



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, 15th November
 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



SHOUT
UNITED TOGETHER

Kidney Health Australia officially opens new Kidney Transplant House in South Australia

People living in rural areas that require lifesaving kidney transplant surgery will now be able to recover at a new home away from home in Kent Town, Adelaide.

On Monday 15 October, Kidney Health Australia will officially open South Australia's first Emorgo Kidney Transplant House with a special screening of the documentary 'Dying to Live' at the Adelaide Film Festival.

The film highlights several challenges endured by people fighting chronic kidney disease, and highlights important issues relating to organ transplantation and donation rates in Australia.

One of the many ways Kidney Health Australia supports people living with kidney disease is through the Kidney Transplant Housing program. The program provides free short-term accommodation for rural and regional kidney patients to rest and recover from transplant surgery or undergo home dialysis training and education.

The new apartment in Kent Town was only made possible through the generosity of the Emorgo Foundation who funded the purchase of the property. Chris Forbes, CEO of Kidney Health Australia, said, "Living far away from metropolitan transplant hospitals can be a major barrier for rural and regional patients as they incur substantial travel and accommodation costs, pre and post-surgery. So we are incredibly thankful to the Emorgo Foundation for their ongoing support of our Kidney Transplant Housing program. Without their generosity we simply would not have been able to provide this critical service to kidney patients waiting for a life-saving transplant." Ursula Steinberger, 63, from Port Augusta, underwent a second kidney transplant in July this year and stayed for three weeks in the Emorgo Kidney Transplant House in Kent Town. Ursula said, "The unit is beautiful. It had everything we needed and it was a joy to have our own home space. It was only an 8 minute walk to the hospital for my daily assessments, and was so convenient. We had to stay in a caravan park for my first transplant, so this time round was much better for us."

Kidney Health Australia's Clinical Director, Dr Shilpa Jesudason, said "In South Australia, we do around 80-90 kidney transplants a year. Many of these patients travel from regional and rural areas. Having accessibility to suitable post-operative accommodation, and being close to the hospital when they need it the most, can make all the difference to patient transplant outcomes."

The accommodation in Adelaide will support patients from South Australia, Broken Hill and the Northern Territory. And each year it will support about 25-35 people living with chronic kidney disease. See more about Kidney Health Australia's transplant housing program at www.kidney.org.au/kidney-transplant-housing or contact transplanthousing@kidney.org.au to make a booking.

The screening of 'Dying to Live' commences at 6pm tonight at the GU Film House in Adelaide and will be followed by a special Q&A session hosted by Amanda Blair. Q&A panellists include recent transplant recipient and guest of Emorgo Kidney Transplant House, Ursula Steinberger; Kidney Health Australia's

Clinical Director, Dr Shilpa Jesudason as well as 'Dying to Live' Film Director, Richard Todd; Lisa Hansen, cast member; Stewart Moodie, State Medical Director of DonateLife SA and Oren Klemich, parent of transplant donor and member of the Organ and Tissue Authority Board.

Now in its 50th year, Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with a vision 'to save and improve the lives of people living in Australia affected by kidney disease'.

Further information may be found at — <https://kidney.org.au/kidney-transplant-housing/kidney-transplant-house-sa>



Kidney Health Australia to Develop New Renal Guidelines with Aboriginal and Torres Strait Islander Peoples

Kidney Health Australia has been commissioned to work with Aboriginal and Torres Strait Islander peoples in developing kidney health guidelines to improve their kidney health outcomes.

In receiving more than \$300,000 in Government funding, Kidney Health Australia's CEO Chris Forbes said, "We are honoured to receive the funding and gratefully acknowledge the Minister of Indigenous Health, Ken Wyatt AM's support in delivering better treatment options and a healthier future for Aboriginal and Torres Strait Islander peoples.

"Kidney disease is a significant health problem for all Australians, but chronic kidney disease and end-stage kidney disease are consistently reported as being significantly higher among Aboriginal and Torres Strait Islander peoples compared to other Australians. Recent research shows almost one in five Aboriginal and Torres Strait Islander people aged over 18 have indicators of chronic kidney disease; these guidelines are imperative in helping support chronic kidney disease education, prevention, early detection, management and workforce education."

The grant will fund national community consultations with Aboriginal and Torres Strait Islander peoples to inform the development of specific clinical guidelines for Indigenous kidney disease.

Minister Wyatt said, "The grassroots consultation will allow Kidney Health Australia to ensure the guidelines are relevant and reflect what communities want and need. The guidelines will complement the national renal roadmap currently under development and the priority placed on First Nations kidney health by the Council of Australian Governments."

The Program will sit under the 'Kidney Health Australia – Caring for Australasians with Renal Impairment' (KHA-CARI) Guidelines. The guidelines aim to improve the quality of care and outcomes for patients living with kidney disease in Australia and New Zealand, with a focus on kidney disease, dialysis and transplantation.

Commencing in 1999, the KHA-CARI Guidelines seek to improve the quality of care and outcomes for patients living with kidney disease in Australia and New Zealand by facilitating the development and implementation of clinical practice guidelines based on the best available evidence and effectiveness.

Completion of the community consultations is expected in late 2019.



Ken Wyatt AM, MP, Minister for Indigenous Health

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.



Corn & Chive Bubble Pikelets

INGREDIENTS - Makes 20

- 1 cup self raising flour
- 2 eggs, lightly beaten
- 1 cup (250ml) skim milk
- 2 cups of Kellogg's® Rice Bubbles®
- 310g can corn kernels
- 2 tbsp chopped fresh chives
- ¼ cup grated cheese



METHOD

1. Whisk flour, eggs & milk in medium bowl until smooth.
2. Stir in Kellogg's® Rice Bubbles® & remaining ingredients.
3. Drop 2 tbsp mixture into heated non-stick pan; allow room for spreading between pikelets.
4. Cook until lightly browned on other side.
5. Suitable to freeze.
6. Not suitable to microwave.
7. Can be made a day ahead; keep refrigerated.

NUTRITION

| Nutrient | Per serve |
|--------------------------|-----------|
| Energy (kJ) | 278 |
| Protein (g) | 3 |
| Fat - Total (g) | 3 |
| Carbohydrate - Total (g) | 11 |
| Sodium (mg) | 139 |
| Potassium (mg) | 60 |
| Phosphorus (mg) | 91 |

Thanks to Kellogs
for supplying this recipe. .

Diary

Meetings for the Group are held on Saturdays at 2:00pm. Coffee Guru, adjacent to The Good Guys, Tuggeranong.

All welcome

Dates for 2018 —

- 17th November.

Renal Morning Teas at Hellenic Club, 10:30 t12:00

.Dates for remainder of 2018

Thursday, 15th November

Wednesday, 12th 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 Saves Lives”
because your family & loved 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.





MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PBox 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

. Signature: **Date:**.....

Post form to the address shown at the top of this page.

I would like to make a voluntary donation to CRKSG for the amount of: \$.....

Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

NOTE: This form may also be used to notify a change of address/contact details.

The Canberra Region Kidney Support Group is a registered charity so donations of \$2.00 or more are tax deductible. They can be made by Cheque, Money Order payable to CRKSG Inc., or by Bank Transfer.

Bank: Commonwealth Bank
Account Name: Canberra Region Kidney Support Group Inc.
BSB: 062 912
Acc No: 10028872
Reference: Your name.

After making the bank transfer, please forward by email to crksg@shout.org.au, your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

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