



Canberra Region Kidney Support Group

# Kidney News

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

## Member



## SHOUT

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## Renal Morning Teas

Come and Join us on

Thursday 12<sup>th</sup> March

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:

John Kelly (0450 962 155)

Yvonne Mawbey (0432 831 475)

## From the Kidney Connection Newsletter — Kidney Health Week

**This Kidney Health Week (23 March - 29 March) KHA is raising critical awareness of kidney disease and the importance of early detection. Stay tuned for what you can do to support our efforts to help more people check their risk for kidney disease.**

In 2020, Kidney Health Australia is urging the Australian community to be more vigilant about their kidney health through understanding their risk factors and proactively checking their kidney health with their GP.

Kidney disease is a growing crisis in the Australian community with more than 1.7 million Australians already living with the early signs of the disease.

# Explore Egypt

with Dialysis Abroad • 20 - 31 October 2020

Cairo • Aswan • Luxor • 4 day Nile River Cruise



Hosted by  
Nancy Douglas-Irving OAM



Explore Egypt with Dialysis Abroad and your host, Nancy Douglas-Irving OAM on this incredible 12 day Historic and Archeological experience.

Tour through Egypt to see the Pyramids & Sphinx at Giza, enjoy a 4 day Nile River cruise from Aswan to Luxor, visit the Temples, Museums, and the many other spectacular sights in Egypt.

**This Exclusive Small Group Tour is a 'Must Do' experience!**

**12 days ex Cairo**  
from  
**\$6,600\***  
per person twin share

*This Exclusive Small Group Tour is based on 10 passengers*

**TOUR INCLUSIONS**

- Local English speaking Egyptologist guides
- Transportation throughout as per itinerary
- 12 days accommodation including 4 day Nile River Cruise from Aswan to Luxor
- Meals as per itinerary
- Visits to the Pyramids & Sphinx in Giza, Luxor & Karnak Temples, Valley of Kings & Colossi of Memnon, High Dam, Philae Temple, Egyptian Museum & Khan El Khalili Bazaar
- Flights Cairo to Aswan & Luxor to Cairo
- Gratuities



**(DX): During the trip Dialysis Treatments will be available at various Egypt locations. \* Costs Apply**



**Call: 1300 978 466**

[Click Here to view Digital Itinerary](#)



Conditions apply: \*Prices are per person twin share and based only on 10. Minimum numbers are required for group to proceed - requests may be required if numbers lower than required. All rates are based on the current rates of the airline used, fuel charges and sales tax. In case of any increase that might be applied in any of these components, a supplement will be applied automatically to the package rate. Cruise itineraries may be changed without prior notice due to navigational circumstances in sequence but not in date. Flights are not included. Accommodation based on standard room/cabin. Deposit and full payment conditions apply - contact agency for full details. Packages may be withdrawn without notice. Gratuities, vaccinations, visas & travel insurance are not included.

# Kidney disease drug on PBS to support kidney-failure related bone disease treatment

**Kidney Health Australia has welcomed the announcement by Minister for Health, Greg Hunt, on the inclusion of a kidney disease drug on the pharmaceutical benefits scheme (PBS) which helps to treat hormone and calcium disturbance in kidney disease patients receiving dialysis.**

Cinacalcet is produced by Pharmacor and treats a condition called “secondary hyperparathyroidism” which is a common problem in kidney disease patients. Kidney failure causes the parathyroid glands to become overactive and secrete too much parathyroid hormone, which regulates the amount of calcium in our bodies. Too much of this hormone can wreak havoc on bones and blood vessels leading to fractures, pain and vascular disease.

Kidney Health Australia Clinical Director, Associate Prof Shilpa Jesudason said having Cinacalcet on the PBS would make it much easier to prescribe the drug to affected patients. In some cases, it could help avoid the need for patients having to undergo surgery to physically remove the parathyroid glands.

“Chronic kidney disease is a debilitating illness that can create a wealth of social and health issues for patients having to manage the disease through regular dialysis, as well as placing a huge financial burden in terms of care and hospital utilisation,” A/Prof Jesudason said.

“Having Cinacalcet on the PBS puts the treatment within reach of all those affected by this condition.

“Kidney Health Australia welcomes support for medical treatments that can improve the quality of life for people living with the financial, physical and emotional burden of kidney disease,” A/Prof Jesudason said.

Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with the aim to protect 5 million at risk Australians from developing end stage kidney disease, and to save and improve the lives of people already affected by the disease through support services and funding crucial research. To find out more visit [www.kidney.org.au](http://www.kidney.org.au) .  
Kidney Health Facts.

*(Continued on page 4)*

## Kidney disease drug on PBS to support kidney-failure related bone disease treatment

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- Kidneys are essential to a person's health and wellbeing. They rid your body of waste (through urine), clean your blood of waste and toxins, regulate your blood pressure and manage the production of Vitamin D – essential to strong bones, muscles and overall health!
- The biggest risk factors for kidney disease are diabetes, high blood pressure, established heart problems and/or stroke, family history of kidney failure, smoking, obesity, being 60 years or older, of Aboriginal or Torres Strait Islander origin, or a history of acute kidney injury. To check your risk visit [www.kidney.org.au/kidneyrisktest](http://www.kidney.org.au/kidneyrisktest)
- 65 people die with kidney-related disease every day
- Kidney disease is a silent killer - sufferers can lose 90% of kidney function without experiencing any symptoms
- 1 in 3 people in Australia are at risk of developing chronic kidney disease
- A staggering 1.7 million Australian adults are affected by kidney disease while 1.5 million of those are unaware of it
- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined
- 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.

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## Latest Advice on Novel Coronavirus from ACT Government

30th January 2020

**The ACT Government is advising that anyone who has been to Hubei Province in China will need to stay at home for 14 days after leaving Hubei.**

This is consistent with the up-dated national advice and precautionary approach for all people who have returned from travelling in the Hubei Province in response to the international outbreak of novel coronavirus.

ACT Chief Health Officer, Dr Kerryn Coleman says at this time in the ACT there are no cases of novel coronavirus confirmed and only a handful of people who have been investigated, with all returning negative test results.

“We wish to reassure the Canberra community that while this situation is evolving there is no need for alarm,” Dr Coleman said.

“All jurisdictions, including the ACT, are meeting regularly and updating intelligence as the situation develops, so the best and most up to date medical advice can be provided to the community.

*(Continued on page 5)*

## Diary

Meetings for 2020.

### All welcome

Dates for 2020 will be advised when known

2020 Renal Morning Teas at Hellenic Club,  
10:30 to 12:00

Thursday 12<sup>th</sup> March

Wednesday 15<sup>th</sup> April

Thursday 14<sup>th</sup> May

Wednesday 10<sup>th</sup> June

Thursday 16<sup>th</sup> July

Wednesday 12<sup>th</sup> August

Thursday 17 September

Wednesday 14<sup>th</sup> October

Thursday 12<sup>th</sup> November

Wednesday 9<sup>th</sup> December

## Latest Advice on Novel Coronavirus from ACT Government

*(Continued from page 4)*

“We are working in partnership with the Federal Health Department and our jurisdictional health colleagues to monitor and respond to the situation. We are also working closely with our public hospitals, general practitioners and other primary health care providers to ensure health workers have the information they need to identify cases and put appropriate infection control measures in place should the need arise.

“What is really important is for people who have returned from Hubei Province to be aware of influenza-like symptoms and should these symptoms occur, see a doctor, remembering to call ahead so they can prepare for the visit.

“We would also urge the community to keep up to date on the latest information on novel coronavirus in the ACT through the ACT Health website, where there are a series of factsheets with advice for schools and childcare centres and parents.” Dr Coleman said.

Further information on the ACT Health response to novel coronavirus, including the latest health advice and information for schools and parents head to: <https://www.health.act.gov.au/public-health-alert/information-about-novel-coronavirus>

## 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.**

*Brad & Lorae Rossiter.*

*Co-Chairs & Founders.*

*Organ Transplant Recipient- Kidney & Pancreas.*

*2012 Eurobodalla Shire citizen of the Year*

*M- 0458534470*

**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)





## 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.



CRKSG  
PO Box 5051  
Garran ACT 2605  
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Phone: 02 6290 1984  
E-mail: [crksg@shout.org.au](mailto:crksg@shout.org.au)  
Web: <http://www.crksg.org.au>