



Canberra Region Kidney Support Group

Kidney News

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

World Kidney Day 10 March 2016

Anne Wilson CEO and Managing Director of Kidney Health Australia said, ‘the KIDNEY DISEASE AND CHILDREN, BETTER KNOWLEDGE, BETTER CARE campaign highlights to both children and parents the importance of choosing water over sugary drinks, healthy food and physical activity daily.’



Billy Kidney Shopping for Healthy Food

World Kidney Day is raising awareness about the importance of developing healthy lifestyles in childhood for taking into later life and preventing risk factors for chronic kidney disease.

The Chairman of the Australian and New Zealand Paediatric Nephrology Association, Dr Joshua Kausman explained that obesity and high blood pressure are major risks for the development of many health complications in adulthood including kidney disease, but often have their origins in childhood.

Anne Wilson, Chief Executive Officer and Managing Director of Kidney Health Australia said that over 20,000 Australians will die with kidney related disease in Australia this year. This is despite the fact that if chronic kidney disease is detected early and managed appropriately, then the otherwise inevitable deterioration in kidney function can be reduced by as much as 50% and may even be reversible.

One in three adult Australians is at an increased risk of developing chronic kidney disease. You are at risk if you have diabetes, high blood pressure, established heart problems (heart failure or heart attack) and/or have had a stroke, a family history of kidney failure, are obese, smoke, are aged 60 years or older or are of Aboriginal or

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Member



Self Help Organisations
United Together

Calling all Adventurers to Trek Larapinta with KHA!

From Kidney Community — Issue 50 – Feb 2016

Following on from the success of our Great Wall of China Challenge, we have confirmed an incredible trip along the Larapinta Trail for 2016, and are looking for some inspirational adventurers to join us!

One of Australia's newest treks, the Larapinta Trail is already regarded as one of Australia's most spectacular bushwalking and trekking experiences. From the old Alice Springs Telegraph Station to the peak of Mount Sonder, the trail stretches 223 kilometres along the backbone of the West MacDonnell Ranges.

As part of this adventure, you will trek 64km of this trail, stand on ancient escarpments and gaze out upon the ochre coloured landscapes of Central Australia. You will follow Aboriginal Dreaming tracks and trek beside one of the world's oldest river systems. By day, you will experience the diversity of desert habitats and learn the unique history of Australia's Indigenous People. At night, you will fall asleep to the sounds of native wildlife under a blanket of stars.

Every step you take along the Larapinta Trail is a step

towards better health outcomes for Australians affected by kidney disease. You will be raising vital funds to support our world-first Big Red Kidney Bus project, which provides people on dialysis the opportunity to have possibly their first holiday ever, away from hospital.

If you, or someone you know would like to participate, email events@kidney.org.au, phone 03 9674 4310 or visit our site to receive a free information pack: <https://inspiredadventures.com.au/events/kha-larapinta>

Larapinta Trek Fast Facts Dates: 4-10 September 2016 • Registration fee: \$770 • Fundraising target: \$3,000 (excludes travel) • Travel cost: \$2,490*, including taxes • Trip duration: 7 days • Challenge duration: 5 days • Accommodation: Comfortable camping in swags and twin-share in a 3-star hotel (private room available at additional cost) • Minimum age: 18 (younger ages considered on application) • Includes: Accommodation, transfers, guides, camping equipment, meals, National Park entrance fees and more. *Flights not included



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.



Operation 2590 Targets Early Detection of Silent Killer

One Australian is dying every **25** minutes with kidney related disease which has become known as the Silent Killer. People can lose up to **90%** of their kidney function before experiencing any symptoms.

Kidney Health Australia has therefore launched OPERATION 2590.

It is estimated that over 20,000 Australians will die in the next 12 months with kidney related disease.

Anne Wilson CEO and Managing Director of Kidney Health Australia said the Australian community and the Australian health system is facing major challenges given around 90% of the 1.7 million Australians who have indicators of chronic kidney disease are largely unaware they have a potentially life threatening disease.

Anne Wilson said, “if chronic kidney disease can be detected early and managed appropriately, then the otherwise inevitable deterioration in kidney function can be reduced by as much as 50% and may even be reversible.”

In 2012 the total cost attributable solely to chronic kidney disease in Australia was an estimated \$4.1 billion made up of \$2.5 billion in direct healthcare costs, \$700 million in direct non-healthcare costs, and \$900 million in government subsidies. The best available evidence shows, for example, that hospital haemodialysis per person, per year costs \$79,072.

Operation 2590 is aimed at raising awareness of the importance for those in high risk groups to ask their doctor for a regular kidney health check.

Operation 2590 will also be a critical vehicle to promote key information to those most at risk of chronic kidney disease and to report on lifestyle choices to lower the risk of chronic kidney disease.

Early detection and prevention can not only reduce the amount of chronic kidney disease and therefore improve quality of life, it will also provide considerable opportunities for Federal and State Governments to cut the growing cost of treatment for end stage kidney disease.

WHO IS AT INCREASED RISK OF CKD? · 1 in 3 adult Australians is at an increased risk of developing CKD · Adult Australians are at increased risk of CKD if they: – have diabetes – have high blood pressure – have established heart problems (heart failure or heart attack) and/or have had a stroke – have a family history of kidney failure – are obese (Body Mass Index ≥ 30) – are a smoker – are 60 years or older – are of Aboriginal or Torres Strait Islander origin.

World Kidney Day

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Torres Strait Islander origin. Approximately 1.7 million Australians, (1 in 10) aged 18 years and over, have indicators of chronic kidney disease such as reduced kidney function and/or the presence of albumin in the urine and around 90% of these may be unaware they have this condition. It is important to understand the issues surrounding kidney disease, which is known as the silent killer as people can lose 90% of the use of their kidneys without even knowing.

Ginger Star Biscuits

INGREDIENTS - Makes 30

- 125g salt reduced margarine
- ¼ cup brown sugar
- 1 egg yolk
- 2 cups Kellogg's® Rice Bubbles®, crushed finely to 1 cup
- 1 & ½ cups plain flour
- ½ teaspoon baking soda
- 2 teaspoons ground ginger
- 2 tablespoons honey, warmed



METHOD

1. Preheat oven to 160°C.
2. Beat the margarine, sugar and egg yolk in a medium bowl with an electric mixer until light and fully. Gradually stir in Kellogg's® Rice Bubbles®, sifted flour, ground ginger and golden syrup; mix well. Bring dough together using hands; lightly knead to a smooth dough. Roll to ½cm thickness on a lightly floured surface; cut out shapes from the dough using a 5cm star cutter. Re-roll dough to cut out remaining biscuits.
3. Place on baking paper-lined oven trays. Bake, uncovered, in the oven for 20 minutes or until browned. Allow to cool slightly on trays; transfer to a wire rack.
4. Dec

NUTRITION

Nutrient	Per serve
Energy (kJ)	300
Protein (g)	1
Fat - Total (g)	4
Carbohydrate - Total (g)	10
Sodium (mg)	57
Potassium (mg)	28
Phosphorus (mg)	22

Thanks to Kelloggs
for supplying this recipe.

Tip: We used star cutters. If you don't have cookie cutters at home, then try making your own template by cutting out a shape from a piece of cardboard. Place the shape on the dough and cut round it using a

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. For the time being, the venue will be Coffee Guru, adjacent to Good Guys, Tuggeranong.

- May TBA
- 23rd July
- 24th September
- 3rd December

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

Wednesday 16th March,
Thursday 14th April,
Wednesday 18th May,
Thursday 16th June,
Wednesday 13th July,
Thursday 18th August,
Wednesday 14th September,
Thursday 13th October,
Wednesday 16th November, and
Thursday 15th 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 Local & Community Advocate



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:

CRKSG
PO Box 5051
Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: <http://www.crksg.org.au>