

THE RAM PAGE

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Welcome winter



**Don't let the Winter Foods
trip you up!**

Try to avoid hot chocolate, pastries, nuts, cola and salty foods.

What is Phosphate?

Phosphate is a mineral that the body needs to keep your bones and teeth strong. However, when your kidneys aren't working properly, the amount of phosphate in the blood can build up. When phosphate levels are high in the blood, it binds to calcium and causes a chalk that can build up in blood vessels and other parts of the body, which can cause brittle bones and heart disease. You might also experience itching and joint pain.

What can I do to reduce my phosphate levels?

If your phosphate levels have been high, you may need to follow some of these strategies to reduce the level of phosphate in your blood.

Avoid phosphate additives commonly in processed and packaged foods, as these are easily absorbed. The best way to avoid these is to cook food from fresh ingredients and limit takeaway and processed foods such as:

- Pastry items like scones, crumpets and pancakes, and baked goods containing baking powder/self-raising flour
- Meat pies and sausage rolls
- Cola drinks
- Chocolate
- Processed/package meats like ham and spam

Please speak with your Kidney Doctor or Nurse about your own phosphate levels

Low phosphate recipe: Mediterranean Pizza Serves 2

Try the following recipe as a low-phosphate alternative to take-away pizza:



Ingredients:

1 medium flat bread e.g. Lavash or Lebanese bread
½ cup canned tomatoes, salt reduced
½ teaspoon minced garlic
1 red onion, diced
6 capsicum rings, diced
¼ cup fresh mushrooms, sliced
10 black olives, pitted
60g reduced fat cheddar cheese, grated
2 tablespoons torn basil and 2 teaspoons pine nuts

This recipe is suitable for people on: Peritoneal Dialysis and Haemodialysis

Each serve of this recipe will provide: 1100KJ, 14g protein, 11g fat, 26g carbohydrate, 300mg potassium, 250mg phosphate, 500mg sodium-Recipe from: Renal Resource Centre, NSW Health 2011

Method:

1. Pre-heat oven to 180 degrees celcius and spray a round pizza tray or similar with cooking spray.
2. Lightly puree tomatoes and garlic. Spread sauce lightly on to the bread and top with remaining ingredients in the above order.
3. Cook in a moderate oven for 10 minutes or until cheese melts and has started to brown.
4. Cut into Quarters and serve hot.

Low phosphate foods – what can I eat?

Phosphate is found naturally in food, so a completely phosphate free diet is not possible. These foods are low phosphate options, or moderate phosphate options ok to consume in the quantities specified.

Fruits and Vegetables are all low in phosphate. Aim for 2 serves of fruit and 5 small serves of vegetables per day.



Breads and Cereals:

- Rice bubbles, Special K, Cornflakes, WeetBix
- White bread



Milk and Dairy (limit to 2 serves/day)

- Yoghurt
- Custard
- Milk
- Cottage, ricotta or cream cheese



Meat and alternatives:

- Lean meats like chicken, pork, beef, lamb
- Eggs
- Legumes, lentils or beans
- Tofu
- Tinned salmon or tuna
- Fresh white fleshed fish such as flake, perch, cod



For further information contact: [Community Health Intake 02 6207 9977](tel:0262079977) or your Renal Nurse to arrange to see a Dietitian

Renal Morning Teas

Come and Join us on

Wed 12th July, Wed 15th August, Thurs 13th September

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.

Any enquiries please contact:

John Kelly (0450 962 155)

Louise Blue (0438 116 818)

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regular club prices.



BIG RED KIDNEY BUS PROGRAM



Kidney Health Australia's award-winning Big Red Kidney Bus program provides a mobile haemodialysis service, allowing those who require haemodialysis the chance to have a holiday whilst still receiving treatment.

The Big Red Kidney Buses are open to all Australians on hospital, satellite or home haemodialysis. The buses travel to popular holiday destinations across Victoria and NSW, where they are located for up to six weeks at a time, staffed by

experienced dialysis nurses and renal technicians.

Below are some upcoming dates for NSW and Victoria:

Please direct enquires to: phone 1800 454 363 or email bigredkidneybus@kidney.org.au.

Big Red Bus upcoming dates for NSW and Victoria:

Destination	Location	Destination	Location
NSW		VICTORIA	
Coffs Harbour (Mid North Coast) Monday 6 August – Saturday 15 September 2018	Park Beach Holiday Park 1 Ocean Parade, Coffs Harbour NSW 2450 1800 200 555 (02) 6648 4888 www.coffsc Coast holiday parks.com.au info@pbhpark.com.au	Halls Gap Monday 3 September - Saturday 13 October 2018	BIG4 Grampians Parkgate Resort 2372 Grampians Road, Halls Gap VIC 3381 1800 810 781 03 5356 4215 stay@parkgateresort.com.au http://www.parkgateresort.com.au
Katoomba (Blue Mountains) Monday 24 September – Saturday 3 November 2018	KCC Conference Centre 119 Cliff Dr, Katoomba NSW 2780 (02) 4780 8222 www.staykcc.com.au katoomba@kcc.org.au	Warrnambool Monday 22 October – Saturday 1 December 2018	BIG4 Hopkins River Holiday Park 125 Jubilee Park Rd, Warrnambool VIC 3280 1300 718 030 03 5565 1327 stay@hopkinsriver.com.au http://www.hopkinsriver.com.au
Umina Beach Monday 12 November – Saturday 15 December 2018	NRMA Ocean Beach Holiday Resort Sydney Ave, Umina Beach NSW 2257 1800 611 522 www.nrmaparksandresorts.com.au/ocean-beach oceanbeach@nrmaholidayparks.com.au		

What do Kidney Test results mean?

The following blood and urine tests are often performed to assess kidney function.

Glomerular filtration rate (GFR) is the best measure of your kidney function and helps decide the stage of kidney disease. It shows how well your kidneys are cleaning your blood. Your GFR is usually estimated (known as your eGFR) from the results of your creatinine blood test. eGFR is reported in millilitres per minute per 1.73m²(mL/ min/1.73m²).

Your eGFR can also be used to work out your percent of kidney function. This is an estimate of the level that each kidney is working. A GFR of 100 mL/min/1.73m² is in the normal range so it is useful to say that 100 mL/min/1.73m² is about equal to '100% kidney function'. A GFR of 50 mL/min/1.73m² could be called '50% kidney function' and a GFR of 30 mL/min/1.73m² could be called '30% kidney function'.

If you have **albuminuria**, your kidneys are damaged so albumin, a kind of protein, leaks into your urine. Albuminuria is often an early warning of kidney disease. Albuminuria can be detected by a special urine test called a albumin: creatinine ratio (ACR). An ACR is performed on a single sample of your urine.

See the *Albuminuria* fact sheet for more information.

Haematuria occurs when red blood cells leak into your urine. It can turn your urine a red or dark cola colour. Sometimes the blood in the urine cannot be seen with your eyes, but it may be detected using a special urine test. This is called microscopic haematuria. Blood in your urine is a common sign of urinary tract infections but can also be the first sign of a problem with your kidneys or bladder.

Creatinine is a waste product made by your muscles. It is usually removed from your blood by your kidneys and passed out in your urine. When your kidneys are not working well, creatinine stays in your

blood. A blood test helps to work out how quickly your kidneys remove or 'clear' creatinine from the blood. Creatinine levels vary with age, gender and body weight so it is not always an accurate way of measuring your kidney function.

Urea is a waste product made by your body as it uses protein from the food you eat. If you have lost some kidney function, your kidneys may not be able to remove all the urea from your blood.

Potassium is a mineral found in many foods. If your kidneys are healthy, they remove extra potassium from the blood. If your kidneys are damaged, the potassium level can rise and affect your heart. A low or high potassium level can cause an irregular heartbeat.

For further personalised information please call your CKD Nurses- Megan or Helen on:

02 61745090/02 62444562

<https://kidney.org.au/about-us/resources-library>



CANBERRA HOSPITAL
AND HEALTH SERVICES

Living a Healthy Life with Long-Term Conditions

(any condition lasting six months or longer)



A *FREE* six week course

for people/carers with chronic health conditions.

Course led by a Health Professional and a person with a chronic health condition.

Learn strategies to help manage your health conditions including:

pain & fatigue management
action planning
problem solving

healthy eating
exercise
relaxation

To register contact:
Community Health Intake
Ph: 6207 9977 or 0402 399 863
E: SelfManagement@act.gov.au

Referred by _____

Date _____

Introducing your Consumer Representatives

*They Represent You on the
Renal Advisory Meeting*



NAME	REGION/ROLE	CONTACT DETAILS
Barry Cole	Carers Goulburn/ACT	Ph: 62882036
Brad Rossiter	Southern NSW Renal Health Region	Ph: 0458534470 Email: ersg.oda@hotmail.com
Carmel Jarrett	Bega	(H) 02 64964438 (M) 0417 886 035 Email: necbjarrett@bigpond.com
Carmel Barnes	Home therapy	Ph: 63858485 Email:
Liz O'Neill	Tuggeranong, Dialysis Centre	Ph: 62949458
John Kelly	Carer	Ph: 0450962155 Email: carers@crksg.org.au
John Scott	Co-Chair of RAM and Transplant Recipient.	Ph: 62551320 Email: john.scott@netspeed.com.au
Mary Corkeron	Pastoral Care Volunteer ACT Region	Ph: 0427 473 290 Email: corkeronm47@gmail.com
Tony Spinks	Belconnen Dialysis Centre.	Ph: 0262365138 Email: amitonyspinks@gmail.com
Yvonne Mawbey	Renal Transplant	Ph 0261582560 (M) 0432831475 Email: yvejohn@iprimus.com.au
Pat Siliciano	Transplant/Organ Donation	Ph 0408 279 806 Email: Pat.Sharon@bigpond.com

They are there to speak to you about your Renal Journey