



Canberra Region Kidney Support Group

Kidney News

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

Growth In Organ Transplantation Despite Fewer Donors

In 2014, 1,177 Australians received a transplant due to the generosity of 378 organ donors and their families according to official figures released today by the Australia and New Zealand Organ Donation Registry (ANZOD) and the Organ and Tissue Authority (OTA).

Ms Yael Cass, OTA’s Chief Executive Officer said, “Considerable progress has been made in the five years since the DonateLife Network was established, with the 2014 outcome of 378 organ donors representing a 53% increase compared to 2009 (247)”.



“Although we had fewer donors in 2014, the number of organs transplanted from deceased donors increased to a record 1,193. This represents a 39% increase in the annual number of organs transplanted in Australia since 2009, the year the DonateLife Network was established.”

ANZOD Executive Officer, Professor Stephen McDonald said, “In 2014 there were more organs transplanted from fewer donors compared with 2013. The net impact meant we had a 3% decline in the number of organ donors but a 1% increase in the number of organs transplanted compared with 2013”.

“In 2014, Victoria, South Australia, Tasmania, the Northern Territory and the Australian Capital Territory maintained or exceeded their 2013 outcomes. Donation rates were lower in New South Wales, Queensland and Western Australia, with outcomes below those achieved in 2013. This meant Australia’s donation rate was 16.1 donors per million population (dpmp) in 2014 compared with 16.9 dpmp in 2013. This still represents a 41% increase in the donation rate over 2009 (11.4 dpmp),” said Professor McDonald.

The breakdown of donors in 2014 was: Victoria – 117; New South Wales - 92; Queensland - 71; South Australia - 36; Western Australia - 35; the Australian Capital Territory – 11, Tasmania - 9; and, the Northern Territory – 7.

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Self Help Organisations United Together

Renal Health Symposium - The Society of Hospital Pharmacists of Australia

This is a reminder that the abovementioned Renal Health Symposium is to be held in May this year. If you have not already done so and wish to do so, please indicate your desire to speak at the symposium as soon as possible.

The Society of Hospital Pharmacists of Australia (SHPA) is organising a renal symposium for the pharmacists in the ACT and surrounding areas on 2nd May this year. The focus of the 2015 symposium is renal medicine. They are hoping to provide a patient perspective for their members in addition to pharmacists and physicians specialising in renal medicine.



If you are interested/willing to talk with pharmacists at the symposium about the impact of kidney disease/dialysis/burden of medicines etc., on your life; contact Monica Jones, Deputy Director of Pharmacy (Operations), The Canberra Hospital Pharmacy Department on 02 6244 2118 or by email at Monica.R.Jones@act.gov.au.

Growth In Organ Transplantation Despite Fewer Donors

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The jurisdictional variation in the national donation outcome highlights the need for a continued focus on implementation of the reform programme to optimise donation for transplantation in every jurisdiction.

In 2014, tissue donation continued to improve the lives of Australians. There were 3,980 tissue donors and 4,225 tissue donations. The generous decision of tissue donors in 2014 allowed the transplant of 9,071 tissue grafts, improving the lives of 5,553 tissue transplant recipients. This represents a 50% increase in the number of tissue transplant recipients compared to 2013 (3,691).

The 2014 outcome of 1,162 eye donors was 2% higher than the 2013 outcome (1,144) and resulted in 1,897 corneal transplants. While this represents a 2% decrease in the number of corneal transplants compared with 2013 (1,932), Australian eye banks have reported that all requests for eye tissue for transplantation were met in 2014.

Ms Cass said family knowledge of organ donation decisions remains a key factor in determining consent, "Families who have discussed and know the donation decision of their loved ones are much more likely to say 'yes' to donation. While more than 60% of all potential donor families consent to donation proceeding, nearly 80% of donor families who know their loved one's donation decision consent to donation. Many also derive a sense of comfort in upholding their loved one's wishes."

"We encourage all families to share their organ and tissue donation decisions and to register on the Australian Organ Donor Register".

The full 2014 Report from the Australia and New Zealand Organ Donation Registry (ANZOD) is available at www.anzdata.org.au/anzod/v1/summary-org-donation.html

What You Need to Know about Organ Donation

If you have decided to become an organ and tissue donor, you need to register your decision on the Australian Organ Donor Register and most importantly, share your decision with your family.

To optimise every potential organ and tissue donation, we ask every Australian family to share their donation decisions with each other. This is because in Australia the family of every potential donor is always asked to support the donation decision of their loved one before organ and/or tissue donation can proceed. The most important thing that helps a family's decision is their knowing the donation decision of their loved one.

One day you could transform the lives of 10 or more people by becoming an organ and tissue donor. In 2014, 1,117 Australians received a life-saving transplant as a result of the generosity of 378 organ donors and their families.

Organ donation is a rare event – just 1% of people die in hospital in the specific circumstances where organ donation is possible, with many more having the potential to become tissue donors.

DonateLife Week dates for 2015 have been announced and will be held in early August 2015.

Why is organ and tissue donation important? Organ and tissue donation saves lives. One donor can transform the lives of up to 10 people and significantly improve the lives of many more.

People of any age regardless of gender, ethnicity or religion can one day need a life-transforming or life-saving transplant. Around 1,500 people are on Australian organ transplant waiting lists at any one time.

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.



Sesame Bites

INGREDIENTS - Serves 8

- 2 tbsp sesame seeds
- 2 cups sugar
- $\frac{3}{4}$ cup water
- 2 tbsp golden syrup
- 60 g margarine
- $\frac{1}{2}$ tsp bicarbonate soda



For illustrative purposes only. Your Sesame Bites may not look these!

METHOD

1. Lightly brown seeds in pan over a gentle heat, constantly stirring.
2. Allow seeds to cool.
3. Using tin foil, grease and line a 23 cm square tin.
4. Over low heat, mix sugar and water in saucepan without boiling until sugar dissolved.
5. Increase heat and without stirring allow mixture to boil until golden brown (approx. 15 minutes).
6. Stir in golden syrup and margarine until just combined.
7. Gently stir in seeds and soda then pour into tin.
8. Allow to cool for five minutes then score with knife into bite size squares.
9. When completely set, cut all the way through previous score.
10. Store in an air tight container.

NUTRITION

| Nutrient | Per serve |
|--------------------------|-----------|
| Energy (kJ) | 1200 |
| Protein (g) | 1 |
| Fat - Total (g) | 8 |
| Carbohydrate - Total (g) | 57 |
| Sodium (mg) | 181 |
| Potassium (mg) | 62 |
| Phosphorus (mg) | 72 |

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.

Proposed meeting dates for 2015 are as follows:

- 14 March (small meeting room),
- 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 —

Thursday 12th March,
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.

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 and Kidney Health Australia. 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.



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



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.