from the kidneys to your bladder.

The foregoing is from the Kidney Health Australia (KHA) website. More information may be found on that site at <http://www.kidney.org.au/Kidneydisease/HowourKidneyworks/tabid/590/Default.aspx>.



FEDERAL BUDGET EXTENDS LIVING DONOR SCHEME

Kidney Health Australia welcomes the Federal Government's commitment to continue to fund the Supporting Leave for Living Organ Donors Programme for a further two years, and congratulates the Government on its decision to extend the leave period from six to nine weeks.

The first scheme of its kind in Australia, the *Supporting Leave for Living Organ Donors Programme* was launched as a two-year pilot in 2013, and provided six weeks paid leave, at minimum wage rates, to assist live organ donors when they require time away from their job for work-up surgery and recovery.

CEO of Kidney Health Australia, Ms Anne Wilson, commended the Government for recognising the significant success of the scheme and investing in it for a further two years.

"This is an issue we have strongly advocated for and, in July 2013, we saw our efforts come to fruition with the commencement of the two-year pilot of the Supporting Leave for Living Organ Donors Scheme, which provides much needed support to those Australians who give the ultimate gift — the gift of life," said Ms Wilson.

"Kidney Health Australia has been thrilled to see the positive results the scheme has yielded thus far — as of March 31 2015, 210 Australians have registered for the scheme, and 128 claims have been paid — this number has exceeded expectations and indicates the gap in support that this scheme is filling," continued Ms Wilson, "Interestingly, between 2008 and 2012 we saw a continual decline in live organ donation, yet during the period of the scheme's operation in 2014 we saw a dramatic halt to the live kidney donation decline and - remarkably - a 7% increase."

"We also know that medical communities in other countries, such as the United States, are currently looking at effective ways to address live donor financial barriers," added Ms Wilson, "so it is very encouraging - and timely - to see the Australian Government at the forefront of this issue on the world stage."

Kidney Health Australia urges the Commonwealth to consider including the management and oversight of living organ donation under the Australian Organ and Tissue Authority (OTA), and looks forward to continuing its work with Government to secure the Supporting Leave for Living Organ Donors scheme on an ongoing basis, and supporting the sector to increase Australia's organ donation rate.

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.



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.



Chicken Fried Rice

INGREDIENTS - Serves 4

- 2 tsp oil
- 300 g chicken fillet, cubed
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 2 cups long grain rice, cooked, drained & chilled
- 4 tsp MAGGI Chicken Stock Powder (reduced salt)
- 1 red capsicum, diced
- 1 cup frozen peas
- 2 Tbsp soy sauce (reduced salt)
- 2 spring onions, sliced diagonally



METHOD

1. Heat oil in a large frying pan. Add the chicken, onion & garlic. Stir fry over a high heat until golden brown.
2. Add the rice, Chicken Stock Powder, capsicum and peas. Stir fry for 5-8 minutes.
3. Stir in the soy sauce and spring onions, just before serving

NUTRITION

Nutrient	Per serve
Energy (kJ)	1330
Protein (g)	27
Fat - Total (g)	7
Carbohydrate - Total (g)	31
Sodium (mg)	1288
Potassium (mg)	364
Phosphorus (mg)	311

Thanks to Nestle 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 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 are thrilled to bits to bring you-

“Find Out Friday”

When- Most Fridays!

Where- The Bridge Plaza Batemans Bay

Time- 9.30am to 5.00pm

Donate Life *The Book of Life* on display.

Visit www.kidney.org.au and www.donatelife.gov.au for kidney health & organ donor information.

Talk with Brad Rossiter kidney & pancreas organ transplant recipient, double leg amputee & legally blind.

Organ Donor Registration forms available.

Register today & “Make sure you have the chat that saves lives”

Contact Brad Rossiter for more details or to arrange an informative & educational Guest Speaking engagement.

Best Regards,

Brad Rossiter

m. 0458534470

Inspirational Guest Speaker

Kidney & Pancreas Organ Transplant Recipient

Double Leg Amputee. Legally Blind.

Citizen of the Year 2012 Eurobodalla Shire.

Batemans Bay Localist & Community Advocate.



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



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>