

Canberra Region Kidney Support Group

Kidney News

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Member



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In this issue:

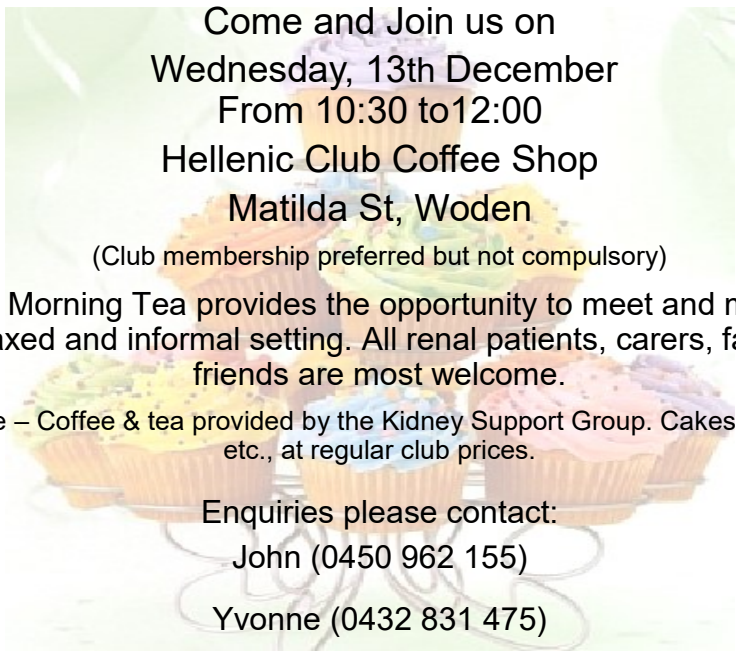
Pandemic sees 2
impacts on Australia's health service use

Vietnamese Summer Rolls with 3
Vinesweet Mini-caps, Qukes & Mint

Kidney failure impacts life expectancy of women more than men 4

Diary 5

Renal Morning Teas



Come and Join us on
Wednesday, 13th December
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 (0450 962 155)

Yvonne (0432 831 475)



WE WISH YOU A VERY MERRY CHRISTMAS

THOUGHT FOR THE DAY

Christmas comes, but once a year is enough — Anon.

Pandemic sees impacts on Australia's health service use

17th November 2021

New analysis of patient experiences released today by the Australian Bureau of Statistics (ABS) shows the impact of COVID-19 on the use of health services.

Key statistics

- 12.2 per cent of people delayed or did not see a dental professional when needed due to COVID-19
- Those more likely to have delayed or not used health services when needed due to COVID-19 were generally younger, female or those with a long-term health condition
- 28.8 per cent of people had at least one telehealth consultation for their own health in the last 12 months
- About a quarter (23.6 per cent) of people reported having a telehealth consultation with a general practitioner (GP) in the last 12 months

ABS health statistics spokesperson, Robert Long, said, "In 2020-21, of those who had a telehealth consultation, 83.4 per cent reported that they would use telehealth for a consultation again if it was offered."

The Patient Experience Survey 2020-21 showed females (35.0 per cent) were more likely to use telehealth services than males (22.2 per cent), as were people aged 65 to 74 years (35.8 per cent) than those aged 15 to 24 years (21.4 per cent).

Those with a long-term health condition (40.1 per cent) were also more likely to use telehealth services than those without a long-term health condition (16.5 per cent).

"The survey found 9.8 per cent of people delayed or did not see a GP, while 7.3 per cent did not see an after hours GP and 7.3 per cent did not see a medical specialist when needed due to COVID-19," Mr Long said.

The proportion of people who reported that cost was a reason for delaying or not using a health service when needed decreased compared to 2019-20 for dental professionals (14.8 per cent compared to 18.7 per cent), medical specialists (5.9 per cent compared to 8.0 per cent) and GPs (2.4 per cent compared to 3.7 per cent).

New data collected in 2020-21 indicated that 17.3 per cent of people needed to see a health professional for their mental health. Of these people, 34.3 per cent delayed or did not see a health professional at least once when needed.

The proportion of people who waited for 24 hours or more to see a GP for urgent medical care increased to 33.9 per cent in 2020-21, while in 2019-20 that figure was 29.8 per cent.

Other survey results indicated people generally reported more positive experiences with health services in 2020-21 compared to 2019-20.

Further information can be found in Patient Experiences in Australia: Summary of Findings, 2020-21 available for free download from the [ABS website](#).

Vietnamese Summer Rolls with Vinesweet Minicaps, Qukes & Mint

INGREDIENTS - Serves 6

- 6-8 Vine Sweet Minicaps® baby capsicums
- 2 Qukes® baby Lebanese cucumbers
- 1 packet rice paper crepes (available in supermarkets)
- 1 bunch mint
- 1 packet bean sprouts
- small packet of rice vermicelli noodles

Dipping Sauce

- 100ml sweet chilli sauce
- Juice from 2 limes
- 1 tbsp soy sauce (salt reduced)
- ¼ cup coriander, chopped



METHOD

1. Combine sauce ingredients well. Set aside.
2. Cook vermicelli noodles. Set aside
3. Cut capsicum into strips.
4. Cut cucumber into strips.
5. Remove mint leaves from stalks.
6. Soak rice papers one at a time until just soft. Place on a clean surface.
7. Put a small amount of capsicum, cucumber, noodles, sprouts and mint leaves in the centre and roll up, tucking in the side to form a roll with enclosed ends.
8. Serve approximately 4 rolls per person with dipping sauce.

NUTRITION

Nutrient	Per serve
Energy	622
Protein (g)	4
Fat—Total (g)	1
Carbohydrate - Total (g)	26
Sodium (mg)	452
Potassium (mg)	269
Phosphorus (mg)	50

Thanks to Perfection Fresh for supplying this recipe.

Kidney failure impacts life expectancy of women more than men

Women lose more years of life to kidney failure than men

A study has found women experience a greater loss in life expectancy, and higher likelihood of premature death from kidney disease than men, highlighting a need to find a reason for these differences.

The impact of kidney failure on life expectancy is serious for everyone, but a University of Sydney led study shows the impact is much greater for women than men.

Researchers say the numbers show a significant disparity in premature death between men and women with kidney failure, the most serious stage of kidney disease,

Researchers say disparity in health outcomes between women and men in kidney failure exceeds that seen in cardiovascular disease and even cancer.

The study explored differences among people with kidney failure in Australia and New Zealand by examining health records for over 80,000 people spanning over 30 years using the Australian and New Zealand Dialysis and Transplant Registry (ANZDATA).

This was then linked to the national death registers which record deaths and their causes in both countries.

Analysis found women with kidney failure had a higher probability of premature death compared to men with kidney failure – losing on average 3.6 years more life than men.

There were also more deaths in women, with 11 times the expected deaths, where men had only seven times.

The impact varied by the age a person got kidney failure. Younger women experienced the greatest loss in life expectancy and survival - a 15-year-old female with kidney failure will lose on average 33 years life compared to what is expected in the general population, where a similar male with kidney failure would lose 27 years.

What sets the study apart from other, similar studies is that the researchers compared survival to what would be expected in the general population, rather than just between people with kidney failure.

“It tells a more personal story for people with kidney diseases; the analysis really illustrates how they are missing on more years of life, compared to life expectancy in the general population,” said lead author and biostatistician Dr Nicole de la Mata.

“The fact that we’ve got more women dying from kidney failure before their time than men - that’s what is really crucial. We need to work out the reason for this difference, whether it relates to how people access healthcare, the treatment they get, or biological considerations.”

In the general population, females live longer than males for many reasons including biology. Other studies have shown chronic kidney disease is more prevalent in women, but men have a faster progression to kidney failure, and men represent most of the population with kidney failure.

However, the findings, published today in *The BMJ* show this natural survival advantage is entirely lost for women with kidney failure.



(Continued on page 5)

Diary

2021 Renal Morning Teas at
Hellenic Club, 10:30 to 12:00

Wednesday, 15th December.

Kidney failure impacts life expectancy of women more than men

(Continued from page 4)

“The life-years lost for women compared with men are far greater than I have seen for any other health condition, such as cardiovascular disease and cancer,” said senior author [Professor Angela Webster](#) from the University of Sydney and Centre for Renal and Transplant Research at Westmead Hospital.

“No one has ever really realised the extent of the disadvantage for women with kidney disease before.”

More support needed on equity research

The study adds to a growing pool of equity research and awareness examining disparities in health and healthcare.

“The reason for these sex differences needs further exploration – it could be due to biological reasons or differential health care access or treatment,” says Dr De la Mata.

Many chronic diseases have sex-specific mechanisms where women may not develop the same symptoms as men, which leads illnesses to go unrecognised – which also leads to systematic differences in care.

Professor Webster, also from the NHMRC Clinical Trials Centre, says other studies have shown women get worse access to healthcare compared to men, for instance treatment for cardiovascular diseases. Women also are treated at a later stage of disease and may have delayed access to better treatments.

“There is a need to identify differences in access to healthcare, and strategies to close any gap.”

HURLEY, Brian Peter, OA

Sadly we advise that

**Brian passed away in Auckland,
New Zealand on**

Monday 15th November, 2021.

**He was a Renal Physician at the
Canberra Hospital some years ago,
before retiring to Auckland**



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 717 MAWSON ACT 2607.
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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