



Canberra Region Kidney Support Group

Kidney News

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

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Renal Morning Teas

Come and Join us on
Thursday, 13th April
From 10:30 to 12:00

Hellenic Club Coffee Shop
Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regular club prices.

Enquiries please contact:

Louise Blue (0438 116 818)

Or

John Kelly (0450 962 155)

Member



Self Help Organisations
United Together

Rising Obesity Rates tip Australia towards Kidney Disease Crisis

The growing national obesity crisis is set to lead to a significant increase in chronic conditions, such as kidney disease, a new report released by Kidney Health Australia has highlighted.

The report, *Obesity and Chronic Kidney Disease: the Hidden Impact*, has been launched today to coincide with Kidney Health Week, 5 to 11 March, and World Kidney Day, 9 March.

The report documents skyrocketing obesity rates across Australian Primary Health Networks and highlights the link to above-average chronic kidney disease rates in many of these areas.

This comparison reveals that in the 16 health areas across the country where obesity rates are above the national average of 63 percent, the majority also have higher than average estimated rates of chronic kidney disease.

Kidney Health Australia CEO Mikaela Stafrace said it was a very concerning situation. “In these health areas where obesity is above the national average of 63 percent, there is a risk that chronic kidney disease rates will also be above the national average.”

“There appears to be a strong correlation between obesity and chronic kidney disease rates in some areas, perhaps even higher in Northern Territory, Western NSW and Country South Australia, but we won’t know for certain until more data is captured.”

“Being obese is a potent risk factor for the development of kidney disease,” said Ms Stafrace, “In obese people the kidneys have to work harder, filtering more blood than normal. This increase in function can damage the kidneys –

REPORT HIGHLIGHTS:

- **2 in 3 (63%) of Australians are overweight (35%) obese (28%)**
- **Overweight people increase their risk of developing kidney disease by 1.5 times**
- **Obese people double their risk of developing kidney disease**
- **1.7 million Australian adults have at least one clinical sign of chronic kidney disease, yet 90% don’t know they do**
- **Estimated that 510,000 Australians have signs of chronic kidney disease that may be due to obesity**
- **90% of kidney function can be lost before it is detected; it is a silent killer**
- **One Australian dies every 25 minutes (60 per day) with kidney-related disease**
- **Number of Australians dependent on dialysis or kidney transplant to stay alive expected to rise by 60% between 2011-2020**
- **Obesity is also a risk factor for developing kidney stones and kidney cancer**
- **Severe obesity projected to rise by 13% by 2025**
- **By 2025, it is projected that 1 in 6 women and 1 in 10 men will be severely obese**

Obesity and Chronic Kidney Disease: The Hidden Impact highlights that the prevalence of obesity, and severe obesity, among Australian adults is predicted to increase exponentially over the next decade.

effectively shutting them down – and cause kidney disease.”

“It’s critical that Australians understand that when your kidneys shut down, you body shuts down.”

“If you’re at increased risk of developing kidney disease due to your weight, ask your GP for a simple Kidney Health Check and start taking control of your kidney health before you become another statistic,” added Ms Stafrace, “If caught early, and managed appropriately with lifestyle changes and medications, you can slow the progression of kidney disease by as much as 50% and, in some cases, even reverse the effects of the disease.”

Seasonal Influenza Vaccine 2017

- ◆ Influenza is a highly contagious and potentially deadly disease.
- ◆ It can cause serious and debilitating complications, including pneumonia, especially in people that are vulnerable such as the elderly and others in "at risk" groups.
- ◆ Annual influenza vaccine is the most effective protection against this disease.

People who are at risk of developing severe influenza are eligible for funded annual influenza vaccination.

Free seasonal influenza vaccine is provided under the National Immunisation Program for:

- ◆ Aboriginal and Torres Strait Islander children aged 6 months to 5 years;
- ◆ All Aboriginal and Torres Strait Islander people aged 15 years and over;
- ◆ individuals aged 6 months and over with medical conditions predisposing to severe influenza, including; cardiac disease, chronic respiratory conditions, diabetes and other metabolic disorders, renal disease, chronic neurological conditions, haematological disorders, immunocompromising conditions, and children aged 6 months to 10 years on long term aspirin therapy;
- ◆ All individuals aged 65 years and over; and
- ◆ Pregnant women.



People in these at risk groups are at increased risk of severe influenza disease and are at increased risk of complications from influenza. Annual influenza is the most effective way of protecting yourselves and your families.

There are approximately 1,500-3,500 influenza related deaths every year in Australia, as well as approximately 18,000 hospitalisations and 300,000 GP consultations.

Government funded vaccine will be available from mid April in General Practices in the ACT for those eligible. For adults who are ineligible for Government funded vaccines, they are available on prescription through GPs and are also available at some pharmacies in the ACT. If you have any queries regarding the influenza vaccine or where to obtain the vaccine, please contact the Health Protection Service on 0262052300.

Apple Spice Muffins

INGREDIENTS - Makes 12

- ¼ cup wholemeal plain flour
- ½ cup plain flour
- 1/3 cup of sugar
- 1 tablespoon baking powder salt, to taste
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 cups Kellogg's® Sultana Bran
- ½ cup apple juice
- 1 cup apple sauce
- 1 egg
- 1/3 cup vegetable oil



METHOD

1. Preheat oven to 200°C.
2. Sift together the flours, sugar, baking powder, salt and spices.
3. Set aside.
4. In a large bowl, mix together Kellogg's® Sultana Bran, apple juice and apple sauce.
5. Let the mixture stand for 5 minutes or until softened.
6. Add egg and oil, beat well.
7. Add the flour mixture, stirring only until combined.
8. Portion batter evenly into a lightly greased 12 hole (1/3 cup capacity) muffin pan.
9. Bake at 200°C for about 25 minutes or until cooked.
10. Serve warm.

NUTRITION

Nutrient	Per serve
Energy (kJ)	677
Protein (g)	2
Fat - Total (g)	7
Carbohydrate - Total (g)	22
Sodium (mg)	47
Potassium (mg)	95
Phosphorus (mg)	44

Thanks to Kelloggs
for supplying this recipe.

Diary

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. The AGM will be held at the SHOUT offices, Building 1, Pearce Community Centre in the Small Meeting Room.

Dates for 2017 —

- 13 May,
- 22 July,
- 16 September, and
- 9 December.

All welcome

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

Apr, Thursday 13th
May, Wednesday 17th
Jun, Thursday 15th
Jul, Wednesday 12th
Aug, Thursday 17th
Sep, Wednesday 13th
Oct, Thursday 12th
Nov, Wednesday 15th
Dec, Thursday 14th

Eurobodalla Renal Support Group

In May 2007, I received one or should I say two of the most life saving and loving gifts I have been lucky enough to be given.

I received the gifts of a kidney and pancreas organ donation from a total stranger and family.

I had been on Dialysis for seven years and a type 1 diabetic since I was five years of age.

In my life there have been so many positive things; I moved to Batemans Bay, where I met and married the most wonderful, giving and loving lady, Lorae. We shall celebrate our 30th wedding anniversary this year. We have a very honest and good son Trent, whom I love with all my heart.

Bundle these things together plus my Dad and Mum, brothers, close family and good friends, I am The Luckiest bloke I know.

Register to be an Organ and Tissue donor today and make sure your family all agree with you.

Thank you to each and all- love to my two families.

“We’re all given Life’s opportunities, It’s up to each of us to make the best of it”

Regards,

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.



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





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 fothe amount of: \$..... Membership is free. All donations \$2 omore are tax deductible. Cheque/Money Ordepayable to CRKSG Inc. Please accept this application fomembership 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.



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