



Canberra Region Kidney Support Group

# Kidney News

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

**Member**

**SHOUT**

## Renal Morning Teas

Come and Join us on  
**Thursday 16<sup>th</sup> May**  
 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)**

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### Kidney Health Australia Welcomes New Evidence for Treating Diabetic Kidney Disease

Kidney Health Australia has welcomed new research evidence presented by The George Institute of Global Health, which shows a new treatment drug could reduce kidney failure in patients suffering from diabetic kidney disease.

Clinical Director for Kidney Health Australia, Associate Professor, Shilpa Jesudason, said the evidence presented on the breakthrough drug canagliflozin could offer real hope for patients suffering from diabetic kidney disease.

"Diabetes is one of the leading causes of chronic kidney disease in patients, and patients suffering from both conditions are at higher risk of kidney failure," Prof Jesudason says.

Prof Jesudason said in the last 10 years there was a 60% increase in the number of people with type 2 diabetes starting dialysis to treat chronic kidney disease. "We are at crisis point with the public health impacts of kidney disease and slowing the progression of diabetic kidney disease is a top priority.

*(Continued on page 5)*

## Seattle Sojourn & 7-Day Alaska Glacier Cruise on Celebrity Solstice with Dialysis Abroad • 13-24 August 2019.

Seattle – 7 Night Alaska Glacier Cruise (including Ketchikan, Endicott Arm & Dawes Glacier, Juneau, Skagway, Alaska Inside Passage and Victoria, British Columbia)



Celebrity Solstice Alaska



Seattle Skyline



Grizzly Bear

Savour the "Emerald City" of Seattle followed by an Alaska Cruise onboard **Celebrity Solstice** with Dialysis Abroad and your host, Nancy Douglas-Irving OAM on a journey you'll remember for years!

Visitors to the Emerald City of Seattle will find a fusion of American, Asian and Native American cultures set against a back drop of Puget Sound and the magnificent Olympic Mountains. Travel in comfort knowing that your dialysis treatment has been taken care. Highlights include the **Elliott Bay Waterfront, Pioneer Square, Pike Place Market, Olympic Sculpture Park** and the **Seattle Center**.

Journey through the wild terrain of Alaska on board **Celebrity Solstice** and discover the natural wonders that await as the rugged beauty of this pristine frontier unfolds. Get up close and personal with 30-tonne whales and massive glaciers or take a flight high above the glaciers. The complex labyrinth of fjords, bays and lush green islands is home to an abundance of wildlife including orca, mountain goats, bald eagles, bears, puffins and sea otters. The port of Ketchikan is the ideal version of an Alaskan town whilst Skagway is home to many gold rush era structures. Travel the White Pass and Yukon Route Railroad which runs through the mountains.

**13-24 August 2019**  
**12 days land & cruise only**  
**\$9,813.00\***  
Per person twin share  
Single Supplement \$7,420.00

### TOUR INCLUSIONS

Meet and greet on arrival in Seattle  
Transfers and transport throughout the entire trip  
4 nights accommodation in Seattle  
Portage of one piece of luggage at the Grand Hyatt Hotel Seattle<sup>1</sup>  
4 x full breakfasts & 1 dinner in Seattle  
Seattle Half Day City Tour with inductions as per itinerary  
Tips and Gratuities to drivers and guides throughout the tour  
7 night Alaska Glacier Cruise on **Celebrity Cruises' Celebrity Solstice** in a balcony stateroom  
All meals on cruise  
All cruise taxes and port charges

Dialysis treatment\* will be available in Seattle and on the cruise.  
Limited to 6 (six) dialysis patients only.

**Covid-19 Update:** Please be advised that on August 12th, the Australian Government has announced that cruise ships will not be allowed to disembark in Australia until further notice. This may affect the availability of the cruise. We will continue to monitor the situation and will advise you if there are any changes to the itinerary. We will also provide you with the latest information on the cruise. We will also provide you with the latest information on the cruise. We will also provide you with the latest information on the cruise.

## Discover and Cruise Eastern Canada and New England with Dialysis Abroad • 22 September to 5 October 2019.

Toronto - Niagara Falls - 9 Night Canada & New England Cruise (including Cape Liberty, Boston, Portland, Bar Harbor, Halifax and Saint John)



Niagara Falls Ontario Canada



New England Fall Colours



Peggy's Cove Nova Scotia

Discover Eastern Canada & New England with Dialysis Abroad, a registered Dialysis Nurse and your host Michael Pound on this amazing 14 day small group journey and cruise

An intimate metropolis filled with culture, creativity and a unique mosaic of diverse neighbourhoods, Canada's largest city **Toronto** is one that celebrates culture, heritage, food and the arts. Take a memorable day trip to the breath taking **Niagara Falls** and enjoy the **Voyage to the Falls** boat tour followed by lunch overlooking the magnificent Horseshoe Falls. A visit to the region isn't complete without a trip to the charming town of **Niagara-on-the-Lake** in the heart of wine country.

Following a short flight to Newark in New Jersey, USA, board your **9 day cruise on Royal Caribbean's "Anthem Of The Seas"**. The autumn colours of a Royal Caribbean cruise are one of nature's great spectacles. Your itinerary will include the cities of **Boston** and **Portland**, quaint and colourful **Bar Harbor** and the seaside historic sites of **Halifax** in Nova Scotia and magical Saint John in **New Brunswick**.

Dialysis treatment\* will be available in Toronto and on the cruise. Limited to 6 (six) dialysis patients only.

**22 September – 05 October 2019**  
**14 days land & cruise only**  
**\$8,562.00\***  
Per person twin share  
Single Supplement \$6,292.00

*This Exclusive Small Group Tour is based on a maximum of 10 passengers\*\**

### TOUR INCLUSIONS

Meet and greet on arrival in Toronto  
Transfers and transport throughout the entire trip  
4 nights accommodation in Toronto  
4 x full breakfasts, 1 x lunch, 1 dinner (Toronto & Niagara Falls)  
Internal flight and taxes between Toronto and Newark  
Admission to Voyage of the Falls boat tour and CN Tower  
Tours as detailed on itinerary  
Parks fees, Destination Management Fees, city taxes as well as provincial and federal taxes  
9 night cruise on **Royal Caribbean's "Anthem of the Seas"** in a balcony stateroom  
All meals on cruise  
All cruise taxes and port charges  
Host and Registered Dialysis Nurse for the duration

**Covid-19 Update:** Please be advised that on August 12th, the Australian Government has announced that cruise ships will not be allowed to disembark in Australia until further notice. This may affect the availability of the cruise. We will continue to monitor the situation and will advise you if there are any changes to the itinerary. We will also provide you with the latest information on the cruise. We will also provide you with the latest information on the cruise. We will also provide you with the latest information on the cruise.

**Call 1300 978 466**  
or email [info@dialysisabroad.com.au](mailto:info@dialysisabroad.com.au)  
for bookings and a detailed itinerary



# From Kidney Health Australia



**I'm Ayla, I'm 28, and I have chronic kidney disease. If I was aware of kidney disease, I could have been living a completely different life.**

Ayla was like the 1.5 million Australians who are unaware they're living with kidney disease. She didn't know what chronic kidney disease was until the day of her diagnosis.

## **This is Ayla's story**

"I'm Ayla, I'm 28, and I have chronic kidney disease. When my GP told me that my kidneys were functioning at 6% and I needed to start dialysis as soon as possible I had no idea what dialysis was or the seriousness of the situation – I was scared and confused. Then I was told that I would need a kidney transplant and to expect a long road to recovery. I never thought this could happen to me.

I'd never put much thought into my kidneys and I had no idea something was wrong. The only symptom I had was fatigue until right before my diagnosis when I was having migraines every morning. That's when I finally decided to get a check-up. Kidneys regulate blood pressure and because my kidneys weren't functioning properly, my blood pressure was through the roof.

Before my diagnosis, I was a very social and outgoing person. I'd never had a health issue before. Making many lifestyle changes was hard. I had to take a cocktail of medication for different aspects of kidney failure – blood pressure, anaemia, dietary requirements. I was connected to a dialysis machine for 8 hours every single day. As you can imagine, this makes a huge impact on freedom, travel, relationships, and career.

If I was aware of kidney disease, I could have been living a completely different life. A kidney check is so simple and can save a lifetime of medication, monitoring, health deterioration, dialysis, surgeries, pain, anxiety and suffering. Raising awareness is so important to address this silent epidemic."

Imagine how many lives we can help and change if every Australian was aware of the risk factors and early warning signs of the disease.

For further information visit Ayla's story at [Kidney Health Australia](#).

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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.



# Caramelised Onion and Lentil Soup

## INGREDIENTS - Serves 4 - 5

- 50g butter
- 750g frozen Birds Eye Sliced Onions
- 1 tablespoon brown sugar
- 2 cups reduced salt vegetable stock
- 400g can Edgell Brown Lentils, undrained
- 1 ½ cups water
- 2 teaspoons ground coriander



## METHOD

1. Melt butter in a large saucepan, add frozen Birds Eye Sliced Onions and sugar.
2. Cook over a medium high heat, uncovered, for 15 minutes stirring occasionally until well browned.
3. Add stock, undrained Edgell Brown Lentils, water and coriander. Bring to the boil.

**TIP:** Serve with parmesan wafers or grissini sticks and garnish with fresh coriander.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1040
Protein (g)	8
Fat - Total (g)	11
Carbohydrate - Total (g)	28
Sodium (mg)	618
<b>Potassium (mg)</b>	<b>380</b>
<b>Phosphorus (mg)</b>	<b>101</b>

Thanks to Simplot Australia for supplying this recipe.

## Diary

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

### . All welcome

Dates for 2019 —

- 18th May
- August (AGM) (Date to be advised, 3rd or 10th)
- 23rd November

.2019 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

- Thursday 16<sup>th</sup> May,
- Wednesday 12<sup>th</sup> June,
- Thursday 11<sup>th</sup> July,
- Wednesday 14<sup>th</sup> August
- Thursday 12<sup>th</sup> September,
- Wednesday 16<sup>th</sup> October,
- Thursday 14<sup>th</sup> November, and
- Wednesday 11<sup>th</sup> December

*(Continued from page 1)*

"We urgently need more breakthroughs in the management and treatment of chronic kidney disease and we hope this drug proves a game changer in reducing kidney failure in diabetic kidney patients," Prof Jesudason says.

Chronic kidney disease currently affects 1 in 10 Australian adults, with 1.5 million unaware they are in the early stages of the disease. Australians at risk of developing chronic kidney disease are those who have diabetes, high blood pressure, established heart problems, have had a previous stroke, a family history of kidney failure, are obese, smoke, have a history acute kidney injury, are 60+ years or, are of Aboriginal and Torres Strait Islander origin. For more information visit [www.kidney.org.au](http://www.kidney.org.au)

### Kidney Health Facts

- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined
- Figures released by the Bureau of Statistics late last year revealed that 65 people are dying with kidney-related disease every day
- Kidney disease sufferers can lose 90% of kidney function without experiencing any symptoms
- One in three people living in Australia is at risk of developing chronic kidney disease
- Of the staggering 1.7 million people affected by kidney disease, 1.5 million are not aware they have it
- Tragically, one in five Aboriginal and Torres Strait Islanders have indicators of chronic kidney disease and are four times more likely to die from it than the non-Indigenous population
- Kidney-related disease is estimated to cost the Australian economy \$4.1 billion

## Eurobodalla Renal Support Group

### "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.

Australian Organ Donor Registration forms available. And then —

**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](http://www.donatelife.gov.au) and Kidney Health Australia. [www.kidney.org.au](http://www.kidney.org.au)**

*Brad & Lorae Rossiter.*

*Co-Chairs & Founders.*

*Organ Transplant Recipient- Kidney & Pancreas.*

*2012 Eurobodalla Shire citizen of the Year*

*M- 0458534470*





## 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](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

CRKSG  
PO Box 5051  
Garran ACT 2605

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