

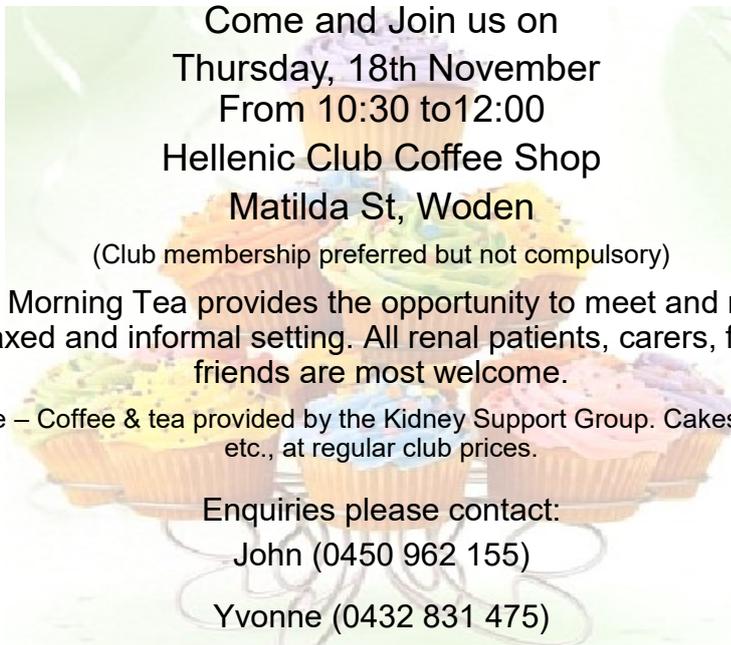
Canberra Region Kidney Support Group

Kidney News

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



Renal Morning Teas



Come and Join us on
 Thursday, 18th 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:
 John (0450 962 155)
 Yvonne (0432 831 475)

In this issue:

Kidney Health Facts **1**

Leo's Place—
 Clinical Respite **2**

Silverbeet and Stilton
 Pancakes **3**

Analysis Prompts
 Calls For Greater
 Investment In
 Chronic Disease **4**

Diary **5**

Kidney Health Facts

- ◆ 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,

(Continued on page 2)

THOUGHT FOR THE DAY

Humour is emotional chaos remembered in tranquility. — James Thurber.

Kidney Health Facts cont.

(Continued from page 1)

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

- ◆ About 63 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
- ◆ One in five Aboriginal and Torres Strait Islander peoples have indicators of chronic kidney disease and are almost four times more likely to die from it than the non-Indigenous population.

Leo's Place—Clinical Respite

Ann Monahan, Manager Respite Services at Leo's Place has provided the following information:

Leo's Place, a world-first non-clinical respite home in ACT available for referral from GP, other health professionals or **self-referral**.

Leo's Place is an ACT Government sponsored project in the initial phase of proof of concept with monitoring and evaluation by the University of NSW.

During the proof of concept phase operational funding has been provided by the ACT Government so there are ***no charges or fees for clients***.

Leo's Place is set up to be a home away from home for clients aged over 18 years living with a medically diagnosed, life limiting illness. Our clients must be able to self-administer their own medications and attend to most activities of daily living with stand-by assistance provided by qualified support workers. Clients can have any clinical services that would normally visit them at home, come and see them at *Leo's Place*.

Leo's Place provides:

- Overnight respite for client, carer or both staying up to 7 nights
- Day respite providing support to allow carers to have a short break



(Continued on page 5)

Silverbeet and Stilton Pancakes

INGREDIENTS - Serves 6

For the Pancakes

- 60 g buckwheat flour
- 60 g plain white flour
- 2 eggs
- 2 tbsp margarine, melted
- 125 ml milk
- 125 ml water

For the Filling

- 1 kg fresh silverbeet
- 1 tsp margarine
- 1 onion, chopped
- 90 g Stilton cheese
- 1 crushed garlic sliver

For the Sauce

- 30 g margarine
- 30 g plain white flour
- 250 ml reduced salt chicken stock
- 125 ml cream
- 2 tbsp freshly grated Parmesan cheese
- 1 tsp (heaped) Dijon mustard



METHOD

For the Pancakes

1. Preheat oven 200°C.
2. Beat flours, eggs, milk and water into smooth batter.
3. Stir in cool melted margarine for extra richness and to prevent sticking.
4. Using 15 cm pan, make thin pancakes. Stir batter vigorously between each pancake or all the buckwheat flour will sink to the bottom.
5. Fill pancakes with silver beet mixture then roll up and place on greased ovenproof dish.
6. Cover with foil and heat for 25 - 30 mins.

For the Filling

1. Wash then boil or steam silver beet until tender.
2. Chop silver beet and squeeze out liquid.
3. Cook onion without browning in margarine until soft.
4. Stir in silver beet. Add pepper and garlic.
5. Crumble Stilton into spinach mixture.

For the Sauce

7. Combine margarine, flour, chicken stock and cream.
8. In saucepan simmer for about 5 mins, stirring once or twice.
9. Season with Parmesan cheese, mustard and pepper.

UTRITION

Nutrient	Per serve
Energy	1601
Protein (g)	13
Fat—Total (g)	27
Carbohydrate - Total (g)	23
Sodium (mg)	777
Potassium (mg)	605
Phosphorus (mg)	250

Thanks to Kidney Health Australia for supplying this recipe.

Tip: If preparing ahead - Cool pancakes, stack interleaved with greaseproof paper and wrap in foil. Reheat sauce in double boiler; pour over pancakes just before serving.

Serving suggestion: Serve with a standard salad.



Analysis Prompts Calls For Greater Investment In Chronic Disease

New data analysis by the Australian Institute of Health and Welfare has shown the devastating effects of living with two or more chronic conditions, prompting renewed calls by health groups for Government commitment to tackle chronic disease.

Chronic diseases are the leading cause of death in Australia. One in two Australians have a chronic disease and 4.9 million Australians have multiple chronic conditions, known as multimorbidity.

The new analysis, released today, reveals the progressive worsening of health associated with multiple chronic conditions. People living with multimorbidity are more likely to experience chronic pain, psychological distress, and restrictions or limitations in everyday activities. They also have poorer self-assessed health and are less likely to work compared to people with no conditions or a single chronic condition.

In response to the new analysis, the Australian Chronic Disease Prevention Alliance is calling on the Government to increase investment in prevention, risk assessment and early detection of chronic disease to reduce the enormous burden of these conditions across the population.

Chair of the Australian Chronic Disease Prevention Alliance Sharon McGowan said the effects of multiple chronic conditions are far-reaching and urgent action is required to help people reduce their risk.

“We know that people with chronic conditions experience a range of challenges associated with their condition, and these are exacerbated for people with two or more conditions,” said Ms McGowan.

“Chronic diseases can be largely prevented or reduced through risk assessment and management of risk, but there needs to be urgent Government commitment and investment to achieve this,” said Ms McGowan.

Ms McGowan continued, “We welcome the \$1.9 million in the 2021-22 budget for preventive health research and scoping activities, including a national health literacy strategy, to inform a National Preventive Health Strategy, but this falls short of the investment needed to address the increasing burden of chronic disease and its enormous impact on the lives of Australians.”

The new analysis demonstrated the interconnected web of chronic disease, including strong links between chronic kidney disease, type 2 diabetes, cardiovascular disease, and cancers.

Ms McGowan highlighted that many chronic conditions do not occur in isolation, and there needs to be a more holistic approach to reduce chronic disease.

Ms McGowan said, “Many chronic diseases share risk factors and interact to increase risk. Australians should be supported to understand and manage their risk to reduce complications, disease progression and the long-term effects of multiple chronic conditions.”

The Australian Chronic Disease Prevention Alliance is calling on the Government to include concrete targets and actions for chronic disease prevention, risk assessment, and early detection in the national prevention and primary care strategies.

Ms McGowan said, “The national prevention and primary care strategies are huge opportunities and a great step forward, but these strategies need to be backed by Government commitment to invest in chronic disease and the long-term health of Australians.”

Diary

Meeting dates and places will be notified here as they become available. All welcome.

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

Thursday, 18th November, and
Wednesday, 15th December.

Leo's Place — cont.

(Continued from page 2)

Carer support access to advice, information and self-care activities

We are looking for referrals to ensure this amazing opportunity proves successful so we can continue to provide this type of support to carers and families of people with a life-limiting illness.

Link for virtual tour of Leo's place: <https://www.pallcareact.org.au/leos-place>

If you know someone who might benefit from respite and want more information please contact me on 6171 2290, M: 0402822170 or email via stay@pallcareact.org.au

There is a direct self-referral form link at <https://www.pallcareact.org.au/leos-place-referral-form/>

I am available to visit/zoom with any organisation to provide further information, deliver brochures and answer questions.



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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