

Canberra Region Kidney Support Group

# Kidney News

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

**Member**



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## Renal Morning Teas

Come and Join us on  
Wednesday, 17th August  
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)

## Carer Gateway

Carer Gateway comprises a national telephone service, website and an interactive service finder to help carers locate their nearest existing support services.

Australia's 2.7 million carers now have access to a new service to support them in their caring roles. An initiative of the Australian Government, Carer Gateway provides information about the services and support available for people who care for someone with a disability, chronic illness, dementia, mental illness, or who are frail due to age.

Carer Gateway will provide information for carers online and by phone:

*(Continued on page 2)*

### Quote for the Month

The world is divided into people who do things — and people who get the credit

**Dwight Morrow**

## Carer Gateway

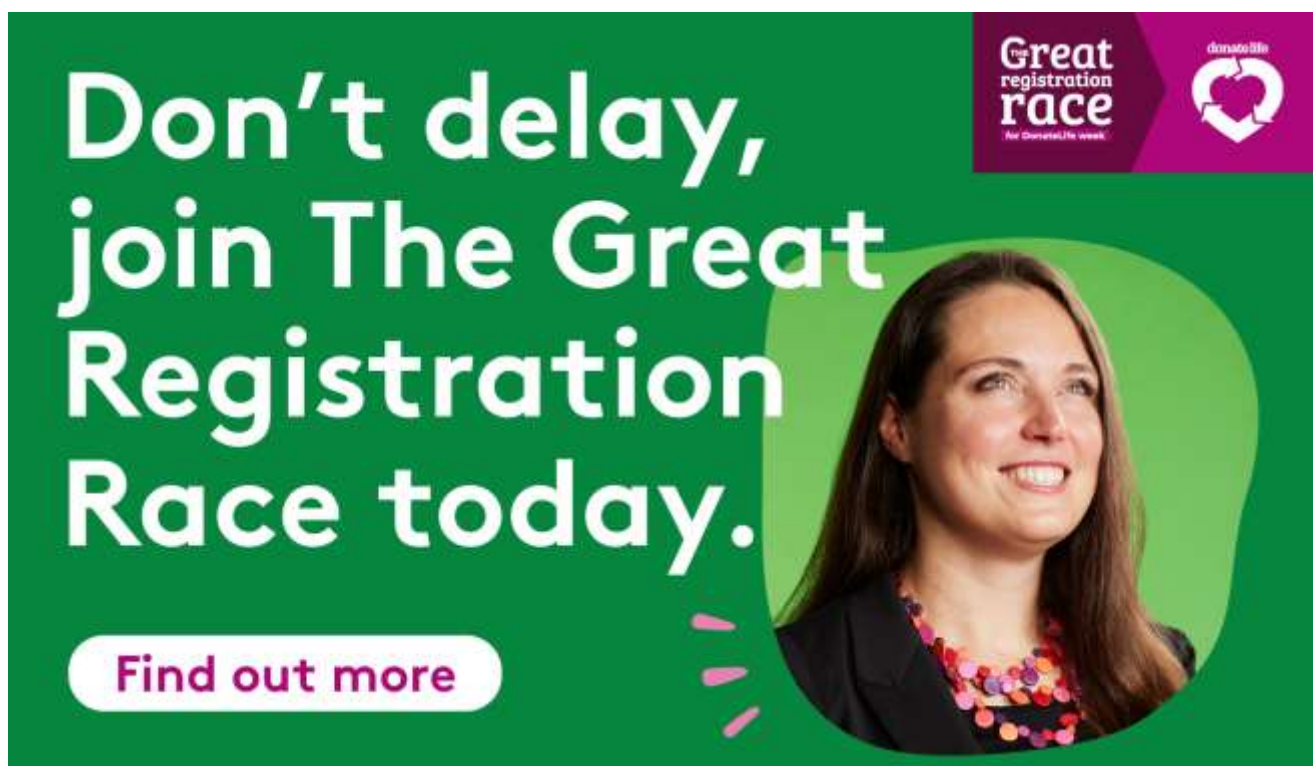
(Continued from page 1)

- Telephone: Carers can call 1800 422 737 from Monday to Friday between 8am and 6pm for information about services and support available.
- Website: A range of information including practical advice on how to care, details about financial and respite support, and how to adjust when caring ends, can be accessed at [www.carergateway.gov.au](http://www.carergateway.gov.au).
- Service finder: Carer Gateway website has an interactive service finder to help carers identify local services, including Commonwealth-funded organisations delivering carer support services.

Carer Gateway website also has information for different types of carers including young carers, older carers, working carers, Aboriginal and Torres Strait Islander carers, and culturally and linguistically diverse carers.

This new service does not affect how carers currently access their existing support services.

For more information about Carer Gateway, visit [www.carergateway.gov.au](http://www.carergateway.gov.au).



## 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://www.donatelifelife.gov.au/register-donor-today>



# Lamb Leg Roast with Chilli Mint Sauce

## INGREDIENTS - Serves 6

- 1 x 800g lean lamb leg roast
- 5 garlic cloves, peeled and thickly sliced
- ¼ cup sweet chilli sauce
- ¼ cup mint jelly
- ¼ cup water
- 6 small potatoes, halved
- 2 tbsp canola oil
- 1 broccoli bunch, cut into 6
- 3 large carrots, peeled and sliced



## METHOD

1. Preheat oven to 180°C. Pierce flesh of lamb with a sharp knife and insert slices of garlic.
2. Place lamb on a rack in a roasting pan and bake for 30-35 minutes.
3. Preheat canola oil on tray in oven. Add potato halves, coating in hot oil. Cook for 40 minutes, or until soft
4. Combine sweet chilli sauce, mint jelly and water in a pan and heat until melted and syrupy. Baste lamb twice with chilli mint sauce during last 20 minutes.
5. Remove from oven and allow to rest 20 minutes, wrapped in foil, before carving.
6. Steam carrot and broccoli for 3 minutes in microwave
7. Drizzle remaining sauce over sliced lamb.

NUTRITION	
Nutrient	Per serve
Energy	278
Protein (g)	3
Fat—Total (g)	1
Carbohydrate - Total (g)	11
Sodium (mg)	139
<b>Potassium (mg)</b>	<b>60</b>
<b>Phosphorus (mg)</b>	<b>91</b>

Thanks to Kellogs  
for supplying this recipe.

1.

## People with kidney disease and kidney transplants urged to get the COVID-19 vaccine

**Kidney Health Australia, along with the Australian and New Zealand Society of Nephrology (ANZSN) and the Transplant Society of Australia and New Zealand (TSANZ) are urging all individuals with kidney disease to get vaccinated as soon as they can.**

Kidney Health Australia, the ANZSN and TSANZ represent people with kidney disease, those on dialysis or living with a kidney transplant and health professionals who oversee their health needs.

As the peak body for kidney health, Kidney Health Australia is supporting the call to protect this group who are at increased risk of severe COVID-19 disease.

“People with kidney disease often have weaker immune systems and may struggle to fight against infections. So, if you have kidney disease you may be more at risk of infection and of developing more severe disease. Patients who are on special medications to dampen their immune system are also at increased risk of infections” said Prof Karen Dwyer, Clinical Director of Kidney Health Australia.

“Vaccination is an important strategy to help reduce the chance of getting infected with Sars-CoV-2. You still might get COVID-19 after the vaccination, but you will be less likely to get severe disease and go to hospital,” said Prof Dwyer.

The ANZSN emphasises that people with kidney disease including those on dialysis or have received a transplant are a priority group. They recommend that all people with kidney disease get vaccinated.

“Patients receiving dialysis or those with a transplant are most at risk, with a mortality rate up to three times higher than those without kidney disease. A recent publication described ‘*chronic kidney disease (as) the condition conveying the highest risk for severe COVID-19*’ thus reported low vaccination numbers in this population is a huge concern” said Prof Neil Boudville President of ANZSN.

The Transplantation Society of Australia and New Zealand has developed and released a COVID-19 Vaccination for Transplant Recipients statement. This is in direct response to vaccine safety concerns and should be used as a guide for transplant recipients.

Prof Helen Pilmore President of TSANZ said “There is now a lot of information showing that having kidney disease or a kidney transplant means you can get sicker with COVID-19”.

“Although the vaccines have not yet been tested extensively in dialysis or transplant patients, all vaccine types are suitable to use in people with kidney disease and kidney transplants. All vaccine types have an important effect on reducing your risk of serious infection” Prof Helen Pilmore said.

Now in Phase 2b of the Australian Government vaccine rollout, people aged over 50, Aboriginal and Torres Strait Islander peoples aged 16-49 years, younger adults with health conditions (such as those with kidney disease, kidney transplants and receiving dialysis) as well as high risk workers are currently being vaccinated.

Kidney Health Australia, the ANZSN and TSANZ encourage all kidney patients to keep themselves up to date with emerging information on COVID-19 and the vaccine development and rollout. Here are some websites with trusted and reliable information.

- Australian Government <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines>
- Kidney Health Australia <https://kidney.org.au/covid-19-and-your-kidneys>
- Transplant Australia <https://transplant.org.au/>

## Diary

Meeting date, times and places will be notified as they become available.

2022 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

17 August  
15 September  
12 October  
10 November



## New 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.”



## 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](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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