



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, 13<sup>th</sup> September  
 From 10:30 t12:00  
 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

# Communicating with your healthcare provider

Effective communication between you and your healthcare provider is an essential part of good healthcare. You should feel confident and comfortable in making decisions about your health and managing your condition. However, achieving this is not always easy. Here are some suggestions to help you get the most out of your healthcare appointments.



## Before your appointment

**Make a longer appointment** if the problem you want to discuss is complex, or you need to discuss several issues.

Prepare a summary of your health problems, **prioritise the issues** you want to discuss, and make a list of questions as you think of them.

**Let your healthcare provider know** if you need an interpreter or other assistance with communicating.



## During your appointment

You should expect to be listened to. You should also be given clear and adequate explanations of your condition, any recommended tests, treatment options and the expected results.

When **you describe your problems**, be as accurate, complete and honest as possible.

If your healthcare provider recommends a test, treatment or procedure and you are not clear of its purpose or benefits, you may want to discuss this.

**Asking questions can be helpful.** For example:

- Do I really need this test/treatment/procedure?
- What are the risks?
- Are there simpler or safer options?
- What happens if I don't do anything?
- What are the costs?

**Tell your healthcare provider if you don't understand** anything, and ask them to repeat or clarify the information until you do understand.

If you don't feel confident about handling any aspect of the appointment, **take a relative or friend** with you.

**Take notes** if you think you may have trouble remembering important details (or ask your healthcare provider or support person to take notes for you).

If you want to know more, **ask your healthcare provider** for some written information, or suggestions of where you might find further information.



## After your appointment

You may want to **make a follow-up appointment** to ask further questions, discuss continuing issues or talk to your healthcare provider about your decisions after you've had time to consider the options.

If you want to discuss the issues with another healthcare provider, don't hesitate to **get another opinion**.

For more information visit the website:  
[www.choosingwisely.org.au/#consumers](http://www.choosingwisely.org.au/#consumers)



**Choosing Wisely  
Australia**

An initiative of NPS MedicineWise



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# Donations

Donations to the Group may now be made by electronic transfer from your bank. Instructions for this can be found on the back cover of this newsletter and on the [Donations](#) page of the website.

Living with chronic kidney disease can be costly. The Canberra Region Kidney Support Group (CRKSG) works to support patients through a range of activities. We are reliant entirely on donations to provide support for renal patients and all donations are greatly appreciated.

CRKSG has provided financial support to patients who are struggling with the added financial burden of living with the disease. This has included, but is not limited to: assisting patients with chemist's bills, specialist wheelchairs, Doctor fees and even dialysis costs.

We also support the Canberra Hospital and Renal Units and have provided various pieces of equipment that benefits renal patients.

All donations of \$2.00 or more are tax deductible

Donate Today

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## 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.



# Japanese Beef and Vegetables on Rice

## INGREDIENTS - Serves 6

- 2 cups MAGGI All Natural Chicken or Beef Liquid Stock
- 1/3 cup reduced-salt soy sauce
- 3 tbsp mirin (Japanese sweet rice wine)
- 2 tbsp sugar
- 500 g rump steak, thinly sliced across grain
- 4 spring onions, sliced
- 300 g broccoli, cut into florets
- 200 g snow peas
- 1 cup fresh or frozen peas
- 1 red capsicum, sliced
- 3 eggs, lightly beaten
- 6 cups cooked Japanese rice or soba noodles
- Extra spring onions, to garnish



## METHOD

1. Place stock, soy, mirin and sugar in a large deep saucepan and bring to boil, reduce heat and simmer for 5 minutes.
2. Add beef and simmer, uncovered, for 5 minutes. Add vegetables and simmer for 3 minutes or until tender.
3. Pour in the eggs in a thin steady stream and allow to spread in the pan: do not stir. Cover and cook over medium heat for 5 minutes until the egg is set.
4. Serve rice in bowls topped with the beef mixture and sprinkled with extra spring onion.

**Tip:** This recipe is also delicious using pork, chicken or lamb. Vegetarians can opt for just vegetables or use sliced, firm tofu.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1911
Protein (g)	32
Fat - Total (g)	7
Carbohydrate - Total (g)	59
Sodium (mg)	1202
<b>Potassium (mg)</b>	<b>830</b>
<b>Phosphorus (mg)</b>	<b>394</b>

Thanks to Australian Sports Commission 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, 13<sup>th</sup> September

Wednesday, 10<sup>th</sup> October

Thursday, 15<sup>th</sup> November

Wednesday, 12<sup>th</sup> December

Wednesday, 12<sup>th</sup> December

# Eurobodalla Renal Support Group

## **Eurobodalla Health & Wellbeing EXPO 2018 & we want you!**

It's all about Health & it's all about Well Being! That's the 2018 Eurobodalla Health & Wellbeing EXPO. The committee is seeking expressions of interest from exhibitors, including sporting groups, surf clubs, running & walking groups, choirs, singing, dance, performance & musical groups, performing arts, cultural & artists, health related organisations & groups, healthy living, nutritional & healthy eating, service clubs, gyms, therapeutic, and relaxing & healing.

No matter what size the group the EXPO has room for all exhibitors.

The 2018 Eurobodalla Health & Wellbeing EXPO is being held • Saturday 6 October 2018 • Batemans Bay Soldiers Club Auditorium • 10:00am to 2.00pm

The EXPO is free for exhibitors and attendees. For more information, please contact -

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or

Lah Millston

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## 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: 06 2912  
Acc No: 10028872  
Reference: Your name.

After making the bank transfer, please forward by email to [crksg@shout.org.au](mailto: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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